



Cycling for Everybody

Ride, Stride and Thrive

Doncaster's Active Travel Social Prescribing Pilot

Ride, Stride and Thrive

The City of Doncaster Council is 1 of 11 local authorities funded by Active Travel England to deliver an **Active Travel Social Prescribing** pilot.

Ride, Stride and Thrive (RST) launched in November 2024, supporting adults living with **long-term physical or mental health conditions** to walk, wheel and cycle more in their communities. The programme focuses on Balby, Bentley and Wheatley, identified for higher levels of deprivation, health inequalities, and proximity to new active travel infrastructure.

RST takes an inclusive, person-centred approach, helping people to build skills and confidence, discover local routes, reduce social isolation and connect with community activities. Activities include **one to one and group walks, personalised travel planning, cycle training, and led rides.**



Cycling

RST's cycling offer is built on the principle of inclusion first, removing barriers, widening participation, and enabling residents to build healthier, more active lives through accessible and enjoyable cycling experiences.

To achieve this we:

- Established **3 cycling hubs in parks**
- Provided a fleet of bikes, including **15 adapted cycles**, to ensure accessibility for all abilities
- Developed a strong partnership with **Pedal Ready** to deliver one to one cycle training and led rides
- Offer **9 hours per week** of sessions specifically for adults with long term physical and mental health conditions



Learning



Partnerships are essential - Collaboration with organisations such as Get Cycling, Doncaster Active Travel Hub, Wheels for All, and Sheffield Cycling for All has strengthened delivery, improved expertise, and created ongoing opportunities for participants.



No one size fits all approach - Adapted cycles require careful selection and longer procurement times. With advice from Get Cycling we've purchased a range of adapted cycles with carefully selected adaptations to broaden the audience appeal and support a large range of health conditions.



Upskill cycle trainers - Skilled trainers who can match riders to the right equipment and make adjustments are crucial to a positive participant experience. We've also funded behaviour change training to help trainers confidently support and motivate participants.



Visibility drives participation - Many participants initially believed cycling wasn't possible for them. Seeing adapted bikes and people like themselves riding is key to engagement.



Independent participation remains a challenge - Key barriers to participation outside of organised sessions include the cost of adapted cycles and storage space. Loan schemes are being explored to support continued engagement.



Impact so far

82 residents engaged in cycling activities

40% used adapted cycles

54% now feel confident cycling (up from 26%)

69% now feel safe cycling (up from 16%)

Programme Outcomes



Over 50% are more physically active
Increased social connection & reduced isolation
Improved physical health
Improved mental wellbeing
Strong feedback on supportive, inclusive sessions

"I was so amazed. Walking, even with my walker, I have to walk 20 metres and rest, 20 metres and rest... But with the cycling I've got on the recumbent trike and I could actually cycle! I managed to go around the park 3 or 4 times. I thought 'wow this is amazing!' I didn't even know my legs could still work like that."



Author

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City of Doncaster Council



Active Travel England