

Bikes for All: a cycling inclusion project

Participants were given low cost membership of the nextbike Glasgow cycle hire scheme and received one-to-one advice and a range of cycle training activities

“Two years ago, I had never ridden a bike. I learned to ride a bike for my health, mental health to help with depression.”

“It allowed me to meet new people and also to develop my skills so I can ride a bike better.”

“I got to experience Glasgow; there were a lot of places I never knew existed until I got on a bike and started cycling.”

“It’s really handy for me to get from my home to work, it’s faster than public transport and it’s practically free with the discount.”

“Not everyone can afford a bike either and this gives people the means to cycle.”

Search 'Bikes for All' at www.gcph.co.uk

