



Doncaster's Active Travel Social Prescribing Pilot

The City of Doncaster Council is **1 of 11 successful Local Authorities funded by Active Travel England** to deliver an 'Active Travel Social Prescribing' pilot. The pilot **originally launched in Balby in May 2023** under the name Walks and Wheels, following learning from Year 1 the delivery model has been **re-designed** and the pilot **re-launched as Ride, Stride and Thrive in November 2024** with **delivery until the end of August 2026**.

The pilot is designed to **target adults with a long term physical or mental health condition living in Balby, Bentley or Wheatley**. These **three communities** were chosen due to **high levels of health inequalities and close proximity to new active travel infrastructure**.

Referrals into the pilot are received from a range of **professionals, community groups and a self-referral option**.



"My confidence has improved as well as now I can ride both a trike and bike independently. and I plan on one day riding to and from my volunteer job with support initially then hopefully one day independently"



Strategic aims

- To **increase walking, wheeling and cycling levels and health outcomes** in Balby, Bentley and Wheatley via referrals to active travel interventions.
- To give **residents** the opportunity to **engage in walking, wheeling and cycling activities** in their community.
- To **address the high levels of health inequalities** in Balby, Bentley and Wheatley.
- To **give local people the opportunity to learn new skills and be more active**, enabling them to **access employment, local amenities and become more connected**.
- To **accompany recent improvements to infrastructure** with relevant **behaviour change opportunities**, connecting to the wider walking, wheeling and cycling support offer in Doncaster.

The programme

The programme is designed to **develop skills, build confidence, increase awareness of local routes, reduce social isolation and connect to wider community activities**. All participants are **individually supported** throughout by a **trained Ride, Stride and Thrive Officer** who **utilises the COM-B model** to have behaviour change conversations enabling participants to feel **empowered to meet their goals**.

- **Cycle Training** – One to one learn to ride sessions delivered by Pedal Ready including inclusive cycling sessions using a range of adapted cycles.
- **Led Rides** – Led rides delivered by Pedal Ready to support participants to ride around Doncaster, building confidence, discovering routes and reducing social isolation.
- **Led Walks** – One to one and group walks to support participants to walk in their community and when ready encouraging attendance at other community led walks.
- **Personalised Travel Planning** – Tailored advice and support to co-produce personalised travel plans with participants to help them to make more walking, wheeling and cycling journeys around Doncaster.

Year 1 Impact

86 participants

- 79%** reported an **improvement** in their **mental health**
- 64%** reported an **improvement** in their **physical health**
- 79%** of participants are **walking more** often than prior to participating in the pilot
- 75%** of participants are now **more active** than before participating in the pilot
- 75%** agreed they are now **more confident** travelling around their local area as a result of the pilot

"I've just got mental health problems and feel like they get the better of me sometimes and so it helped that as well.....And I just did the sessions to help me with anxiety"

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Active Travel England