

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.



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.



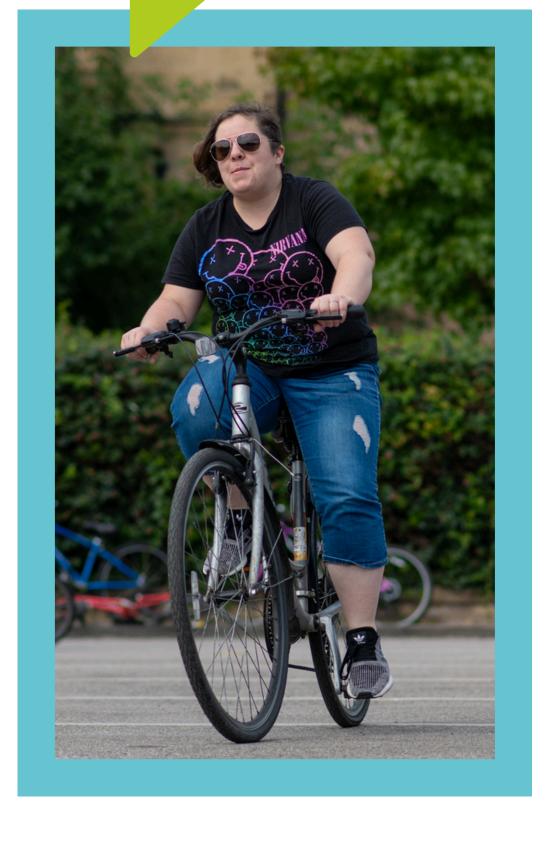
"My confidence has improved as well as now I can ride both a trike and bike independently. and I plan on one day riding to and from my volunteer job with support initially then hopefully one day independently"



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"

Authors

Marianne Turner, City of Doncaster Council Lynsey Wilson, City of Doncaster Council



