

# Impact of I Bike

## SKILLS AND CONFIDENCE IN CHILDREN AND FAMILIES

I Bike delivered approximately **1,600** activities to **17,000** pupils across **158** schools

I Bike taught new cycling skills to children and young people and increased their confidence to travel actively to school. 803 skills and training sessions had approximately 11,910 pupil attendances.

Parents, carers and teachers' perception of I Bike's impact on children's wellbeing

93% of teachers and 82% of parents and carers reported an improvement in pupils' mental wellbeing because of I Bike.

"...increased self-confidence, self-esteem & skill level. He learnt to ride his bike through the I bike sessions. Great fun! Increased awareness of being safe while out on his bike. Positive impact on his mental health." – Parent and carer

Parents and carers were most confident in their child using active travel modes outside of school.

85%

of parents and carers were confident in their child's ability to cycle using off-road paths.

Parents' and carers' confidence was highest for their child walking outside of school.

91%

of parents and carers were confident in their child walking outside of school.

I Bike got children and young people more physically active within the 2022-2023 and 2021-2022 academic years.

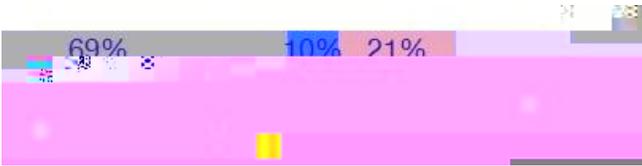
In 2021-22 from the start to the end of the year, S2 pupils doing exercise 7 days a week increased by 9pp, from 3% to 12% and P6 pupils showed a 4pp increase, from 18% to 22%. In 2022-23, the increase was 4pp and 5pp respectively.

% of children doing 7 days of physical activity a week, 2022-23





I Bike increased active travel content in



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## WORKING WITH PARTNERS

I Bike has successfully worked with a range of partners to deliver skills and training sessions for pupils.

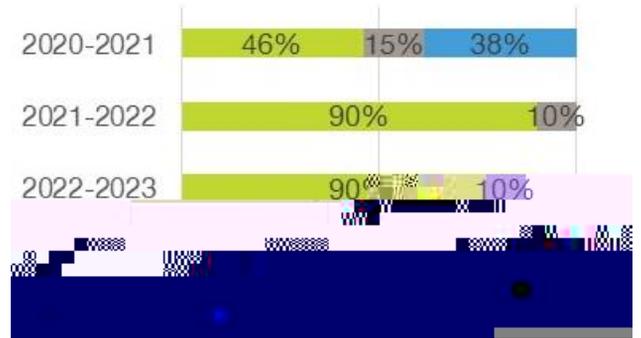
Volunteers have supported the delivery of **643** skills and training activities over the last two years.

Since 2020, there have been over **12,500** pupil attendances in a Bikeability session through I Bike.



of partners agreed that I Bike had a positive impact on promoting cycling training in their Local Authority area in the 2022-2023 academic year.

I Bike has increased support for active travel among partner organisations since the 2020-2021 academic year. 90% of partners reported I Bike had a positive impact on embedding a culture of support for active travel within teams in partner organisations in 2023 (see chart below).

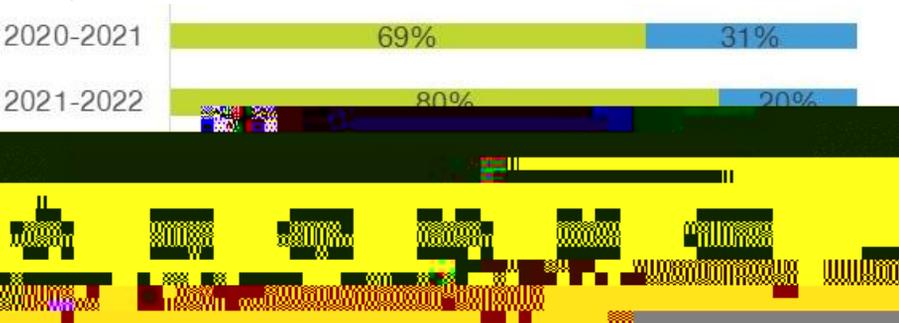


I Bike works in partnership to connect different organisations and increase support for active travel.

100% of partners reported a positive impact on improving partnerships over time (compared to 77% in 2020-2021).

I Bike has improved advice and information shared on active travel to schools and communities since the 2020-2021 academic year.

I Bike has a positive impact on improving the quality of information and advice about active travel provided to schools and parents and carers (see chart below).



"The project has enabled a significant buy in across the council as a whole."  
- Local Authority partner

"...The I Bike project being in the town also brings momentum and confidence for other cycling projects in the town..." - Partner



of partners reported I Bike having a positive impact on making their policies and practices better informed by evidence of travel behaviour. This is a 20pp increase from the 2021-2022 academic year, where 60% reported a positive impact.

"We've seen really good results [from I Bike]. So we aim to keep going and see what we can achieve." - Local Authority partner

100% of partners would recommend I Bike to other organisations.

