



He vowed to spend the rest of his life enabling others to experience the joys and benefits of cycling for physical health and mental wellbeing: "Since we've been going, people's lives have been changed."

No Limits To Health CIC now has two hubs in Wolverhampton, which offer cycling activities to everyone and also support young people from disadvantaged backgrounds into competitive cycling. As well as being one of Cycling UK's Community Cycle Clubs, No Limits To Health has been funded by Cycling UK to run Big Bike Revival events, with the focus this summer on learn-to-ride sessions and led rides, along with some Dr Bike sessions. Sam has seen for himself how these events widen access to cycling.

"I can tell you that Big Bike Revival works.

In my opinion it's one of the best things that Cycling UK has done as you're putting money where it's making an impact. The Cycling UK development officers I have worked with have been so wonderful and helpful – I wouldn't be where I am today without their support."

These events form part of the social enterprise's Summer of Cycling, which also includes weekend rides and longer tours across Wolverhampton and the Black Country. Events run in spring and autumn.

"The tours give us a chance to show local people that right where you live are paths which will lead to beautiful places that you didn't know existed, and you wouldn't know from driving past; you only discover them on foot or by bike. There are some amazingly green routes in the heart of the West Midlands – canals which are teeming with nature. You don't have to travel to Spain or Portugal or anywhere else to see beautiful places. We have them right here!"

Sam is now in a position to advocate for more and improved cycle routes in the area, in his role as bicycle mayor for Wolverhampton. "Thanks to the work of Cycling UK and others, the UK Government is now realising that if we're going to get more people on bikes, we have to improve the cycling infrastructure. And more and more UK councils are getting on board with the idea of a bicycle mayor."

As a spiritual person, the humble bicycle wheel has special meaning for Sam. "People don't realise how spiritual the wheels on a bicycle are. If you read the Bible, Ezekiel chapter one talks about the wheel within the wheel. The wheel is eternal – as long as it has bearings inside, it will keep rolling forever." ●

Pedalling projects

As well as supporting Community Cycle Clubs and affiliated organisations, Cycling UK runs innovative and award-winning projects that make cycling more accessible.

In England, the Big Bike Revival funds local delivery partners to offer free 'fix, learn and ride' events for beginners or those returning to cycling. The Community Cycle Clubs programme offers funding to community groups to run cycling-based activities, including led rides and training for instructors and mechanics. Making cycling e-asier provides free one month e-bike loans and skills training.

In Scotland, Bothies offer walking and cycling activities aimed at beginners in four locations, while Play Together on Pedals teaches pre-school children cycling skills. Access Bikes and the new Cycle Share Fund provide funding to community organisations to enable people on low incomes and those for whom cycle ownership is not the best option to experience the benefits of cycling. Rural Connections supports people to cycle, wheel and walk in Scotland's remote and rural communities. cyclinguk.org/community-cycling-projects

