

Thinking “beyond the bicycle” for a true cycling revolution



Removing barriers to cycling

[BeyondTheBicycle](https://www.instagram.com/beyondthebicycle)

About us

- Established 2007
- South London
- Inclusive cycling sessions – 200+ adapted bikes
- Disabled cyclist led organisation
- 2018/19 – reached c.1,500 disabled people aged 2-99

Exploring barriers to inclusive cycling



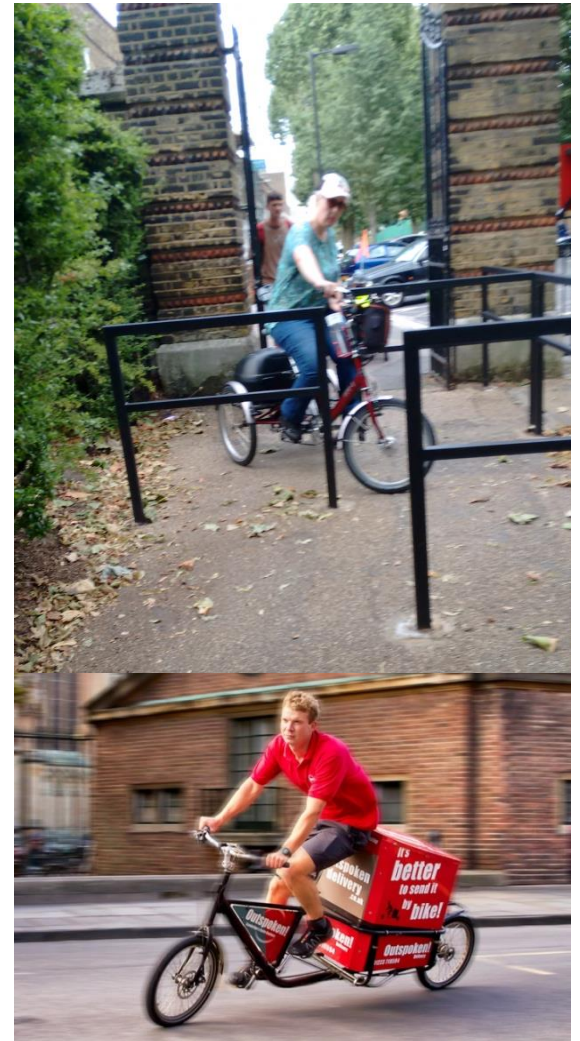
Physical barriers - infrastructure

What are the issues?

- Dimensions of non-standard cycles
- Lack of foresight by designers/civil engineers
- Absence of a national standard for inclusive cycling infrastructure
- Excludes other types of cyclists

Wheels for Wellbeing survey 2018

Inaccessible cycling infrastructure is the *single biggest difficulty* faced by disabled cyclists in UK



Lack of inclusive facilities

What are the issues?

- Cycle parking designed for the bicycle
- In the UK, non-standard cycles are mostly prohibited on public transport
- Cycle hire and loan facilities are very rarely inclusive



Wheels for Wellbeing survey 2018

31% unable to park/store a non-standard cycle due to inadequate facilities

Audit of Train Operating Companies (TOCs)

Only **1 out of 25** TOCs had a policy permitting the storage of non-standard cycles onboard



Economic barriers - cost

What are the issues?

- Disabled people more likely to be on lower incomes and work part-time
- There no subsidies for non-standard cycles currently in the UK
- Specialist equipment comes at a premium

Wheels for Wellbeing survey 2018

Introducing **subsidies** for non-standard cycles was 2nd most popular measure to encourage more disabled people to cycle

36% have been unable to buy a non-standard cycle because the one they wanted was too expensive.



Perception – lack of recognition

What are the issues?

- Disabled people seen as non-cyclists
- Cycles not recognised as a mobility aid (unlike wheelchairs and mobility scooters)
- Lack of images of non-standard cycles
- Mobility aids not allowed on cycle lanes



Wheels for Wellbeing survey 2018

45% have been asked to dismount, even though they were using their cycle as a mobility aid

1/2 respondents said they have worried about losing their benefits because of being seen to be cycling. **17%** actually cycle less or not at all as a result.



Why do we feel so strongly about Disabled people accessing cycling?

1. Disabled people = one in five in the UK
2. The lived experience of Disabled people includes much higher likelihood to experience:
 - Isolation / depression
 - Debt issues
 - Physical and mental ill health Difficulties with accessing physical activity / staying fit (or costly)
 - Transport: inadequate accessible transport, especially door to door (or costly)
 - Lack of choice, control and spontaneity of movements
 - **This all leads to shortened lives so we must act!**
3. Cycling can mitigate all of the above
4. Once identified, barriers to cycling can be removed so, we have written “A Guide To Inclusive Cycling”



Launching this morning!

A Guide to Inclusive Cycling

2019 (2nd edition)



Foreword

About Wheels for Wellbeing

Founded in 2007, Wheels for Wellbeing is an inclusive cycling charity based in Brixton, south London. We are a grassroots disability organisation, running five sessions a week at our three inclusive cycling hubs. Using any of our fleet of over 200 cycles (handcycles, tandems, tricycles, recumbents, wheelchair cycles, side-by-sides and bicycles) Disabled people of all ages discover or rediscover cycling, whilst enjoying its health and wellbeing benefits. Every year around 1,200 Disabled people, aged from 2 to 102, cycle at our hubs.

A few years ago, we became increasingly frustrated by the fact that Disabled cyclists were mostly absent from the cycling

debate. We decided we needed to speak up. We began with a presentation at a cycle campaigning seminar in 2014, where some of the ideas discussed in this guide were first developed. In 2016 we launched our *Beyond the Bicycle manifesto* at a parliamentary event, which was attended by MPs, local politicians, cycle traders and the media. Our objective then, as now, was to increase awareness of the fact that Disabled people can and do cycle; and to influence cycle infrastructure, facilities and representation so all of us can reach our full cycling potential.

We are very proud to have become the UK's leading campaigning organisation on behalf of Disabled cyclists.



Where can you find our guide?

https://wheelsforwellbeing.org.uk/campaigning/publications-and-research/

Search

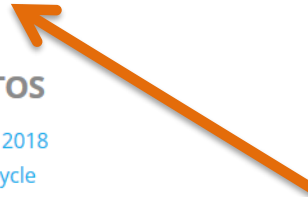
PUBLICATIONS AND RESEARCH

[CAMPAIGN HOME PAGE](#)
[OUR CAMPAIGNS](#)
[GUIDE](#)
[GET INVOLVED](#)
[CAMPAIGNING RESOURCES](#)
[PUBLICATIONS AND RESEARCH](#)
[FAQ](#)



GUIDE TO INCLUSIVE CYCLING

[Guide](#)



MANIFESTOS

[Local elections 2018](#)
[Beyond the Bicycle](#)

RESEARCH

2019

[Research – cycling on footway international examples](#)

2018

[Experiences of disabled cyclists survey – report](#)

2017

[Experiences of disabled cyclists survey – 2017: Infographic](#)

[Experiences of disabled cyclists survey – 2017: Report](#)

2015

[‘Disabled cyclists in England: imagery in policy and design’ \(Institution of Civil Engineers, 2015\)](#)

What does our guide cover?

Contents

Foreword	4	Inclusive and integrated cycle networks	
What is inclusive cycling?		Inclusive cycling hubs	27
Disability in the UK	7	Case study: inclusive cycling hubs	28
Equality legislation and cycling in the UK	8	Cycle hire	29
Case study: using the Equality Act	9	The built environment	30
Disabled cyclists – facts and stats	10	Public transport	32
Types of non-standard cycles	11	Policy recommendations	33
What are the benefits of cycling for Disabled people?	14	Inclusive infrastructure	
What are the barriers to cycling for Disabled people?	15	Access	36
Our campaigns	16	Width	42
Recognition and awareness		Surface	43
Imagery and language	20	Timing	46
Case study: making imagery inclusive	21	Manoeuvres	47
Cycles as a mobility aid	22	Crossings	48
Inclusive cycling training	24	Policy recommendations	51
Policy recommendations	25	Inclusive facilities	
		Cycle parking	54
		Cycle storage	58
		Policy recommendations	59
		The future of inclusive cycling: where next?	
		Conclusion	61

Other useful links and resources

Articles

- [Half Of Disabled Cyclists Fear Being Seen On Their Bikes In Case They Lose Benefits](#) (Huffington Post website)
- [How do we build an inclusive culture for disabled cyclists?](#)
- [The barriers facing disabled cyclists](#) (*The Guardian Newspaper*)
- [Disabled cyclists in England: imagery in policy and design](#) (*Institute of Civil Engineers*)

WfW Research

2019

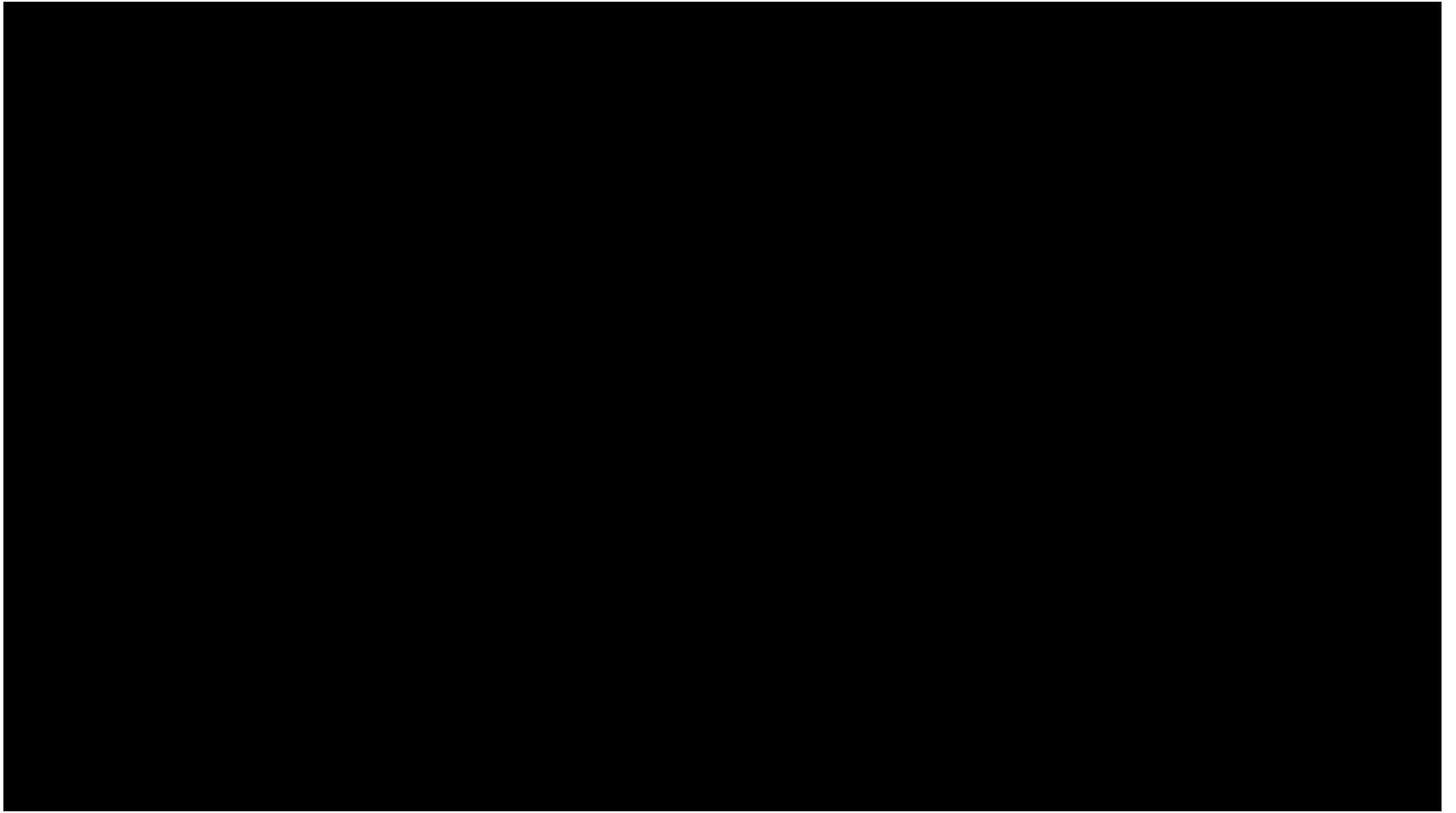
[Research – cycling on footway international examples](#)

2018

[Experiences of disabled cyclists survey – report](#)

Publications

- [Beyond the Bicycle](#) – Wheel for Wellbeing’s inclusive cycling manifesto
- Highways England – [“Cycle Design Vehicle” standard](#)



Thank you for listening!

Isabelle Clement

t. +44 20 73 46 84 82

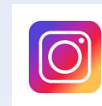
isabelle@wheelsforwellbeing.org.uk



@Wheels4Well



www.facebook.com/
Wheels4Well/



Wheels4Well

www.wheelsforwellbeing.org.uk



**Wheels for
Wellbeing**

Removing barriers to cycling