

Quarterly Progress Report – Q2

Introduction

As part of the grant acceptance form, applicants awarded a grant are asked to provide quarterly progress reports on their proposed project. Please return completed form to environmental.protection@towerhamlets.gov.uk

Please note the remaining balance would NOT be released until evidence of project expenditure including any match funding is provided.

| Project overview | Comment |
|--|---------|
| Is the project complete? | Yes |
| If complete, please answer questions 1-5. Please provide evidence of project expenditure (e.g. invoices and match funding). | |
| If not complete, when is the project expected to be completed. Complete questions 1-4. Please provide evidence of project expenditure to date (e.g. invoices, evidence of match funding). | |

1. Applicant: Swan Housing Association

2. Project Title: Get Cycling

3. Brief description of project: The project aims to deliver a culture change of using bikes as an alternative transport and the key attraction is that local people will be making their own bikes which encourages them to ride more on a daily basis. The project will enable 36 local residents building their own bikes working with Bikeworks a local enterprise through weekly sessions. Once the bikes are made an awareness raising session will be held to for participants to have better understanding of how using bikes could health and wellbeing and improve the local air quality.

4. Please provide a brief description of the work carried out to date. What went well and what didn't.

First phase and second phase of the project have now completed delivery. The work was delivered by reputable industry specialist and community interest company; Bikeworks. These were carried out over four cohorts in three locations.

First phase included in providing a bike build workshop, to assemble out of the box. The workshop provided practical knowledge and bike assembly, maintenance and trouble shooting.

Second Phase included the providing participants led rides across Tower Hamlets, training in road safety, journey planning and the highway code. Participants successfully completed Bikeability Level 1 and 2. Participants also received a presentation on air quality and reducing carbon footprint.

Initial recruitment proved to be very successful. The build workshops worked very well to introduce people into the course and cycling in general. The led rides provided by the qualified instructors worked well to build confidence amongst proved demanding for the delivery partners administration staff, due to call rounds and monitoring participant attendance. Logistics surrounding retaining the bikes before course completion and handover provided difficult for venue staff.

Please see attached the invoice of the 2nd instalment which includes half of the total awarded amount.

5. Please provide a summary of any observations/conclusions that can be drawn from the project, and in particular, details of any observed or estimated benefits such as reductions in emissions or pollutant concentrations, and increase in public awareness.

- Number of participants involved in the project and their active participation of building bikes

33 Participants took part in the activity, successfully completed level

- Pre and post survey of their understanding about air quality and this programme makes a difference

This was completed and the results are as follows;

| | | | Pre | Post |
|---|---------------|--|-----|------|
| Are you new to cycling? | | | | |
| | Yes | | 9% | 0% |
| | No | | 91% | 100% |
| How often do you cycle? | | | | |
| | Not at all | | 52% | 0% |
| | once a month | | 13% | 0% |
| | once a week | | 17% | 55% |
| | Every day | | 17% | 45% |
| How do you commute? | | | | |
| | Car | | 13% | 15% |
| | Train/Bus | | 43% | 35% |
| | Cycle | | 17% | 30% |
| | Walk | | 26% | 20% |
| What do you think of air quality in Tower Hamlets? | | | | |
| | Clean | | 4% | 0% |
| | Fair | | 26% | 10% |
| | Polluted | | 26% | 40% |
| | Very Polluted | | 43% | 50% |
| | | | | |
| | | | | |

| | | | | |
|--|----------------------|--|------|------|
| Do you think changing the way you travel can help improve air quality? | Yes | | 91% | 90% |
| | No | | 9% | 10% |
| On a scale 1-5 how would you rate your ability at riding a bike? | | | | |
| | 1 - Can't Ride | | 0% | 0% |
| | 2 | | 9% | 0% |
| | 3 | | 35% | 20% |
| | 4 | | 22% | 45% |
| | 5 - very comfortable | | 35% | 35% |
| | | | | |
| On a scale of 1-5 how comfortable are you cycling in busy traffic? | | | | |
| | 1 - Can't Ride | | 13% | 0% |
| | 2 | | 17% | 10% |
| | 3 | | 30% | 25% |
| | 4 | | 22% | 40% |
| | 5 - very comfortable | | 17% | 25% |
| Would you reconsider how you travel if you were more confident riding a bike? | | | | |
| | Yes | | 100% | 100% |
| | No | | 0% | 0% |

The survey indicates that there has been a shift in people's opinions in air quality and how adjusting their behaviour can impact on carbon footprint and air quality. Particularly in using bikes as an alternative way to travel. This was echoed by the comments made and the discussions people had during the sessions and on the End of Project Event and Air Quality Presentation.

- Consultation on how they travel currently and how much reduction of private transport following the programme delivery

This was covered in the survey above.

- *Collection of feedback on how many people have they encouraged to use bikes following the training*

The survey and feedback received from participants indicate that the course accomplished its goals of making cycling more accessible and to improve confidence on roads. People generally felt more confident about riding their bikes safely. Both the training and the building sessions worked well and complemented each other. Building the bikes out of the box provided the participants with a sense of onus and responsibility, which was carried throughout the programme. Receiving the bike as a free gift at the end of the project provided people with a means of clean travel which can be carried forward beyond the project.

We have also received feedback from other residents asking when we will be running another round of the project. Participants have shared their positive experiences with friends and family, who have then enquired. We have had a large number of requests from Bengali women who would like to take part in a future project, this demographic was underrepresented in the initial phase.

We will continue to get feedback from participants about their way of travel and possible behaviour changes periodically to establish the long lasting impact of the project.

Feedback from some participants:

“Thank you for organizing such a wonderful cycling course, which I enjoyed thoroughly.

It was a great opportunity to meet likeminded people and learn about the useful mechanics of building and maintaining a bike. The highlight of the course was cycling around London as a group to lovely scenic places together. The course was instructed by wonderful professional, friendly, enthusiastic, instructors which made it very enjoyable and fun. Cycling has now become part of routine of keeping fit. Thank you again to Swan for offering this course! (Get Cycling Participant)”

“I also wanted to say a massive thank you for organising the course. I think it’s an absolutely brilliant idea and I would like to give compliments to all the trainers involved. I thought Jamil and Niall on the first weekend were excellent trainers – they obviously knew exactly what they were talking about and were good at explaining things – I am the kind of person who likes to ask questions and they were never too impatient to explain exactly what they were saying in constructing the bikes and showing us how to maintain them. Robin and Joe were also excellent at showing us how to ride and I really appreciated how observant they both were in looking at our techniques and showing us what to do better.

Of course, getting the bike at the end was a bonus, but I think that even without that, the course was well worth doing – I’ve done cycling before, but have always been a bit intimidated by doing so on busy roads and I have really appreciated learning new skills. (Get Cycling Participant)”

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|--------------------------|---|
| Name of applicant | Abdullah Hossain |
| Signature | Mamnun Rahman on behalf of Abdullah Hossain, no longer in post |
| Date | 11 July 2019 |