



Bike It Dorset Highlights 2010-2024

14 years of Bike It in Dorset

Highlights journey

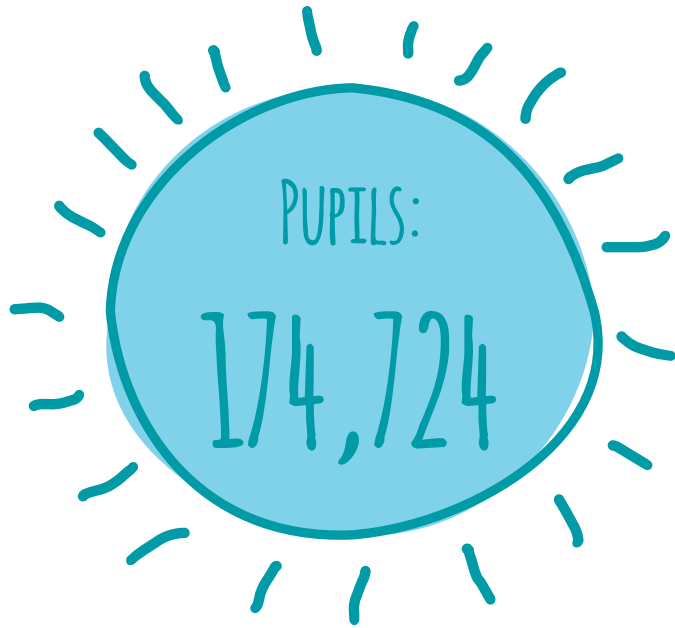
This report presents a journey through Bike It Dorset since its beginning in 2010, celebrating many of the highlights of the project.

Due to funding constraints, the project has to end in 2024.

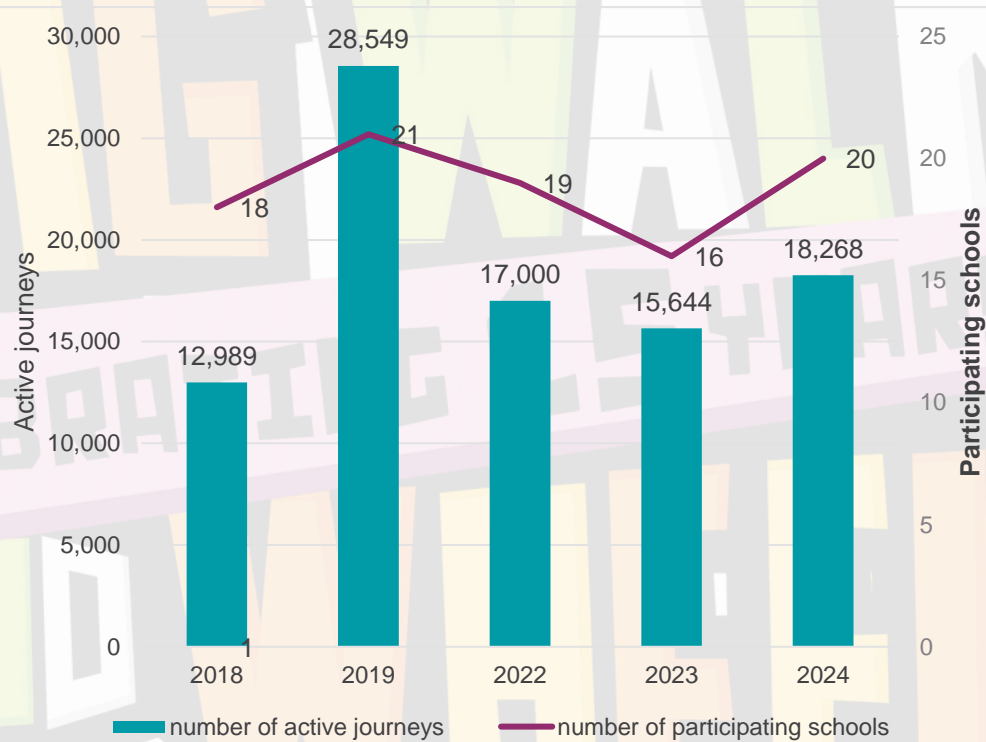
A final report for the final 2023/2024 year will be produced in Autumn 2024.

We hope you enjoy this report.

Total recorded Bike It activity attendances September 2010-10th July 2024



Big Pedal / Big Walk and Wheel figures since 2018



A journey through Bike It Dorset Highlights

May 2010

Bike It Dorset
begins

2010 -
2011

The number of Bike It school pupils regularly cycling to school increases from 26.4% to 33.0% after engaging with Bike It

2011 -
2012

74% of teachers at Bike It schools say that Bike It has increased awareness of the need to be physically active

“ Inspiring project work ... excellent cross-curricular links promoted ... outstanding engagement with all abilities ”
2012 teacher survey respondent



The number of Bike It pupils being driven to school goes down from 74.4% to 68.9%

2012 -
2013

“ The whole school is more aware of the importance of ‘ditching the engine’ and consequently the children are more aware of road safety and traffic in general. ”
2013 teacher survey respondent

Bike It delivers cycling activities and facilitates additional support for cycling through British Cycling and Dorset Council for cycle parking and kit at Wey Valley Secondary School, helping to double the number of pupils who regularly cycle to school to reach a 10% modal share



Wey Valley pupils at the Bournemouth Cycle Centre velodrome



A 'bling, your bike' event at Trinity First School, Verwood

The number of pupils at the new Bike It Schools in the Dorchester Weymouth and Portland project arm reporting regularly cycling to school increases from 10.1% to 16.1% and increases from 10.9% to 20.5% in the Dorset arm of the project after one year of engagement

Bike It delivers training and support for Southill Primary to lead transition rides for Year 6 pupils going to Weymouth College. This saves the school money on coach hire and gives pupils more independence in preparation for their new school



A Southill Primary transition ride



The Prince of Wales First School in Dorchester takes part in their first Sustrans Big Pedal and over 50% of the pupils arrive by bike or scooter every day for the two-week challenge



“ You have provided the vision and inspiration to really get cycling up and moving forward and the shelters and pods are truly brilliant assets for the school which will last for years to come. Rest assured you have left a strong legacy at St Osmund’s. ”

St Osmund’s Middle School champion.

Bike It runs a Bling your bike session at St Nicholas and St Laurence Church of England School with 200 attendances

After five years of engagement, the Dorchester, Weymouth and Portland arm of the project sees a 10.1 percentage point increase in pupils usually travelling to school by bike since baseline, and a 26.5 percentage point decrease in pupils who never cycle to school

With funding from Dorset County Council, Sustrans help St Osmund’s Middle School in Dorchester to install cycle and scooter parking and a bike pump





St Nicholas and St Laurence Primary has an outstanding OFSTED inspection and cycling is specifically mentioned in their report. The head says they really like the work Sustrans and the school is doing

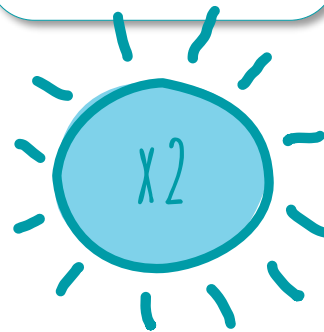


After two years of engagement at Emmanuel Middle School in Verwood scooting and skating levels increase from 1.3% to 18.8% and regular cycling increases from 13.8% to 17%

94.4% of teacher survey respondents in Dorchester, Weymouth & Portland say that Sustrans had a very positive or somewhat positive impact when it came to engaging female pupils



Hillside First School double their regular cycling levels from 8.8% at baseline to 19.9% after two years

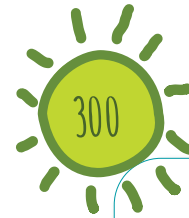


There is a decrease of 26.5 percentage points in pupils who never cycle to school after five years of engagement (in the Dorchester, Weymouth and Portland area)

2014 - 2015

Bike It organises a Scoot to School challenge with Scooterpods as prizes. Trinity First wins with 89% of their pupils participating

The percentage of pupils in the Dorset arm of the project reporting cycling to school sometimes increases from 19.7% to 29.2% after three years of engagement



Bike It helps identify schools in need of cycle shelters. Dorset County Council helps to fund nearly 300 cycle parking spaces at Bike It schools.

“ Having a Sustrans Officer to help guide you and keep you focussed in a busy school environment is essential! The range of opportunities for the children are fantastic and these then become part of what the school does rather than an add-on” ”

Sustrans School Champion, Mudeford Junior School



“ Providing bike shelters resulted in a marked increase of students cycling to school. ”

Robbie Morgan, School Champion,
Thomas Hardye School

“Our ‘Bike-It’ incentive resulted in an incredibly successful start to life in our new setting and we are extremely grateful for the support we received from Sustrans in creating active travel habits, which have been sustained following this initial incentive”

Head Teacher Damers First School



Bike It runs a pupil voice initiative to hear from female and older students at Ferndown Upper School. Media studies students design and create three videos to advertise the benefits of cycling to a target age group

2017 - 2018

“Best bit of continued professional development I’ve done”

Weymouth College member of staff

51.9% of pupils report usually travelling actively to school after four years of engagement with the project (an increase of 4.5 percentage points from baseline)

“More children cycle or scoot to school and are aware of the associated health and environmental benefits”

Head teacher, Southill Primary School

2016 - 2017

Bike It runs a ‘stamp sheet’ prize incentive scheme at Damers First School to incentivise active travel

Bike It runs a bike maintenance course for staff at Weymouth College



Bike It officers help to run a series of workshops with pupils, teachers, parents and local residents at St Mary's School in Beaminster, considering barriers to walking and cycling, and how these might be addressed through design solutions. Sustrans creates an outline design proposal

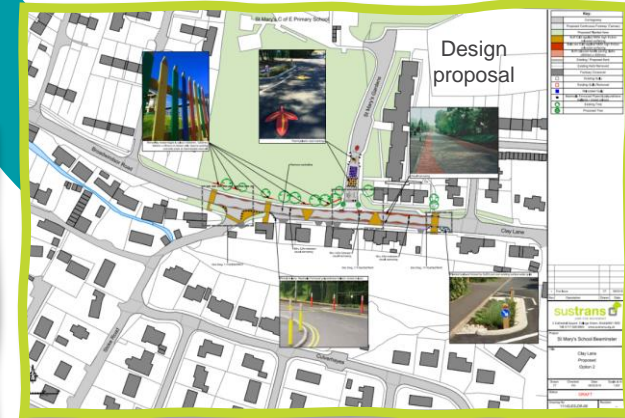


Community engagement in Beaminster

Bike It works with the Ferndown Upper School's PSE staff lead to organise a programme investigate why female pupils are put off cycling, compared with male. 210 Year 9 pupils take part during the term



Pupil engagement in Beaminster



Design proposal

Radipole Primary School in Weymouth, West Moors Middle School and Lytchett Matravers Primary join around 40 UK schools to run 'School Streets' street closure events to launch the Sustrans Big Pedal on the 25th March 2019

Sustrans works with partners at Dorset Council and Dorset Police to close the road and create a fun play space for the local community

83%

83% of people agreed that the streets were more enjoyable to be in and safer to use during the closure



71% of people surveyed said that they would like to see something similar happen more often

71%

Bike It Dorset runs an e-bike loan scheme with Dorset Cycle Life for teachers, who clock up over 650 miles

“**Definite increase of the use of bikes to get to school.**”

Robbie Morgan, Thomas Hardy School

“**Sustrans has added to our knowledge of the environment and how to live sustainably – how to look after our world. The children really want to use wheels rather than be driven to school now.**”

Kate Brake, St Mary's First School, Charminster

“**It certainly made carrying books easier, with big waterproof paniers and the help with riding the extra weight.**”

Sally Mutch, Radipole Primary School.



2019 - 2020

2018 - 2019

Responses to the Parent Survey show 77.3% of 88 respondents who had received and used resources during the lockdown restrictions feel the Sustrans resources increased the children's knowledge of the benefits of active travel

The Heart



Fun fact

Your heart is roughly the size of your closed fist

Sustrans launches the OutsideIn campaign in response to the national lockdowns

Sustrans Dorset works with 28 schools to deliver tailored activities virtually, including puncture repair sessions, basic cycle maintenance and cycle skills and provides adapted worksheets and guides



Bike It Floor Art lockdown activity

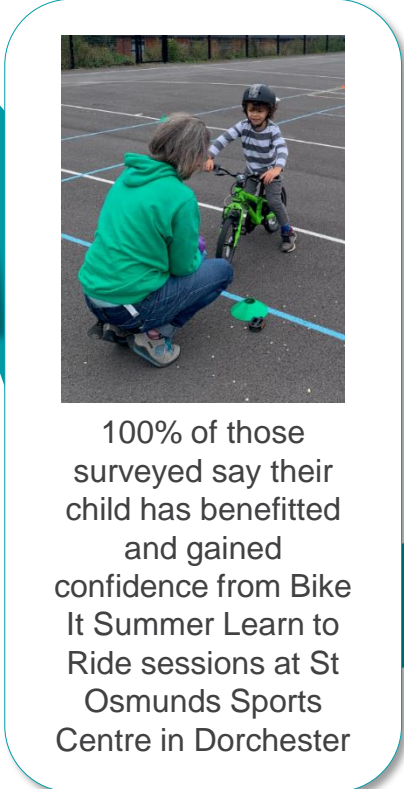


Sustrans supports Dorset Council in running School Streets at Upton Junior, Thornford Primary, Manor Park and St Osmund's

The percentage of Bike It School pupils who cycle to school increases from 6.2% to 8.6% over the year

“Thank you for all of your contributions this year. Cycling has improved greatly since working with Sustrans especially over the past year. We are very grateful for the new shelter.”

Champion from Lytchett Minster School



100% of those surveyed say their child has benefitted and gained confidence from Bike It Summer Learn to Ride sessions at St Osmunds Sports Centre in Dorchester

“I can’t believe that she is riding! I never thought it would happen, thank you so much it means the world to us.”

Parent of Learn to Ride attendee

2020 - 2021

“The profile and culture of the school has changed to an expectation that walking or cycling to school is what just happens. It is great to see children and parents coming on their bikes and scooters.”

Parley First school, teacher survey



Schools make use of the 5-minute walk zone maps

The Bike It Officer re-designs the parking spaces and walkways surrounding the cycle parking at Allenbourne Middle School to make it much safer for pedestrians and cyclists

“ The staff are really on-board with the changes and have commented on how much safer it is for students walking through. They are also pleased that they can park there without cars being scratched. With the permanent changes it will make our carpark much more attractive ”

School Champion

“ You have been fabulously supportive to our school over the numerous years we've worked together. You are regarded as part of the Team here! We are extremely grateful. And - It has been fun! ”

School Champion

Bike It supports the Upton Junior School to use their Sports Premium and external funding to buy 25 bicycles, two trailers and maintenance equipment to loan out to underprivileged pupils and their families

8/10 school staff survey respondents felt the project had increased the pupils' general wellbeing. 7/10 felt it had improved pupils' physical activity, 7/10 said pupils were safer when travelling actively



Cycle shed at Prince of Wales First School

2022 -
2023

Bike It pupils travelling to school by active travel increases from 44.8% to 48.1%
Cycling increases from 7.0% to 9.6%



Bike It Dorset supports the first Duke of Edinburgh youth volunteer for the area, giving 1-2 hours per week



“My favorite bits so far have been the Dr Bike sessions. It's been great to see a broken or badly maintained bike restored to working order.”

Willo, youth volunteer

St Lawrence and St Nicholas Primary School in Weymouth win the Bike It Dorset 'Rudolph Challenge' and receive an Extreme Mountain Bike Show performance for the whole school



Bike It works with the Holiday and Food Programme at Weymouth Outdoor Education Centre to engage 60 children from more deprived backgrounds.

216 child attendances and 38 adult engagements in four days



“ I have loved today. Thank you so much for teaching us lots of life lessons. ”

Participant, 8-12 age group.
HAF activity

Bike It runs engagement activities at Crickerell Primary to support a new School Street

Southill Primary School in Weymouth launch their Bike Bus using the Sustrans FRideDays Bike Bus toolkit



+19.4PP

Wareham St Mary's, a new school for this term, shows an increase in active travel by 19.4 percentage points from 55.1% to 74.5%

2022-
2023

16/17 school survey respondents feel that pupils' general wellbeing had increased



“ I feel like there was a big wall and I've smashed through it. It's the best birthday present ever! ”

(Pupil – learnt to ride one day before his 9th birthday)

Bike It officers take on the repair of St Osmund's neglected school bikes to gift to 10 pupil premium pupils at the school.

“ I love my bike, thank you! I enjoy cycling to school and to see my friends. ”

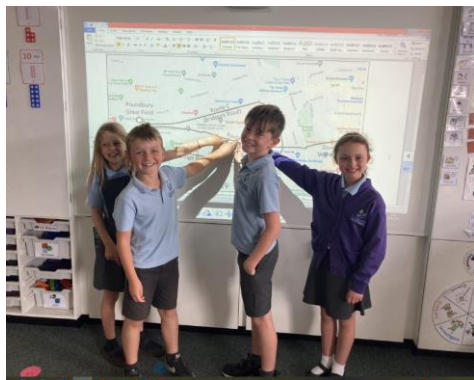
Bike recipient

Bike It starts delivering cycling sessions at Wareham and Wool Youth Clubs

Bike It run a Big Street survey at Parley First School with 60 Year 4 pupils, increasing pupils' road safety awareness and getting them thinking about how they would design the roads to make them safer



Bike It Officer works with the Damers Primary School Eco Club in Dorchester to discuss the proposed Dorchester to Poundbury cycle route and support behaviour change activities in the school



Post Covid data

Across all engagement post Covid, active mode use increased from 38.8% to 41.3%

This represents a 6.3% relative increase in number of children using these modes



Cycling levels increased by from 5.8% of the usual travel mode, to 9%

Car use reduced across the engagement post Covid

This fell from 36.9% of pupils to 33.5% and represents a 9.1% relative reduction in travelling to school by car



The Bike It Dorset report for 2023-2024 will be produced later on in 2024

We will be collating feedback from the schools and marking the end of this fantastic project with stunt shows, as well as continuing engagement with the schools to the very end of the summer term

“ The children from all 3 classes came back buzzing after their cycle skills today! They thought it was so cool that they cycled whilst standing, taking their feet off, taking hands off, going in and out the cones and throwing the beanbags :)

Thanks so much for coming in to do all of the sessions this week and a massive thank you overall for all the hard work you have put in over the years helping Damers children be more active and confident. You are always so approachable, flexible and great with the children no matter how easy or tricky they are finding things. It is such a shame that this is coming to an end. ”

Lydia Baker a teacher and Sustrans school Champion at Damers first school Dorchester

Beyond Bike It

Participating Schools in Dorset will experience some of the benefits of Bike It for years to come from the legacy we are leaving behind and ongoing work in the area:



Future projects

We also offer projects and skills in community engagement, workplaces engagement, air quality, design and engineering, policy, Walking and Cycling Index, research, monitoring and evaluation and more.

If you would like to bring back Bike It to Dorset in the future, or discuss how we can help you with other projects, please get in touch with us at south@sustrans.org.uk

We work for and with communities,
helping them come to life by walking,
wheeling and cycling.

We campaign to create healthier places
and happier lives for everyone.

Join us on our journey.

www.sustrans.org.uk

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