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Clifton Youth Centre

Junior Bike Project

Funded by Swinton Community Committee

March - April 2003



CLIFTON YOUTH CENTRE BIKE PROJECT

The project was based at Clifton Youth Centre on Wednesdays from 4-30 p.m. to 6.30 pm and led by a worker from a cycle project only a mile from the centre. This worker had already made contact with young people aged 11-16 years using the centre. The younger element showed a lot of enthusiasm in this and the decision was made to work with them.



The project programme was planned to include safety equipment, bike maintenance, provision of spare parts, bike rides and visits to related bike activities.

The first week of the project the group turned up with their bikes. They listened to the instructor as he examined their bikes noting the faults and how to rectify them. A number of parts were available so individuals set about the work in hand. The use of the tools were explained to them, and the reasons for doing various safety checks prior to riding were gone through. For instance, the need for good brakes, air pressure in tyres and general condition of the bike.



Time was spent with them attempting control of their bikes. Riding very slow takes more concentration than riding at a fast pace. A course was set up on the sloping area outside the centre. It was harder than it looked. Safety helmets had to be worn and the group had to be encouraged to wear them. There's not much street cred in Clifton wearing this type of gear. However, after some discussion they put the helmets on. We did all look the same.

Rides in the Irwell Valley went well, there are some very steep hills in that area especially near the Arches where the motor cross riders go. Some of the group had no fear at some of the downhill tracks or is this confidence in their ability to ride in such a way. As the weeks went on we had a slight change in the group we dropped some and picked some up.



Trips had been planned into the project. We had an evening in Heaton Park, which went well. Perhaps some of us had forgotten what a large area it covers!

We had decided to continue the project over the Easter break not to lose continuity of the project. A Go-Karting taster session at Deans Activity Centre had been planned within this time. A visit to the velodrome was also provisionally arranged. Unfortunately the group did not turn up during the holidays. In hindsight if we had stuck to term time it may have been easy to remind them of events within their regular routine.



The young people did make contact with Clifton youth centre staff to apologise for not turning up. This does show commitment to the project. The young people have been singing its praises since and keep asking when it is going to start again.

An evaluation of the project was held and the results and comments follow -

WHAT YOU ENJOYED	WHAT YOU DIDN'T	NEXT TIME
Would have enjoyed Go-karting		go-karts Bike ride with Jumps
Instruction in fixing		More bike related trips
My bike		
Free parts		videos about bikes
Talking about things Refreshments		Keep holiday
Rides out		Day trips Week-ends
Different places		
		Go camping