

DEPARTMENT OF ENVIRONMENT AND CONSERVATION (DEC)

Bicycles and Bananas – Cycle Training and Healthy Eating program

Project date:

February – March 2012

Project location:

East Perth and Northbridge

Target group:

Adults aged between 25 and 50 years

Background

The TravelSmart Workplace program is a joint initiative between the Department of Environment and Conservation (DEC) and the Department of Transport (DoT). The program was designed to conduct special cycle training courses aimed at teaching adults to cycle for both commuting and recreational purposes.

Objectives

- Build confidence in adults to regularly participate in cycling for recreational and commuting purposes.
- Increase the number of adults cycling to and from work on a regular basis.
- Enhance the cycling culture in participating organisations.
- Provide opportunities for adults to understand the importance of regular cycling and healthy eating as a key lifestyle change.

What happened?

- Two cycle training courses were conducted; one in East Perth and one in Northbridge.
- Four theory sessions were held (two in East Perth and two in Northbridge), covering the theory of cycling and bicycle maintenance.
- A range of cycling maps, brochures and fact sheets were provided to all participants.
- Seven practical sessions were conducted throughout the program.
- The annual Bike Week was promoted to participants who were encouraged to attend.
- Participants were also encouraged to join TravelSmart initiatives in their workplaces.
- Healthy eating workshops were conducted by Foodcents.
- A social ride and healthy breakfast were held to demonstrate the benefits of healthy eating and physical activity.

Participant quotes

"I thought the training was really good; thank you for the opportunity to start riding. I have bought a bike and ride around my neighbourhood regularly." Deborah, Education and Training Shared Services Centre.

"The training provided practical explanation of road rules and the tips and tricks for being safe. It has already saved me from about four near misses!" Talitha, Government Officer.

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Results

Location	Session	Number of attendees
East Perth Northbridge	Theory	13
		12
East Perth Northbridge	Bicycle maintenance	18
		14
East Perth Northbridge	Practical skills session 1 (Novice)	10
		10
East Perth Northbridge	Practical skills session 1 (experienced)	10
		2
East Perth Northbridge	Guided ride (novice)	8
		5
East Perth	Guided ride (experienced)	8
Combined	Social ride and breakfast	9
Combined	Bicycle maintenance practical sessions	39
East Perth	Foodcents healthy eating workshop	27
	Total	185

Tips for others

- Try to maximise your networks and promote your project as early as possible through several different means.
- Take part in the activities you organise where possible and get to know the participants. This adds richness to the monitoring information and positive stories of change you can collect.

Program partners

The training was delivered in partnership with Austcycle accredited cycle trainers Debra Mayrhofer and Mike Norman. The Cancer Council Education Officer also delivered a Foodcents healthy eating workshop as part of the East Perth course.

Promotion and Integration of the Swap It campaign

- Swap It Don't Stop It A-frame sign was displayed and shopping lists and key rings were available.
- Swap It Don't Stop It drink bottles were given to all participants at the bicycle maintenance practical sessions.

Where to from here?

TravelSmart Workplace will continue to explore the development of commuter cycle training as part of the TravelSmart Workplace program. Modified versions of the cycle training course will be delivered at organisations that have completed travel plans in 2012.

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