

The Cornwall Bicycle Project CIC

The Cornwall Bicycle Project is committed to providing people in Cornwall with opportunities in cycling and cycling related activities, in the St Austell and Clays areas.

How the support has helped

The support has enabled the project to purchase second-hand adult bikes, helmets, lights and basic bike maintenance kits. It's also helped those with low cycling confidence to build their esteem, and helped individuals and small groups that might not otherwise have returned to cycling. The project has opened up access and extended opportunities to those outside of the Par Social Proscribing scheme. The support has helped market the sessions with a new website and marketing materials. Making friends, as well as building skills and knowledge has been key for participants.

"It has made a really big difference to my fitness levels and I have had several trips out borrowing a bike from The Bicycle Project to use on local trails and roads, so it has been a lot of fun getting back into using a bike."



"Overall a very positive experience which has not only introduced me to the excellent facilities at Par track but also the joy of cycling and social interaction with new folk!"

"I started cycling again after 50 years. Emma has been so helpful and friendly from the start and supplied me with a bike until I got my own one. Cycling again has definitely helped my fitness and I've meet new friends to cycle with. It has also opened up the countryside for me as using the cycle paths has allowed me to see new local places I didn't know existed."

