

## Cycling programme proposal

RBKC Sustainable Travel Team and Sport Development Team are looking to organise a Cycling programme for people with Mental Health.

### Overview

The programme will be a 13-week training programme led by qualified instructors at Wormwood Scrubs. The 16-weeks will be tailored and look to progress the participants so that they are ready for the RideLondon Event (<https://www.prudentialridelondon.co.uk/events/freecycle/>) - we hope that this will be an excellent incentive and provide a challenging but rewarding end goal for the participants.

### The Programme

- Available to all abilities
- Led by qualified instructors
- **Bikes WILL BE provided**
- Held at Wormwood Scrubs, White City, London W12 0DF
- **Tuesdays 10am – 12pm**

**Participants who are interested will have to sign-up and commit to the programme and also have to fill out Activity Readiness Questionnaires.**

### Times

Programme 23<sup>rd</sup> April

Programme finishes w/c 29 July

Prudential Ride London FreeCycle – Saturday 3 August – from 9am to 4pm

### Sessions

Sessions will be 2-hours long, for a maximum of 12 participants.

They will cover the [Bikeability National Standards for Levels 1 and 2](#) , which is a training to gain practical skills and an understanding how to cycle on today's roads. This means that trainees will learn from the basics of balance and control, all the way to planning and making an independent journey on the road.

The goal of the 16-week training is to prepare the trainees to ride together as group to the most exciting cycling event in London, when key roads in central London are closed to traffic.

If this is a programme you believe your clients would be interested in, please contact me on: [Daniel.hayden@rbkc.gov.uk](mailto:Daniel.hayden@rbkc.gov.uk) or 07702151854

Look forward to hearing from you soon,

Daniel Hayden (Sport Development Officer Tel: 020 7938 8181)  
Marina Kroyer (Sustainable Travel Coordinator Tel: 020 7361 4259)