CASE STUDY

More than a bike:

helping Will regain his independence

How practical support helped improve mobility, wellbeing and everyday independence.



The challenge

Will lives at Hillcrest Futures' Tollcross View service, which provides supported temporary accommodation for people experiencing homelessness.

When his late father's bicycle was stolen from his accommodation, Will lost an important means of getting around. Due to difficulties walking longer distances and using public transport, he was concerned about the impact this would have on his physical and mental health.

Will said:

"I recently had my father's bike stolen from my accommodation and it's been really upsetting. I don't do well without a bike and can't really get around, as I find it difficult to take the bus or walk long distances. I need a bike to maintain my physical and mental health.

My keyworker explained that an Edinburgh-based project which provides refurbished bikes currently has a waiting list of around 6 months, and I would really appreciate being able to get back on a bike sooner than that. I don't want my health to deteriorate further."

Hillcrest Futures

The support

Thanks to support from Cycle Crieff, a community cycling charity, Will received a donated bicycle, along with a jacket, helmet, lights and lock.

A strong partnership

Cycle Crieff is a community cycling charity that refurbishes and redistributes bicycles, helping local people access affordable, sustainable transport while promoting health, wellbeing and independence. By giving a second life to donated bikes, they create both social and environmental benefits within the community. A spokesperson for Cycle Crieff said: “We donated the bike because we jointly identified a suitable recipient. This would allow them far more active travel opportunities. We want to help regardless of location.”

The impact

The impact was immediate. Will says the bike has been incredibly helpful, allowing him to get out and about much more than before. It has made a huge difference to both his physical and mental health, and he is extremely grateful for the support.

His keyworker said:

“Will struggles to walk longer distances because of his injuries, so the bike has done wonders for both his physical and mental wellbeing. It gives him greater freedom and independence, making it easier to attend appointments and run errands.

He has already used it several times, including collecting his phone from Spring Gardens, which would have been much more difficult without the bike. It also helps conserve his energy and saves time, allowing him to focus on other important activities such as going to the gym, cooking and maintaining his home.”

Improved mobility

Greater ability to travel independently and get out and about.

Better wellbeing

Reported benefits to both physical and mental health.

Everyday independence

Easier access to appointments, errands and everyday activities.

Community connection

Opportunities to participate in the community and maintain important aspects of daily life.