



Who are we?



SCOREscotland is dedicated to social justice and equal opportunities, with a strong focus on accessibility and inclusivity.

We are committed to supporting and empowering those who face discrimination.

The emphasis on partnerships and community unity aligns with the goal of building a cohesive and harmonious society where everyone can thrive. We work in partnership with others to address the causes and effects of racism and to promote racial equality.

We aim to break down barriers to the full participation of minority ethnic communities in all aspects of life.

We also aim to increase social inclusion, reduce racial inequality, promote climate action, encourage participation in social, political, cultural, and economic life and ensure our clients and volunteers feel valued and integrated as part of society



Community Fridge

Our popular community fridge involves redistribution of surplus food, still good to eat, collected from local stores to share with diverse local communities. We aim to prevent food waste and reduce individual households carbon emissions. We roughly share over 35 tonnes of food annually that would otherwise go to waste and have 75 to 100 people visiting the fridge each week. The fridge is open to everyone.



Monthly Multi-cultural Cafe

Bringing together members of the community each month to improve socialisation and enjoy delicious food. We take a climate positive approach in our café, and we mostly try to use the fresh, seasonal vegetables from community fridge and cook delicious meals within budget. Come and taste the healthy and balanced meal to reduce food waste!

Volunteering also available to build on confidence and skills whilst gaining UK work experience.



Contact: Madhavi Apparala
Phone: 0131 442 2341
Email: madhavi@scoreScotland.org.uk

Community Youth Voices Ambassador's Project

Digital Inclusion

CashBack for Communities

Knots and Crosses Children & Youth Clubs

Mental Health Foundation project & Women's Group

Employability and Careers Guidance Project

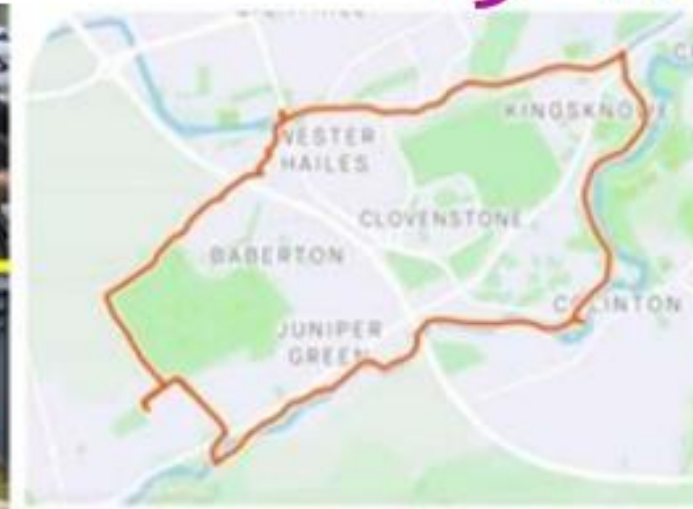
Hybrid Conversation Cafe for Arabic Speaking Young People

Funders:



INCLUSIVE CYCLING

23rd November 2023

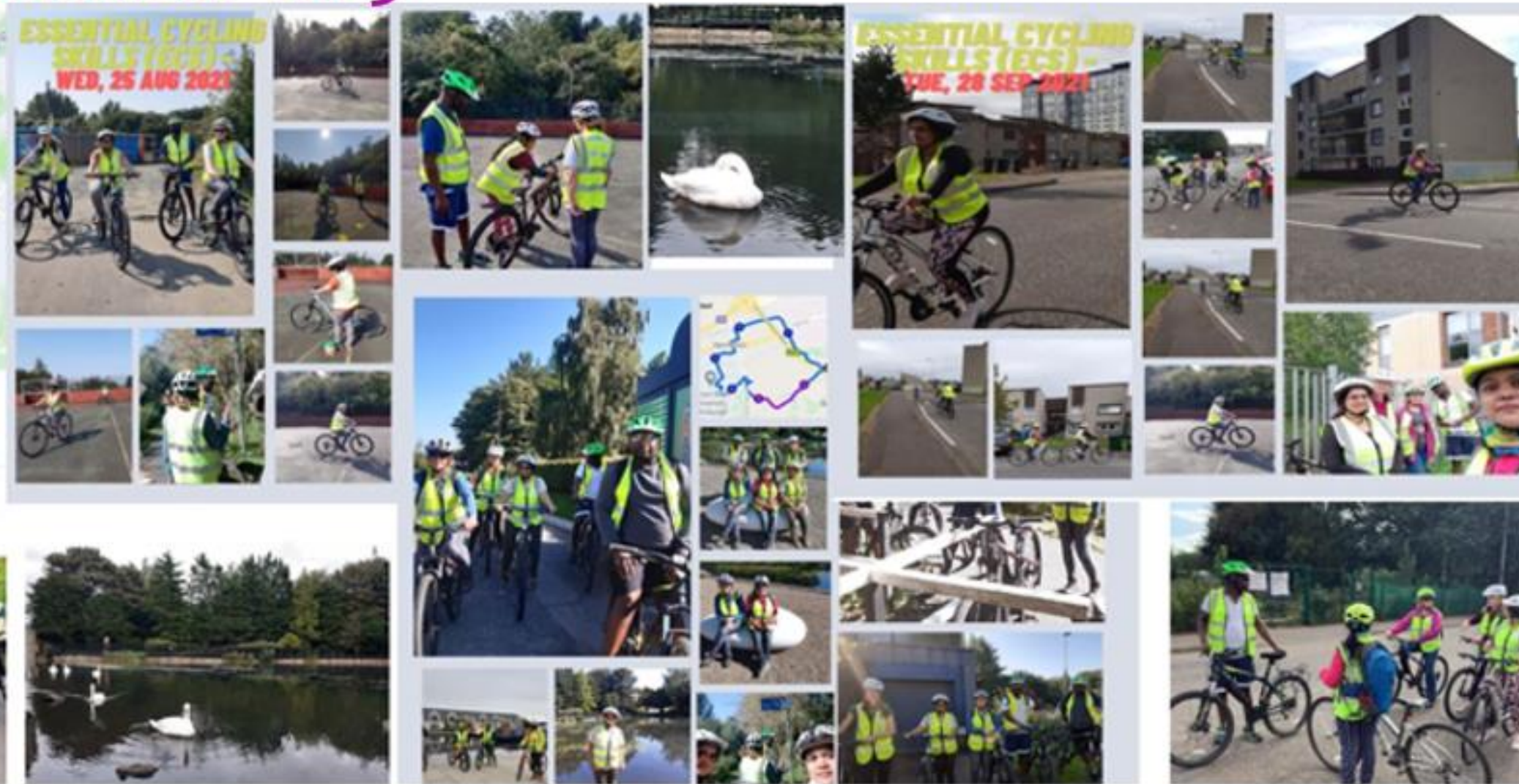


Distance
10.73 km

Elevation Gain
71 m

Moving Time
1:09:08

Avg Speed
9.3 km/h



Climate Challenge Fund (2013 – 2020) Bikeability for women and led rides, Bike maintenance workshops and Bike bus.

Big Bike Revival(BBR) Projects – led rides

Scotland Cycle Repair Scheme (SCRS), Cycling UK

Pedal and Thrive, Smarter Choices Smarter Places SCSP, Paths for all, City of Edinburgh – Cycle training for women, led rides, free bike repairs, bike maintenance workshops, Play Together On Pedals (PTOP)

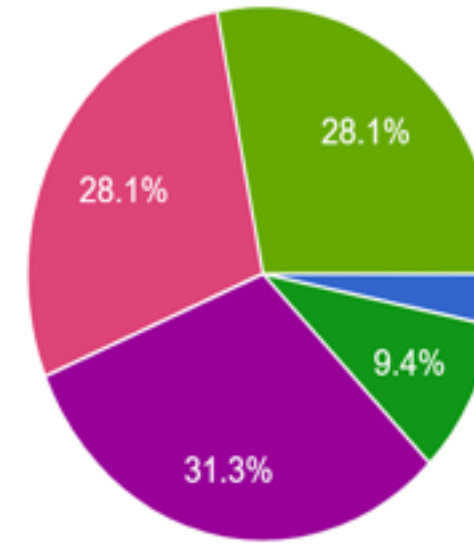
Sustrans –to work on Sustainable Transport Plan and the Wester Hailes Active Travel Behaviour Change Plan

Community

Specific Barriers of BME groups

Ethnicity
32 responses

- Lack of information, money, fitness or inactivity
- * New thing never tried before
- Young families
- Safe space for practice
- Diverse cultures – festivals, busy work life
- Safety concerns (traffic, crime etc) - Bike storage, thefts, parking issues
- Poor weather



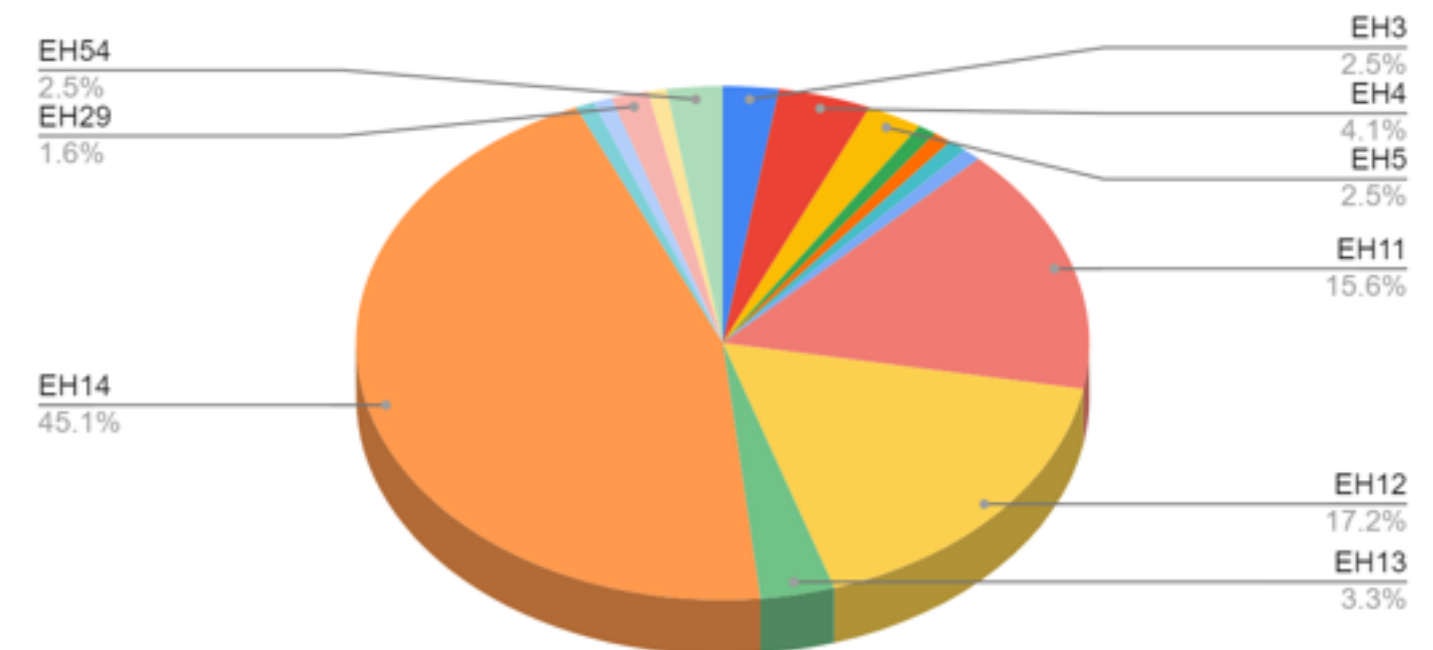
- White Scottish
- White British
- Polish
- Asian Scottish or Asian British (including Pakistani or Indian or Bangladeshi or...)
- African
- Caribbean or Black or Caribbean Scottish or Caribbean British
- Arab, Arab Scottish, Arab British
- Other

How did we overcome / engage BME communities to cycle?

Creativity

- Flexible training timings , childcare provision
- Paced training – bikes & helmets, responding to needs & abilities – role models
- Safe space for practice - pitch and open area
- Providing free resources and information – bike borrow scheme
- Out reach - one to one engagement, language, partnership working
- Family cycle training (Women, men and children on same course at same time)
- Different projects / groups / publicity / social media / partnership working

Count



Cycling Programme

We are currently delivering the Pedal and Thrive project funded by Smarter Choices Smarter Places, and Edinburgh Council a fantastic line-up of cycling activities for everyone including:

- Cycle training for women
- Led rides for women
- Dr Bike (free bike checks and repairs)
- Bie maintenance workshops



Adult Cycle training for beginners / families funded by Cycling Scotland.

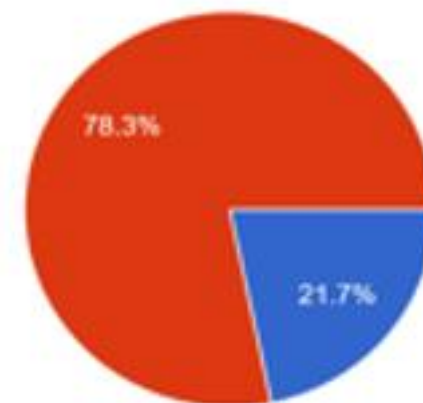
The aim of these projects is to make cycling accessible to everyone in our community and encourage active travel. Our intention is to promote cycling short journeys, encourage healthy living and a healthy environment.



27 Cycle training sessions for Women (Apr 2022- Mar 2023) – Tuesdays, Fridays and Saturdays
24 women, 13 teenage girls and 6 boys = 43

20 Cycle training sessions for Women (Apr 2023- Oct 2024) – Tuesdays, Fridays
30 women, 26 young people and 4 Men = 60

Do you have a bike and helmet?
23 responses



● Yes
● No



Led rides for Women

Rides – leisure, local stores, local parks, universities, beaches, and nature reserve sites were delivered.

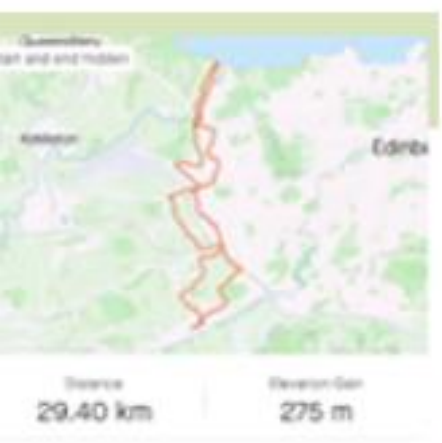
InfraSisters night rides, Critical Mass Edinburgh, Woodland Wheel Rides were led in partnership and joining the campaigns to raise awareness in riders about women’s and girls, road safety.

Routes were selected to vary in ability and terrain covering different cycling infrastructure so that riders can build people’s confidence in cycling skills.

Change in behaviour to overcome barriers and to adapt to cycle.

Apr 2022 – Mar 2023 (33 led rides with 185 repetitive riders. 40 unique women, 9 young people and 2 men, joined the rides)

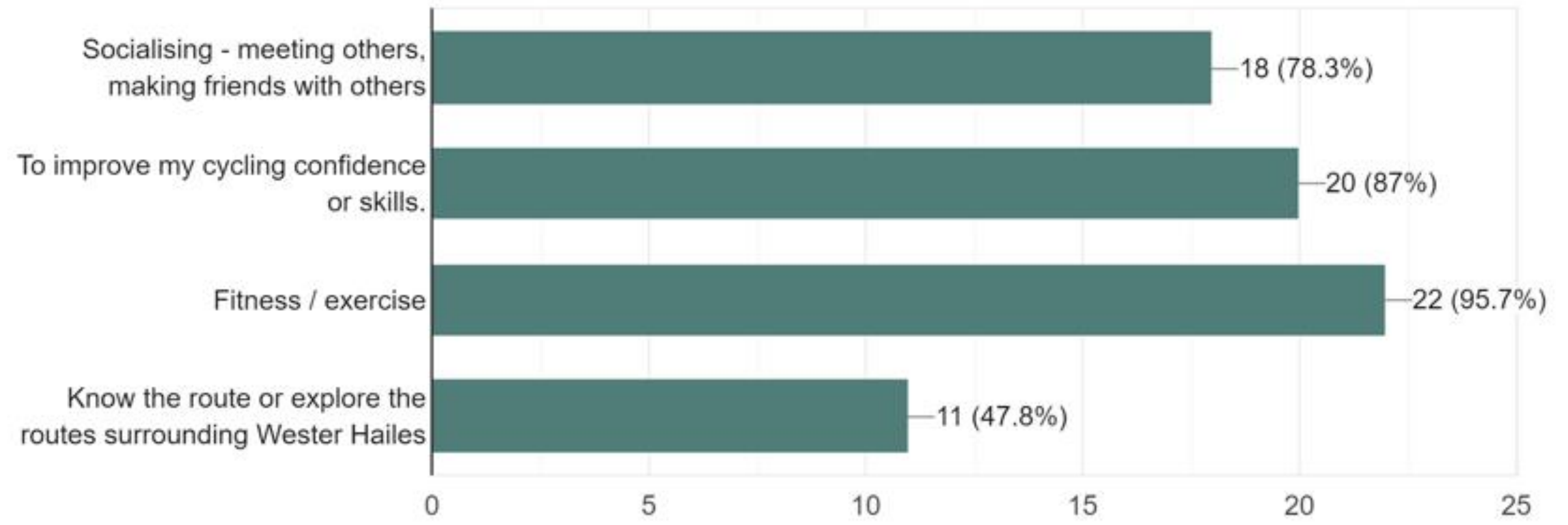
Apr 2023 – Oct 2023 (24 led rides with 123 repetitive riders.





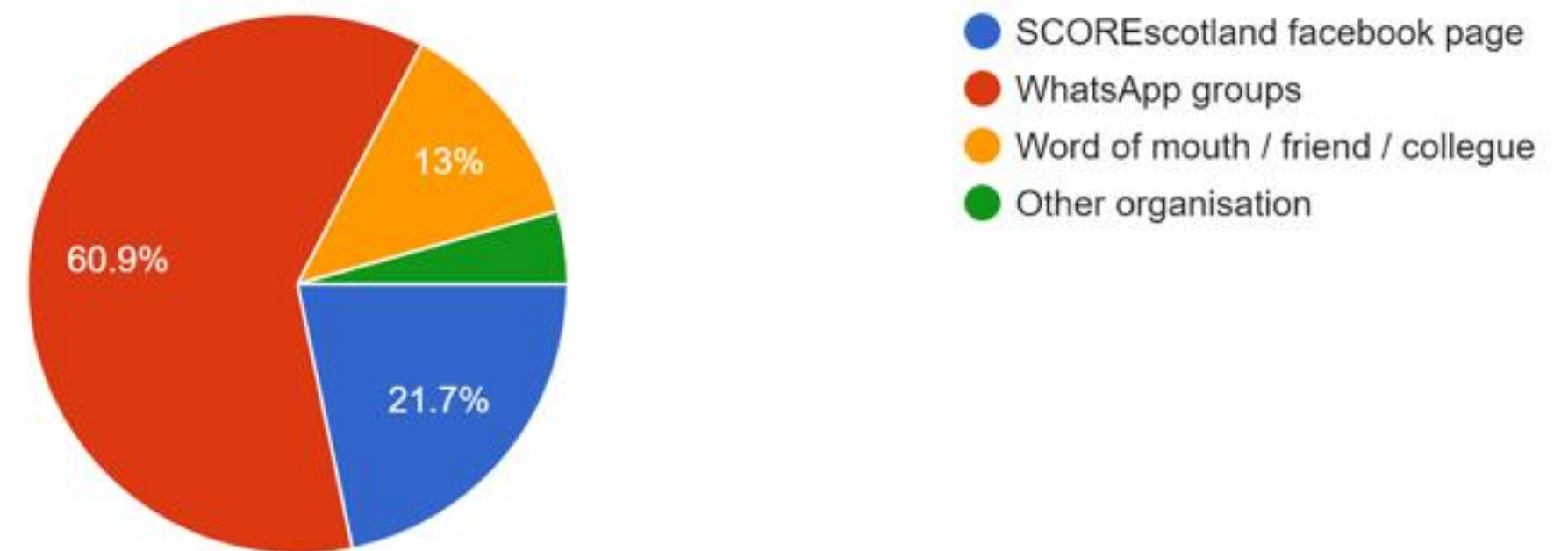
Why do you want to come on the ride?

23 responses



How did you know about the ride?

23 responses



Bike Maintenance workshops

June 2021 1 to March 2022 – 11 workshops of 2 hrs each were delivered for 63 people

April 2022 to March 2023 – 8 workshops of 2hrs each were delivered and 59 people learned how to do M-Check, put oil on chain, adjust brakes and repair puncture and clean the bike



Thank you. I learned how to change a bike tire which I had never done before. It was an interesting session. Rawan.

The training was great! I learnt ways to take care of my bike tyres and general maintenance. Thank you for the opportunity. Chinwe

Thank you. I learned how to change a bike tire which I had never done before. It was an interesting session. Rawan.

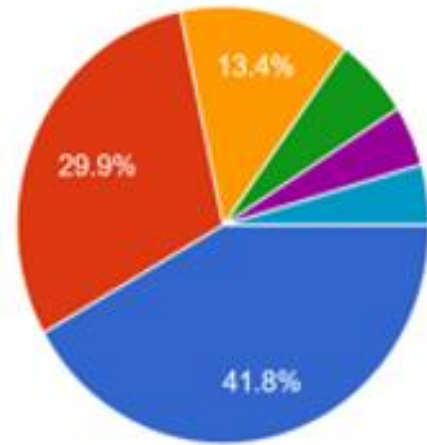


April 2023 to October 2023 – 5 workshops training 21 people with puncture repair



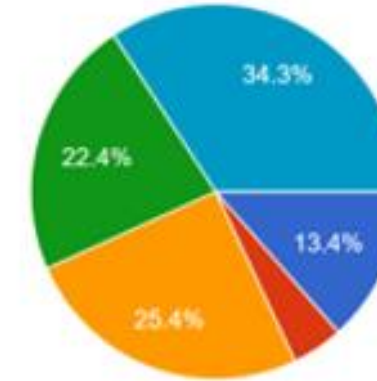
Dr. Bike (Free bike checks and repairs) April 21 to March 2022- 19 events, repaired 248 bikes & supported 143 households. People in the community are able to ride to work or shops or leisure.

What would have happened if you were not able to access Dr Bike?
67 responses

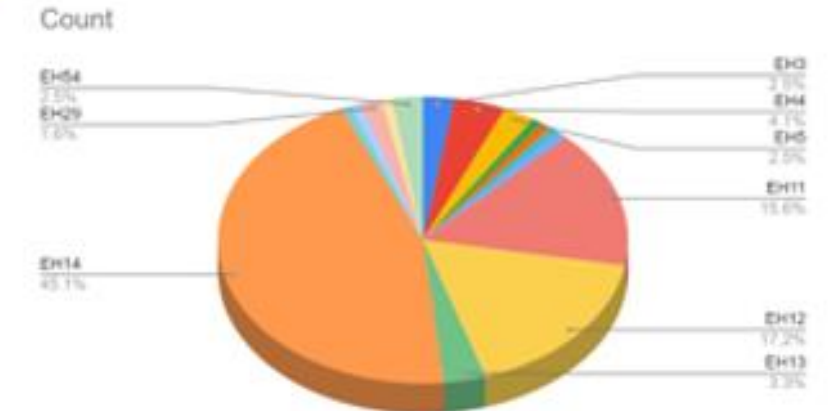


- I would have been unable to use my bike
- I would have taken it to a bike repair shop
- I would have asked a friend/family member to repair it
- Would have sold/given it away
- Would have thrown it away
- Other – please state below

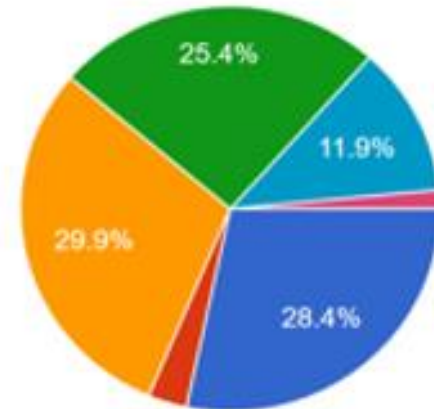
Which is your secondary mode of transport?
67 responses



- Car (on your own)
- Car - sharing or passenger
- Public transport
- Bicycle
- Motorcycle
- Walking
- Other



Which is your main mode of transport? Please specify _____
67 responses



- Car (on your own)
- Car - sharing or passenger
- Public transport
- Bicycle
- Motor cycle
- Walking
- Other



Dr Bike was an excellent service and it helped to fix my bike

The guys were nice, friendly and did their best. They fixed one problem but the other did turn out to be tricky in fairness to them.

It is really good to know there are often bike repair services for free

Dr Bike was very good. Fixed a broken pedal.

Scotland Cycle Repair Scheme (SCRS) , Cycling UK - Free bike repairs worth of £50 per individual. 7 weekly events (April to May 2022) - 63 bikes repaired supporting 57 households

DR. Bike (April 2023– Sep 2023) 6 monthly events and 102 bikes repaired at 6 bike repair events supporting 70 households

**Pedal & Thrive - Dr . Bike – 9 monthly events (June to March 2023) - 99 bikes are repaired by organising 9 free bike repair events supporting 69 households
Total 17 events - 170 bikes repaired from April 22 to March 2023 supporting 126 households**



The sessions were flexible and gave room for parents to meet other parents while waiting for their kids.

I am very much happy and realised that children can learn anything. I hope with little more practice my son will do it. My daughter built a lot of confidence and enjoys riding a bike.

The sessions were well coordinated, starting from the basic level and encouraging children to learn at their pace.

PTOP is to train young children of 3 to 5 years balance and pedalling.

Delivered 3 outdoor sessions in **September 2022** and 8 indoor sessions in **February and March 2023**.

28 children signed up for total 11 sessions.

Slots of 3 of 40 min each.

3 young people volunteering to help us to run cycling games

Fun and a great experience for both age groups.

One boy who was autistic also enjoyed the session.

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She enjoyed the sessions with the teacher, allowing her to learn at her pace.

It is a great service offered free and a good opportunity for our daughter to learn to ride a bicycle with pedals and brakes!

We would definitely recommend it to friends and maybe use it when the opportunity arises in the future! Thank you.

World Car Free Day at Wester Hailes - 70 people attended the event



2 Oct 2022- 8 bikes repaired, supporting 8 households



Great event. I got some good clothes. Its good that your organisation is doing this event so that we know what's happening in the area.



Good for children.
Nice and beautiful I enjoyed it
Good amazing



22 Sep 2023 – 12 bikes repaired supporting 10 households



Lovely time. Everyone was really friendly. Great atmosphere. Thank you

I am very happy with the service. He did a good job and would recommend him

Thank you for a lovely day. Family fun. My daughter and I learnt a lot to continue bike riding. Event is community friendly

Access bikes, Cycling UK

20 bikes were given to low income based individuals

Sep 2022



The project has also given me the confidence to cycle more on busy roads and to cycle to work. I cycle every day to work and I also cycle to the gym. I have been given a new mountain bike, which has really encouraged me to cycle more. I have gained a lot of knowledge of bike routes in my local area from the bike rides and I have enjoyed many cycle rides with the woman's bike ride. I have also used my bike more to explore the countryside near my home. Being able to get out cycling has greatly improved my mental health, specifically being more active, which has decreased my anxiety and depression. As a result, I am less isolated by being in a group. **(Maryam)**

Cycling gave me more confidence since I have not cycled for 15 years, due to having a motorbike accident. Cycling also helps me to save money, I don't need to depend on public transport any longer. It is much appreciated in these difficult and expensive times. **(Maja)**

When I started learning cycling three months ago, I found that cycling is amazing. It reminds me of when I was young and cycles everywhere and makes me so energetic. This makes me so persistent to learn cycling as quickly as possible. The main turning point was when I started cycling independently on the main road and planned my journey myself. By the time, I felt more confident and enjoyed cycling very much, although sometimes I got lost 😊 **(Esraa)**

Cycling project has helped me a lot. Firstly, by giving me a bike. I'm cycling to college and different places using my bike and this gives me more exercise. Secondly, it made me able to connect with different people that cycle in groups each weekend, which is very nice to meet new people as well as a good exercise. Thirdly, the cycle training was very helpful in building my confidence on roads, which is a thing that I couldn't do in the past. I'm very thankful for this project and all the staff and coaches. **(Tagwa)**

Cycling Scotland

Cycling Friendly Community Fund 2021 / 2022 – 5 bikes and 5 helmets + Storage container

Adult Cycle Training (ECS) Delivery Providers March 2022 – October 2022 (21 adults and 4 families (14) – 35 individuals

Cycling Scotland – Third Party supplier Grant October 2022 – June 2023 (17 adults and 6 families (18) – 35 individuals.

Cycling Friendly Development Grant 2023 – 5 low step bikes and 5 helmets + bikeability training – Friday's - 6 sessions delivered with 8 women.

Cycling Scotland – Third Party supplier Grant October 2022 – June 2023 (17 adults and 6 families (18) – 35 individuals.



Cycling Friendly
Community
Award

This is to certify that
SCOREscotland

has achieved
Cycling Friendly Communities Silver

Representing disadvantaged and discriminated communities in Scotland

Awarded	Valid until
03/23	03/26

awarded by
Cycling Friendly,
a Cycling Scotland programme

www.cycling.scot

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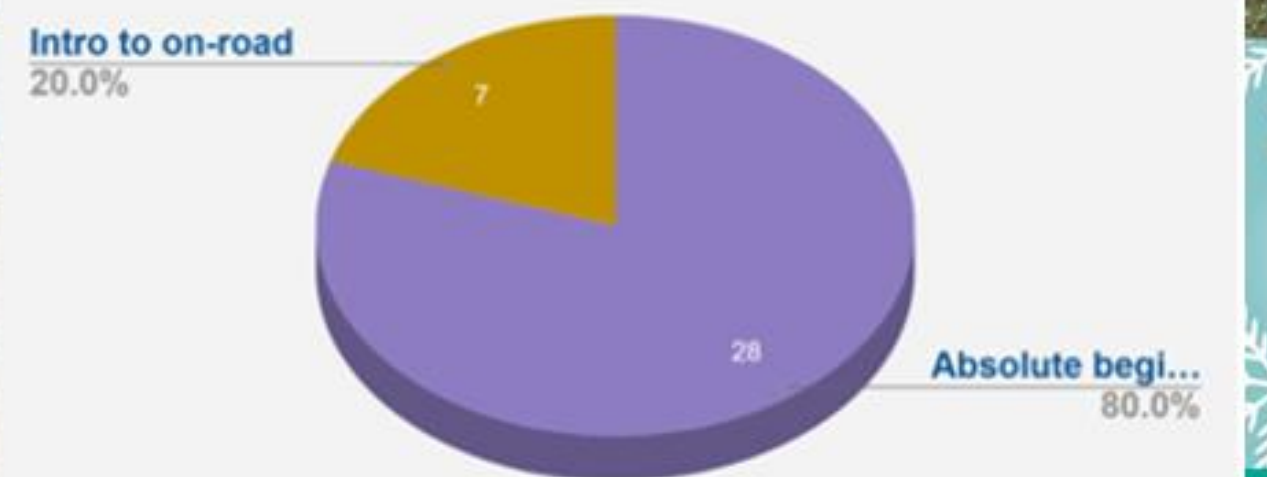
Adult Cycle Training Data Return 1st Mar 2022 - 31st Oct 2022



ADULT CYCLE TRAINING FOR BEGINNERS

Booking is essential:
Call/text Madhavi on
07496190752

Adult Cycle Training Nov 2022 - June 2023



WINTER WHEELERS
1 - 25 December 2023

Win prizes every day by riding a bike!

LOVE TO RIDE

Links

- [Try our Adult Cycle Training interactive quiz](#)
- [Watch our Essential Cycling Skills Training Videos](#)
- ↓ [Download the Essential Cycling Skills Quick Guide](#)



Partnership working

Woodland Wheel Rides

Love to Ride (Winter Wheelers)

Bike station – Women and children received bikes and helmets



Community Payback Team May 2023 – 15 children's bikes and new helmets

Running Out Of Time

— Carry the baton in Britain's biggest sporting celebration of climate action and nature!

Clean Air Day –
15th June



E Cargo Bike Movement – loaned e cargo bike for collections food donations from local stores, trail outs and used for one swapshop event

Goals and Objectives

- Empower women / ethnic communities with cycle training, simple bike maintenance skills.
- Partnership working – campaigns and events
- Climate action – behaviour change
- Health, well-being and socialising
- Encourage more people walking and cycling.

SCOREscotland is committed to social justice and equal opportunities for all by providing a service that is accessible and inclusive.



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Visit our website:

www.scorescotland.org.uk



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Thank you everyone for listening!

