

# BREEZE CYCLING | UK

## PARTICIPANTS



Adults, Women & Women only,  
volunteer led cycling sessions



## DURATION

Weekly activities

## ACTIVITIES

Cycling



## NUMBER OF SURVEYS

- » 3369 Surveys were sent
- » 616 Surveys were received

18%

## ✓ PHYSICAL HEALTH

### Top physical health benefits

- » 70% of respondents described themselves as more active as a result of their participation in Breeze rides
- » 71% described themselves as having increased fitness levels
- » 56% described their health as better or much better as a result of participating in the breeze rides

## ✓ MENTAL HEALTH AND WELL-BEING

### Top mental wellbeing benefits

- » 69% reported increased confidence
- » 72% reported feeling better about themselves
- » 52% reported feeling calmer and more relaxed (13% 'much more often' and 39% 'more often')

## ✓ ENVIRONMENT

### Top Environmental benefits

- » 76% of respondents felt a greater connection to nature

## ✓ EDUCATION AND LIFE-LONG LEARNING

### Reported Top Educational benefits

- » 84% highlighted positive impacts in terms of their skill development / improved cycling abilities
- » 63% highlighted that they are able to achieve most of the goals that they set themselves



## MAIN BENEFIT IDENTIFIED

Sense of community with new friends, new groups and new mind-set. Also a greater sense of happiness and well-being

## COMMUNITY

- 91% highlighted positive connectivity with others
- 86% felt part of a group or community
- 88% highlighted that they had made new friends as a result of participating in the Breeze programme

## TOP QUOTES

"A renewed sense of wonderment and excitement"

"Love the social aspect, meeting different people from all walks of life. I enjoy discovering my local area from a two-wheel perspective"

"I feel generally healthier, happier and feel I have acquired a new group of friends that I would never have met. The Breeze leaders are all so supportive, non-judgemental & welcoming. Please may it continue forever"

Pride and achievement 84%

62% felt more independent and empowered as a result of their involvement

AVERAGE VALUE  
GENERATED

€7,026,125.10



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