



#Andshecycles funding application 23-24

Overview of funding

The #AndSheCycles campaign aims to address the barriers faced by teenage girls and young women when cycling.

This funding is open to groups of young women such as guide groups, school groups and youth groups. The funding is available to help these groups develop and implement plans to help break down the barriers young women face when choosing to cycle.

Up to **£2000** per group could be available to help purchase things such as bikes, lockers, helmets or other equipment necessary to help support more young women cycling.

We will be taking applications for this years round of funding until **Thursday 29th June 2023**.

We will be hosting an information webinar about this funding on **Thursday 1st June 4-5pm 2023**– please email andshecycles@sustrans.org.uk for more information.

If you have any questions please email andshecycles@sustrans.org.uk and someone will be in touch to discuss further your application.

Funding Case Study: Tynecastle High School

Tynecastle High school in Edinburgh are one school who established their own #andshecycles group for the first time in 2021.

Led by their school teacher, Miss Rose, a group of girls formed and met each week afterschool. First, the group completed the #andshecycles workshop resource to allow them to create an 'action plan' for their school outlining what they would like to do and what resources or help they would need to do this.

The group wanted a weekly cycle club where they could :

- Learn to cycle (and help each other learn to cycle)
- Go on bike rides (different level rides for different abilities)
- Learn how to maintain and fix bikes
- Promote cycling, cycle safety and awareness in the school and local area
- Have Film/cycle video nights
- Organise cycle events for the whole school (Dr Bike, bike tagging, guest speakers, charity rides, training etc)
- Have a 'library' of bikes and bike gear that students can borrow short and long term

They understood the steps they needed to take to achieve this which included acquiring bike safety equipment, identifying support from trainers or tutors to deliver 'learn to ride' sessions, support in training school teachers to deliver the club and maintain the bikes and resources on how to plan cycle routes.

Using this plan the group successfully applied for funding and were bought a fleet of bikes (15 bikes in total) to use as part of a girls only after school cycling club.

The group grew from strength to strength and meet weekly each Wednesday. At first, the sessions were based in the playground to allow the young people to improve their cycling confidence with some of the group members learning to ride a bike for the first time! As the weeks went on the group started to head out on local led rides supported by school staff (who were funded to go on a cycle ride leader course by Sustrans) and Sustrans volunteers.





Application questions:

1. Name of organisation
2. Type of organisation, eg. School, community group, youth group
3. Are you a Sustrans I Bike school?
4. How much are you applying for? (MAX £2,000)
5. How many pupils currently cycle to your school or group? Does this differ by gender?
6. Have you identified any barriers to teenage girls cycling? Eg. Physical barriers like equipment or infrastructure; or social barriers such as confidence and self-esteem.
7. Explain how you plan to spend the grant?
8. Do you already have an #AndSheCycles group, and if not, when do you plan to get started? (Money to be made available if successful by September 2023)
9. What issues or risks may affect the ability to carry out the project? Eg. Bikes breaking or limits on staff time.
10. How would you overcome these risks initially, and in the future, to make the project sustainable? Eg. Maintenance plan for bikes or volunteer/parent recruitment.
11. What benefits and impacts do you anticipate this funding would have for your #AndSheCycles project? Eg. Who would benefit; positive impact for individuals; impact within organisation; total numbers anticipated*.
12. Have you secured or do you plan to secure funding from other sources to support cycling at your school? Please provide details.
13. Do you agree to assist in creating a case study about the project for Sustrans? We especially love to see photos that highlight positive impacts of #AndSheCycles.
14. Would you like to supply any further information about your project?

Please email completed applications to andshecycles@sustrans.org.uk by **29th June 2023**.

Thanks and Good Luck!