



Humanity, Decency and Fairness – Nominee

Achieve Northwest Connect for delivery of The Bike Project



Achieve North West Connect deliver a bespoke project to a small number of male offenders with significant mental health difficulties- all resident at the National Probation Service's Approved Premises for men with mental health needs.

Achieve NW Connect (ANWC) recognised that for these residents, the chances of gaining and maintaining a job is low. But, we still wanted to offer them a chance to improve their employment chances. ANWC saw this gap in delivery for the most disadvantaged offenders who have additional barriers to gaining vocational training and work experience. To meet this need, ANWC liaised with the National Probation Service to understand better the needs and abilities of residents of St Joseph's Approved Premises. Using this learning, ANWC created a model which would work for this specific group and sought an organisation best placed to deliver this. Using the services of the Margaret Carey Foundation (MCF), ANWC now deliver a successful bike project for the residents of St Joseph's Approved Premises.



What we deliver: The Bike Project delivers: one-to-one tuition every week. The bike mechanic trains the participants to repair and recycle broken and dis-repaired bicycles. If the residents “do up” one bike, it is given to a more disadvantaged child or adult in Africa or Europe. This supports the participants to feel that they are giving back to those even more in need. If they repair a second bike, they get to keep it. See the video at: <http://www.margaretcareyfoundation.org.uk/who-we-are/about-us/>

This practical work will support our participants with independent living, developing practical and vocational skills, team building and problem solving skills- all worthwhile personal, social and employment skills.

Job prospects: For those participants who want to make more of this training, we have created a pathway to employment. Bike mechanics is a growing industry with a greater number of safe cycle routes throughout Greater Manchester. This means more people on their bikes and more people needing their bicycles fixed and serviced. We have created a pathway so that a participant can learn to be a qualified bike mechanic with training and qualifications and equipment available through our partner- Margaret Carey Foundation and the Discretionary Access Fund.

Emotional wellbeing and fitness: We know the links between physical fitness and emotional well-being. MCF deliver cycle groups to support the participants to cycle safely on busy road routes and on Manchester’s canal and off-road cycle paths.

Environmental impact: As well as physical and mental health, the purpose of the supervised cycle tours is to empower our participants to cycle safely and confidently on roads and cycle paths instead of using public transport. Cycling to planned appointments instead of public transport is good for the environment as well as the individual.

ANWC’s bike project is based in Salford, Greater Manchester where we support 2 new participants per month to join the Bike Project. These small groups allow an individualised approach to learning based on the participants learning style.

