**Bike Donation Referral Form**

Thank you for your interest in the Wyre Bike Donation Scheme, the scheme has been created as part of the Councils Active Travel plans which links towards the Wyre Moving More strategy.

Wyre’s Active Travel programme is part of a Lancashire wide scheme which is actively aiming to double the number of cycle trips, increase walking trips by 10% and reduce physical inactivity levels below the national standard by 2028.

Currently in Wyre, 29% of adults have obesity, 21,000 people have been diagnosed with high blood pressure and 31% of adults do not meet the physical activity recommendations.

Increasing walking/cycling trips can also play a huge role in lowering our carbon footprint in Wyre. Reducing car usage helps get from A to B without emitting fossil fuels, with 30% of our carbon footprint coming from Travel methods including cars, buses, vans, lorries and more.

The Active Travel programme can help reduce these statistics regarding heart and disease via increasing physical activity levels in all ages from primary school learn to ride sessions, adult health cycles, health recovery rides, learn to ride sessions, Wyre wheels disability sessions and more.

Please see below activities which are currently available for FREE to all people in the community. If you require any further information or would like to express an interest in attending, please contact [community@wyre.gov.uk](mailto:community@wyre.gov.uk) or call 01253 887 234.

**Social Cycling** – Would you like to start cycling with others, or do you just fancy getting back out on your bike? Why not try the Social Cycling sessions being held across Wyre?

If you would like to get out and about, cycling with others or as a family group, these short and relaxed-pace rides might be just the motivation you need.

Every Friday from 10am – 11am @ Marine Hall, Fleetwood. Sessions run from 5th April – 25th October.

**GoVelo Cycle Training Courses –** Wyre Council have contracted GoVelo as part of the Active Travel project to offer Cycle Training Courses. We offer the following courses **FREE** to people aged 16 and over, living, working, studying or volunteering in Wyre.

These target people who need additional support in learning to ride safely and share the road with others.

Bikes and helmets can be supplied free of charge.  Courses can be organised for community groups, businesses or individuals.

**To book, visit** www.govelo.co.uk/book-a-course/

**Sofa to Saddle -** For those who want a structured 9 week course similar to couch to 5k, getting you from zero to cycling hero.  The course finishes with a 10 mile bike ride, cake and awards.

To book, visit www.govelo.co.uk/book-a-course/

**Customer Name:**

**Address:**

**Postcode:**

**Contact Number:**

**Email:**

**Date of Birth:**

***Referral Criteria – to be completed by GP/Social Prescriber***

Date of Referral:

Referral from:

Referrer:

In the box below please provide evidence to support the customers’ needs for a bike donation. Explain how it can improve their physical and mental health, improve exercise levels or provide greater opportunity for work in the community.

Please note:

I consent that all the information given above is up to date and correct to the best of my knowledge.

*Y/N*

I agree to be included in reporting figures sent to Lancashire County Council, including collated information regarding all information given.

*Y/N*

I agree to be contacted with information regarding programmes and activities related to the Wyre Council Active Travel Project.

*Y/N*

Photo/Video Consent

*Y/N*

Date:

Signed: