Llywodraeth Cymru
Welsh Government

wwcp
Partneriaeth Gofal Gorllewin Cymru
West Wales Care Partnership

Integrated Care Fund - Capital Proforma CAC2

Scheme	**Llanelli Cycle Project**	**Regional Partnership**	
Total Cost of Scheme	**42K**	**ICF Contribution Requested for 2018/19**	**42K**
Start Date on site	**June 2018**	**Completion Date**	**November 2018**
Completed by:	**Nigel Williams**	**Approved by:**	**Sharon Frewin**

1. Please provide a description of the scheme (120 words)

The cycle project is to be based at the Coleshill Centre, Llanelli which would enable individuals that are currently excluded from cycling to participate in this health promoting activity using specialised cycles.
Coleshill is located in Llanelli centre and is adjacent to the Llanelli Peoples Park and the National cycle network 'Millennium Coastal Path' Route 4 and the Swiss Valley cycle path, Route 47.
The project would hire bicycles and/or specialised cycles for individuals either with or without disabilities. The specialised cycles would include hand driven cycles and three and four wheel cycles.
To offer cycle training with road safety awareness using the National Cycle Standards.
The Project would also deliver bike maintenance/repair services by a trained member of staff.

2. Please detail how the scheme meets the ICF criteria? (120 words)
Develop an education & training programme for residents and tourists either with or without disabilities. Every participant given the opportunity to learn to ride a bicycle/cycle on and off road. Promote social inclusion and access to employment through improved partnership working. The Carmarthenshire Cycling Strategy states that their objectives are to Support the Pathways for Developing; Ownership; Coaching/training and Leisure Rides. Also to develop appropriate facilities within the county. The Cycle Project would benefit individuals with learning disabilities and Autism by improving their health and social wellbeing. Cycling is beneficial not only to physical and mental health but is a very social activity which builds relationships and communication. The Cycle project would also benefit the health and wellbeing of children with physical and learning disabilities within Carmarthenshire and further afield.

3. What are the outcomes/benefits for the service user? (100 words)
The benefits of cycling to people's health are well recognised, many of us fail to get the exercise and regular physical activity that we need. For individuals that have a physical disability it is much harder to exercise due to lack of facilities and equipment. This lack of facility and equipment is isolating along with not being able to undertake exercise alongside friends and family. The 'Cycle Project' would benefit those that are currently excluded and enable inclusion for individuals that enjoy exercise and being outdoors. Many individuals will be able to obtain support to access this activity through Direct Payments.

4. What are the outcomes/benefits to the service provider? (100 words)
A large part of the cycle project would be to not only hire bicycles and specialised cycles but to deliver training and instruction on Ensure Bikeability Level 1 is offered at all participants and that Level 2 & 3 is offered as an advanced course. https://bikeability.org.uk/ Level 1 video https://youtu.be/dRz-7FWucLg There is also the option to add cycle maintenance and repair as an additional income to the project. To train a member of staff in bike maintenance would cost between £65 for Level 1 and £75 for Level 2 and 3. Cycle Training Wales is based in Cardiff. https://www.cycletrainingwales.org.uk/shop/ Halfords for example charge £18 for a brake service, £8 to fit mudguards and £15 to clean the drive chain. Full service at Halfords range between £50 to £80. See Cycle Project Folder National Standards Cycle Tutor Training £480 https://www.cyclinguk.org/courses-training/leading-instructing-and-training-others/courses-for-instructors/national-standard Welsh Cycling provide training for Group Leader Level 1 which will enable staff and volunteers to be trained to supervise cycling groups. The locating of a lockable container for cycle storage with a hard-core base. A lockable gate to access the pathway of the Llanelli Park/Cycle Path.

5. Partners/Match Funding			
Please complete the following table detailing information on your partners and any match funding contributions			
Sector	**Partner**	**Financial Contribution**	**Date Payable**
Public			
Private	Coleshill Community Association	£500 for planning application	March 2018
ICF Contribution	42K		

6. Does the scheme require any associated/complementary revenue funding? If yes please detail the amount needed and briefly explain the linkage

7. How will this be managed?

8. Details of Works to be Carried Out			
Please complete the following table detailing the works to be carried out and the timescale for their completion			
Work	**Cost ex vat**	**Date for Completion**	**Additional Comments**
Storage Container Ground preparation and gates with accessible ramp electric power etc.	£10,044	30th August 2018	Planning consent applied for from Coleshill Community Association funds.
Purchase of Storage Container 1 x 24f x 8ft Steels store	£3,100	September 2018	
Tricycles x 2 (£687)	£1,376		
Specialised Quad cycle x 1	£4,180		
Wheelchair cycle x 1	£5,000		
Twin Rider x 1	£4,180		
Hand Cycle x 1	£1,150		
Hybrid Bicycle x 8 (£416)	£2,500		
Children's Bicycles x 8 (£245)	£1,470		
Cycle Helmets & Hi visibility vests	£1,500		
Promotion and Advertising	£1,000		
Sign for Container 'Cycle Project'	£1,500		
Training Costs for Bikeability and Maintenance Staff	£5,000	November 2018	
TOTAL	**£42,000**		