

A qualitative study evaluating the impact of bicycle provision on health of London based refugees

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Background

- ▶ Final year research project
- ▶ Physiotherapy (Pre-Reg) MSc
- ▶ Keen cyclists
- ▶ Marginalised groups



Cycling

Benefits

- ▶ Reduced risk of Diabetes
- ▶ Reduced risk of CVD
- ▶ Reduced risk of cancer
- ▶ Reduced mortality rates

Barriers

- ▶ Accessibility
- ▶ Affordability
- ▶ Image of stereotypical cyclist
- ▶ Fears/experiences of harassment and discrimination

The Bike Project

- ▶ Refugees, mechanics and volunteers
- ▶ Repair second hand bikes
- ▶ Offer a 10 week course
- ▶ 3000 bikes donated since 2013
- ▶ Recognition

Are you a refugee in need of a bike? [Register today](#)





Methods

- ▶ 10 refugees recruited
- ▶ Semi-structured face-to-face interviews
- ▶ Language barrier
- ▶ Pseudonyms used throughout
- ▶ Ethical approval

Physical (biological)

- What does exercise mean to you/what do you understand about it?
- In the last 7 days, how often have you used your bike?
- Tell me about how active you were before you were given a bike.
- Tell me about how having a bike has changed this.
- Tell me about your main modes of transport.
- Since being given your bike:
 - Tell me about whether your sleep has changed.
 - Tell me about your health.

Social

- Since joining TBP have you found it to be a social environment?
 - Do you ever cycle with others from TBP?
 - If relevant: Tell me about any new friendships that have come from TBP
- Since receiving your bike have you experienced any barriers in riding your bike?
 - E.g. cost, distance, culture
- Have these relationships impacted on your life at all?
 - If yes, tell me more about this
 - If no, is this something you would be interested in?
 - Prompt – have you heard about the Buddy Project?

Mental (Psychological)

- When you use your bicycle how do you feel? Prompts - Happy, anxious...
 - Explore response
- When do you prefer to cycle (e.g. what time of day)?
 - Prompt – morning, evenings, weekdays/weekends
 - Why?

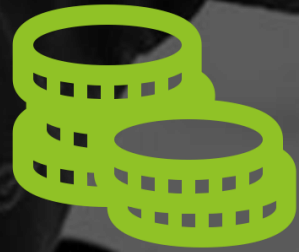
Interview Schedule



Themes



Health



Financial Benefits



Self-Improvement



Social Benefits



Health



Physical
Fitness



Stamina



Stress



Sleep Quality



Appetite



Mental
health



Shilpa, female

Financial Benefits



TRANSPORT
COSTS



BIKE
MAINTENANCE



‘Actually I couldn’t come to London because that’s too expensive for us and we have very little money just for eat, but now uh, we didn’t use the any bus and before that when I want uh, going to like my school, I must using the bus...four times ...in a week... but now I can save that and ride the bike and coming to London and that’s very important for us, we can save our money’

Sepand, male

Self-Improvement



Acquiring and
maintaining new
skills



Development of
relationships



Free movement



Confidence



‘I get my first bike umm, from The Bike Project, I was using that bike to attend my college, from Monday to Friday so, if I didn’t get the bike from the project, I cannot afford the transport...I managed to finish my course, so I’m a qualified carpenter so, umm I’m also a good mechanic, bike mechanic now’

Kwame, male.

Social Benefits



Social



Charitable
Support



‘Everybody here is so nice, very polite, very helpful, amazing people... they are really passionate about what they do... it’s so rare to find people who actually believe in it and they want to help and it’s not their job, but it’s a passion’

Shilpa, female.



Mohammed, male

Strengths

- ▶ Novel Research
- ▶ Holistic Approach
- ▶ Individual narratives

Limitations

- ▶ Small Scale
- ▶ Lack of Translator
- ▶ Lack of quantitative data





Future Research

- ▶ Quantitative measurements
- ▶ Follow-up interviews
- ▶ Larger scale
- ▶ Pedal Power Project

‘there are many guys who literally want the progress of this country, like me I want the progress of the country... they want to work, want to assist, they want to be human beings, not terrorists...they want to help themselves and also the economy’

Mohammed, male.

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