

Breaking Cycles CIC: Our vision for the future

By 2035...

Our government plans to ban the sale of petrol and diesel fuelled vehicles by this date. This means that a significant change in the way we travel is already underway. Our job, as a community interest company, promoting cycling for transport is to not only promote, but create opportunities for people to make bikes part of their lifestyle.

By 2030...

Breaking cycles aims to have played its part in this transition away from carbon fuel dependency by achieving the following:

- Significantly improving attitudes and behaviour towards vulnerable road users in rural, suburban, and urban areas across the northwest of England. We will achieve this by
- Improving access to cycle training for adults as well as children and young people
- Working with the bikeability trust and other cycle training organisations to improve the quality and accessibility of cycle training offered in the UK
- Working with medium to large sized companies and local government to both increase awareness of existing infrastructure and work towards expanding and improving the cycle network in Lancashire.
- Educating individuals and companies, across the whole of the UK, about how using bicycles to meet their travel and transport needs will improve their economic and environmental sustainability. This will include communicating the benefits to emotional and physical wellbeing that we benefit from when we have a lifestyle that includes regular physical exercise and time for relaxation in an outdoor setting.
- Establishing quality links between cycle infrastructure and public transport, such as railways, to ensure that using bikes alongside public transport becomes a viable option in rural and suburban areas as well as cities.
- Demonstrating the benefits of cycling as part of a more sustainable lifestyle to those who are in need of positive behaviour and lifestyle change through the delivery of our Adventure Therapy packages.

By 2025...

A lot can happen and change in 10 years, so some of those statements are 'deliberately vague' in their nature. By 2025, we hope to have achieved these more specific goals...

- Cycle training and Bikeability
 - We aim to have secured enough bikeability contracts to be delivering training consistently throughout term time
 - We aim to have established a reputation as being specialists in providing Bikeability training to young people in non-school settings such as residential care homes, youth offending institutes etc. and be delivering sessions in these settings with regular enough frequency to demonstrate our commitment to providing equality of access for these young people.



- We aim to be engaged in activity, alongside the bikeability trust and car insurance for cyclists, that demonstrates the link between enhanced hazard perception and cycling well on the road.
- We aim to be providing adult cycle training, including learn to ride sessions on a regular basis.
- We aim to either be in the early stages of delivering or be developing instructor CPD courses that share our inclusive approach to cycle training
- We will still be traveling to all our training sites by bike, using cargo bikes and trailers to transport any loan bikes.
- We intend to have piloted our plan to collaborate with schools in areas where bike ownership is low in setting up pupil bike libraries so that children who do not have bikes can practice their skills outside of the bikeability sessions.
- Clitheroe Bike Library & Local Infrastructure
 - Continuing the work with local companies, Connecting East Lancashire and the local community, we plan to have fully established a bike library that provides access to cycle training and bike loans for residents of the Ribble Valley and visitors to the Ribble Valley. We are currently using The Light Blue urban bikes and Rapide road bikes and aim to have the following type of bikes on offer...
 - Town bikes (free for members to borrow)
 - Flat bar road/gravel/hybrid bikes
 - Road / Gravel bikes
 - Mountain bikes
 - eBikes (eMTB, eRoad & Hybrid)
 - Cargo bikes (both electric assisted and standard bikes)
 - In partnership with Community Rail Lancashire, Ribble Valley Borough Council and Lancashire County Council, we aim to locate the bike library in the site of the ticket office on Clitheroe Railway station. This will enhance our ability to create working links between public transport and sustainable transport using bikes.
- Adventure Therapy
 - We plan to have established some regular, repeat business within the education sector and be beginning to explore application within other related fields such as criminal justice, probation, health & social care
 - We plan to be delivering projects with private companies across the whole of the UK including bespoke packages and open access courses where individuals from different organisations can work alongside each other on common goals.
 - We plan to have established a significant amount of qualitative data which supports the efficacy of the approach and be either in discussions with academic partners or beginning to work on a qualitative study.

Right now...

We are in the early stages of creating our compelling, pedal powered, future and this will happen more quickly and on a bigger scale with more support!

Join us in our pedal powered journey towards a happier, healthier and more sustainable future!

