



Report on the findings of Phase One: Consultation

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CYNNAL Y CARDI
Creu Cymunedau Cynaliadwy
Creating Sustainable Communities



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1. Introduction

‘On your Bike’ is a project run by Rural Health and Care Wales (RHCW), funded by Cynnal y Cardi, which aims to encourage physical activity in young people by giving them the opportunity to use outdoor static bikes to charge their mobile devices. The project is based on the need to increase and mainstream physical activity in everyday life, and is likewise linked to environmental issues in that it generates clean energy from sustainable sources – human physical power.

The project seeks to increase physical activity in young people by innovative incentivisation, and raise awareness of the health and well-being benefits of outdoor activity. The project aligns with the Well-being of Future Generations (Wales) Act 2015 and will contribute to the achievement of the Ceredigion Local Well-being Plan (2018).

There are two phases to this project, the consultation phase and the installation phase. The consultation phase was led by the end users (young people aged 14 to 25 years old) and consisted of questionnaire surveys and focus groups, with the aim of gleaning the views of young people on the use of static bikes to charge their mobile devices. Questionnaires were circulated on-line, using social media and through distribution lists held by various youth organisations (e.g. Coleg Ceredigion, Ceredigion Youth Council and Youth Forum, Army Cadets Ceredigion, secondary schools etc), and were also available in hard copy (e.g. at a Careers event held in Aberystwyth on 19th February 2019). Focus group sessions were held in Youth Clubs and Further Education establishments across Ceredigion, such as Aberaeron, Penparcau and Cardigan Youth Clubs and Hyfforddiant Ceredigion Training.

The consultation phase came to an end on 22nd March 2019 and the results have been analysed within this report. The on-line survey and later analysis of data was conducted via Constant Contact (www.constantcontact.com).

The results concluded within this report evidence the need to continue to phase two of the “On your Bike” project, installation. The installation phase will include the identification of sites (plus all access and logistical requirements), definition of the final specification of the equipment and cost, installation of the bikes, awareness raising, research on usage and benefits, and a final report of findings.



2. Background

The prevalence of obesity and people defined as ‘overweight and obese’ is statistically significantly higher in Wales than in England, or in any of the English regions (Public Health Wales, 2019: p.14). In Ceredigion, 23.2% of children aged 4-5 years are considered overweight or obese (Ceredigion Public Services Board, 2018: p.5). It has long been established that obese children grow into obese adults, therefore drastic action is needed to address health and well-being from an early age. This project targets young people, primarily between the ages of 14 and 25, with the intention being to not only encourage physical activity but to also raise awareness of the health benefits and well-being impact that outdoor activities can bring.

With the ever increasing use of mobile devices encouraging sedentary behaviour, it is important to highlight the effects of prolonged screen time and lack of physical activity on young peoples’ physical and mental health. The Ceredigion Assessment of Local Well-being (2017) states that “children aged between five and 16 years spend an average of six and half hours a day in front of a screen”. The “On your Bike” project aims to provide a link between outdoor recreation and the high level of engagement by young people with technology by installing a range of static bikes across Ceredigion that will enable young people to generate energy to charge mobile devices. Through using an incentive to charge mobile devices, it is hoped that young people will not only become more physically active but will also reduce screen time by engaging in an outdoor activity that will have a positive impact on their health and well-being.

The “On your Bike” project aligns with the Well-being of Future Generations (Wales) Act 2015, which requires all public bodies to work toward achieving well-being goals for the people of Wales. In particular, the project meets the requirements of “a resilient Wales”, “a healthier Wales” and “a globally responsible Wales”. The provision of static bikes, with the incentive of generating power for mobile devices, aims to encourage young people in Ceredigion to become healthier through engaging in physical activity. It also highlights the use of renewable energy, demonstrating how human energy can be used to power everyday devices that are popular with the target demographic.

The Ceredigion Local Well-being Plan (2018) identifies two guiding principles and six well-being aims for the people of Ceredigion. The generation of clean energy through human power meets the identified “community resilience” aim of creating environmentally responsible and safe communities that can adapt and respond to the effects of climate change. Furthermore, siting bikes outside in the natural environment will enhance users’ relationships with the natural environment, which is another key target identified in the Plan. The provision of outdoor exercise bikes, sited in everyday locations and not linked to traditional exercise venues, aims to encourage more people to partake in physical activity, leading to associated health benefits. This project therefore also meets the “individual resilience” well-being aim of enabling people to live active, happy and healthy lives.

Rural Health and Care Wales (RHCW) was established as a result of a recommendation made in the Mid-Wales Healthcare Study (Marcus Longley et al, 2014) that “the three Health Boards, working with local universities and others, should develop and support a centre of excellence in rural healthcare, with a particular focus on research, development and dissemination of evidence in health service research which addresses the particular challenges of Mid-Wales”. RHCW aims to provide a central point for the development and collation of high quality research that is important for sustainable health and well-being in rural areas, bringing to light exemplars of good practice in this respect. One of the objectives of RHCW is to instigate and undertake research that informs models of prevention, treatment and care that will improve the health and well-being of rural communities. Another objective is to support decision-makers and policy colleagues to be fully cognisant of the scope, opportunities, issues and challenges in implementing prudent health and social care in a rural environment. The “On your Bike” project therefore aligns with the core aims and objectives of RHCW.

2.1 Literature Review – evidencing the need

Obesity

The World Health Organisation (2018) defines obesity as “abnormal or excessive fat accumulation that may impair health”.

Goal	Description of the goal
A prosperous Wales	An innovative, productive and low carbon society which recognises the limits of the global environment and therefore uses resources efficiently and proportionately (including acting on climate change); and which develops a skilled and well-educated population in an economy which generates wealth and provides employment opportunities, allowing people to take advantage of the wealth generated through securing decent work.
A resilient Wales	A nation which maintains and enhances a biodiverse natural environment with healthy functioning ecosystems that support social, economic and ecological resilience and the capacity to adapt to change (for example climate change).
A healthier Wales	A society in which people's physical and mental well-being is maximised and in which choices and behaviours that benefit future health are understood.
A more equal Wales	A society that enables people to fulfil their potential no matter what their background or circumstances (including their socio economic background and circumstances).
A Wales of cohesive communities	Attractive, viable, safe and well-connected communities.
A Wales of vibrant culture and thriving Welsh language	A society that promotes and protects culture, heritage and the Welsh language, and which encourages people to participate in the arts, and sports and recreation.
A globally responsible Wales	A nation which, when doing anything to improve the economic, social, environmental and cultural well-being of Wales, takes account of whether doing such a thing may make a positive contribution to global well-being.

Being overweight can lead to a number of chronic diseases such as cardiovascular disease, cancer and diabetes – however, we know that obesity is preventable (World Health Organisation, 2018).

Obesity is a significant problem worldwide which has tripled since 1975 (World Health Organisation, 2018). Obesity is a particular problem in Wales, where the proportion of children aged 4-5 years considered overweight or obese has increased by 3% in recent years (Ceredigion Public Services Board, 2017; p.27).

Whilst there is significant evidence that obesity is on the rise in Wales, The Wellbeing of Future Generations (Wales) Act 2015 aims to mitigate this by requiring all public bodies to work toward achieving seven identified well-being goals for the people of Wales (fig.1).

Figure 1: The seven well-being goals identified within The Well-being of Future Generations Act (Wales) 2015

Statistics show that 80% of obese adolescents will still be obese in adulthood (M Simmonds et al, 2016; pg.1). It is therefore important to address obesity early on in life, as it not only has an impact on the individuals' health but also on the NHS, with the Welsh Government and Public Health Wales (2019) predicting that if nothing changes by 2050, the NHS will spend £465 million each year caring for obese people (Healthy Weight; Healthy Wales, 2019).

Diabetes UK (2018) has reported that 6,836 people under the age of 25 have Type 2 diabetes in England and Wales, which includes around 1,500 people under the age of 19 being treated for the illness. Type 2 diabetes is commonly associated with obesity and poor lifestyle and can be more aggressive in young people. This is just one example of the health impact being overweight can have.

Physical activity in Children and Young People

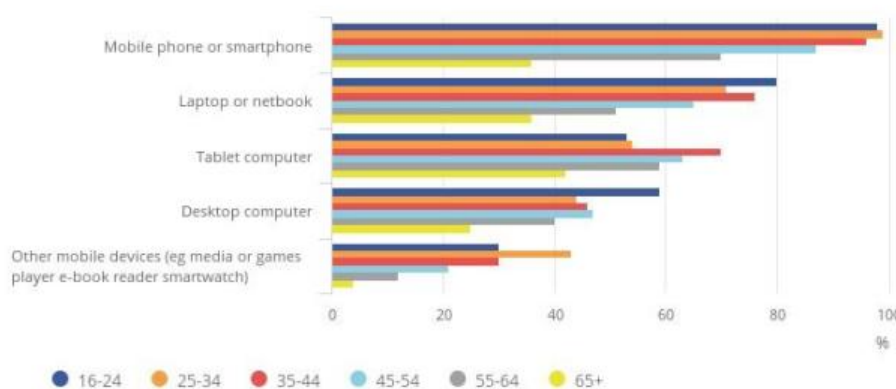
One of the contributing factors to obesity is a lack of physical activity, with only 14-17% of 11-16 year olds being active for more than 60 minutes a day (Welsh Government, 2019; p.3). Lack of physical activity is known to have a detrimental effect on mental health, with just over 10% of Ceredigion's children currently experiencing mental health issues such as stress, anxiety and depression (Ceredigion Public Services Board,

2017; pg.28).

The World Health Organisation (2005) has stated that at least 80% of premature heart disease, stroke and type 2 diabetes, and 40% of cancer could be prevented through healthy diet, regular physical activity and avoidance of tobacco products.

Technology and Mobile device usage

Figure 2: Devices used to access the internet, by age group, in Great Britain, 2018



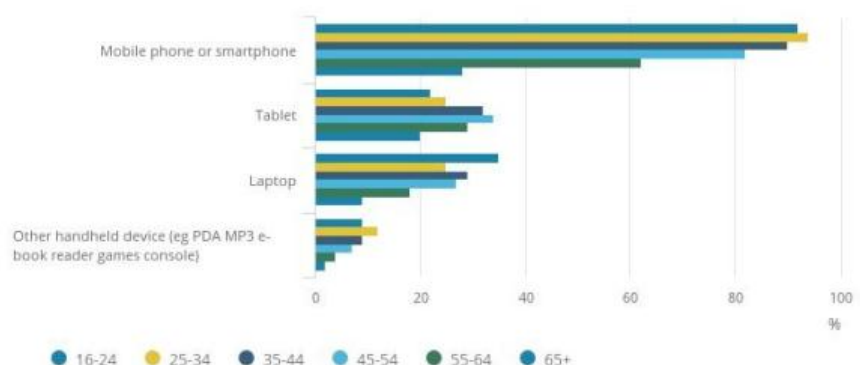
Technology is now part of everyday life and mobile devices play a huge part in young people's sedentary behaviour. The ever emerging digital world and introduction of new technologies has forever changed our ways of living (National Rural Health Alliance, 2018; pg.4). A staggering 92% of 16-24 year olds use a mobile phone or smartphone on the go in the UK (Office for National Statistics, 2018).

The "On your Bike" project has identified an opportunity to align the high levels of mobile phone use with physical activity and whilst there is a need to

encourage young people to spend less time in front of screens and more time being physically active, we must recognise that both need to co-exist. Providing young people with a means to generate energy to charge their mobile devices will incentivise them to use the static bikes and as such will instigate physical activity. In turn, it is hoped that this fun association with physical activity will lead to behavioural change and potentially reduce the use of mobile devices and screen time as a result.

The use of social networking is also on the rise, with 90% of young adults using social media, compared with 12% in 2005 (Andrew Perrin, 2015). Users of the power-generating outdoor bikes can use social media to track their progress and share workouts, thus the project capitalises on young people's frequent use of social networking platforms.

Figure 3: Devices used to access the internet "on the go", by age group, in Great Britain, 2018



Source: Office for National Statistics

3. On your Bike Consultation

The Phase 1 consultation took place between January and the end of March 2019. The consultation was heavily reliant on public engagement, with a range of schools and youth clubs targeted in Ceredigion to survey the opinions of young people between the ages of 14 and 25. A bilingual questionnaire was created on-line and hard copy (see Appendix 1) to distribute across Ceredigion, with a target of 120 completed questionnaires. Through contacting over 25 schools, youth clubs and other youth organisations, responses were received from over 300 young people in Ceredigion who gave input into the consultation.

The questionnaire aimed to ascertain the views of young people on the concept of using static, power-generating bikes that charge mobile devices, where in Ceredigion they would like to see the bikes sited and what type of bike would be most popular. It also asked the question whether they would be more likely to use the bikes alone (1 bike per site) or in company (2 or 3 bikes per site), with up to three adjacent bikes proposed in any one site.

Three different options of power-generating bikes were proposed - a traditional upright spinning bike, a recumbent bike, providing full back support and suitable for those new to exercise, and a hand bike, suitable for wheelchair users. The people completing the questionnaire were asked to identify which type of bike would be preferred.

General comments were also encouraged and discussions were held on the merits and/or downfalls of using static bikes to charge mobile phones during focus group sessions. This also enabled natural progression to discussions on obesity and physical activity in young people, in addition to the merits of using renewable energy and associated environmental issues.

The following schools and youth clubs were contacted/visited as part of the consultation phase:

TABLE 1: SCHOOLS AND YOUTH ORGANISATIONS CONTACTED / VISITED IN CEREDIGION		
School / Youth Organisation	Outcome	Date visited
Ceredigion Careers Fair	Focus group; paper questionnaires completed	19.02.19
Ysgol Penglais School	Paper copy and on-line questionnaires completed	12.03.19
Ysgol Penweddig School	Paper copy and on-line questionnaires completed	12.03.19
Ysgol Aberaeron School	Paper copy and on-line questionnaires completed	14.03.19
Ysgol Bro Teifi School, Llandysul	Sent link to on-line questionnaire	
Ysgol Bro Pedr School, Lampeter	Paper copy and on-line questionnaires completed	14.03.19
Ysgol Henry Richard School, Tregaron	Paper copy and on-line questionnaires completed	14.03.19
Ysgol Aberteifi School	Sent link to on-line questionnaire	
Ceredigion Actif	Link to questionnaire sent to all youth workers to share	
Aberaeron Youth Club	Focus group session	04.03.19
Cardigan Youth Club	Focus group session	06.03.19
Penparcau Youth Club	Focus group session	07.03.19
Llandysul Youth Club	Paper questionnaires shared by youth worker and returned	
Ceredigion Heritage Youth Panel	Focus group session	21.03.19
Hyfforddiant Ceredigion Training	Focus group session	20.03.19
RAY Ceredigion	Focus group; paper questionnaires completed	07.03.19
Ceredigion Youth Council	On-line questionnaire sent to group	

Ceredigion Youth Forum	On-line questionnaire sent to group	
Coleg Ceredigion - Cardigan	Focus group; on-line questionnaire circulated to students via newsletter	06.03.19
Coleg Ceredigion - Aberystwyth	Focus group; questionnaire added to staff portal to deliver w/c 11.03.19	13.03.19
Aberystwyth Students Union	Link to questionnaire on Facebook and Twitter pages	
URDD Ceredigion	Sent on-line questionnaire	
Ceredigion Army Cadets	Questionnaire circulated to all Ceredigion based cadets	
Ceredigion Young Farmers Club	Link to questionnaire on Facebook page	
Ceredigion Pupil Referral Unit	Link to questionnaires passed on to all teachers	
Ceredigion Youth Justice Group	Link to on-line questionnaire sent	
Ceredigion PSE Network	Link to on-line questionnaire sent	

4. Achievement of Outputs

The project had an identified target of 120 completed questionnaires and 8 focus group sessions, both of which were exceeded. During the consultation phase, over 300 young people were engaged with, resulting in 309 completed questionnaires. 9 focus groups were held, with a total of 172 attendees.

The project had a target to engage with 150 young people and whilst it has been difficult to exactly confirm the number of young people, it is estimated that nearer 500 were at some point engaged with via their schools / youth clubs and other youth organisations (on-line questionnaires distributed).

The target number of volunteer participants for Phase two (research on use after implementation) is 20, however as part of the consultation we asked people to note if they would be interested in being involved further in the research and we had a very positive response of 76 volunteer participants. Out of these, we will select 20 for phase two involvement, should the project be approved to proceed.

It was anticipated that half of the young people that we engaged with would be women, with results to the consultation survey indicated that 143 out of the 309 (46%) participants were female. It was expected that 100 participants could speak Welsh, with 129 out of 309 (42%) participants speaking Welsh.

The first press release on the “On your Bike” project was sent to the following: The Cambrian News; Western Mail; Daily Post; Radio Ceredigion; Tivyside Advertising; Shropshire Star; Powys County Times; Wales Online and the Ceredigion Herald. A further three press releases will be issued throughout the project’s implementation phase detailing the results of the consultation, the launch event and research and findings.

All targeted outputs for Phase 1: Consultation have therefore been met or exceeded.

5. On your Bike Questionnaire Survey Results

1. Please indicate if your school / youth club etc. asked you to complete this questionnaire?

TABLE 2: SCHOOL, YOUTH CLUB OR YOUTH ORGANISATION								
School		Youth Club		College / Further Education		Other*		No. of Responses
No.	%	No.	%	No.	%	No.	%	
88	36	43	18	101	42	16	7	242

*Other: Facebook; Facebook; Young Ambassadors; Family; Coleg Ceredigion; Facebook; SU on Facebook; SU at Aber Uni; Aberystwyth; University; Social media; University; Uni; University; University; Aberystwyth University; Cffl Ceredigion.

The results show that the largest proportion of participants were asked to complete the questionnaire by their College or Further Education provider (42%), followed by 36% of respondents who were asked by their School and 18% by their Youth Club. Social media proved to be effective in reaching University students, whilst some participants selected more than one option.

2. Please indicate your age:

TABLE 3: AGE										
14 – 17		18 – 21		22 – 25		Other*		No Response		No. of Responses
No.	%	No.	%	No.	%	No.	%	No.	%	
183	59	54	17	22	7	39	13	11	4	309

*Other: 46, 30, 11, 12, 12, 11, 11, 11, 44, 35 52,13,13, 12, 12, 13, 12, 13, 46, Old, 26, 32, 11, 12, 12, 11, 10, 12, 12, 10, 11, 12, 11, 11, 11, 13, 13, 31, 40

The largest age group of participants was 14 to 17 year olds (59%), followed by 18 to 21 year olds (17%), with 28 younger participants between the ages of 10-13.

3. Please indicate your gender:

TABLE 4: GENDER										
Male		Female		Prefer not to say		Other*		No Response		No. of Responses
No.	%	No.	%	No.	%	No.	%	No.	%	
122	39	143	46	6	2	3	1	35	11	309

*Other: frying pan; apache helicopter; Apache Helicopter

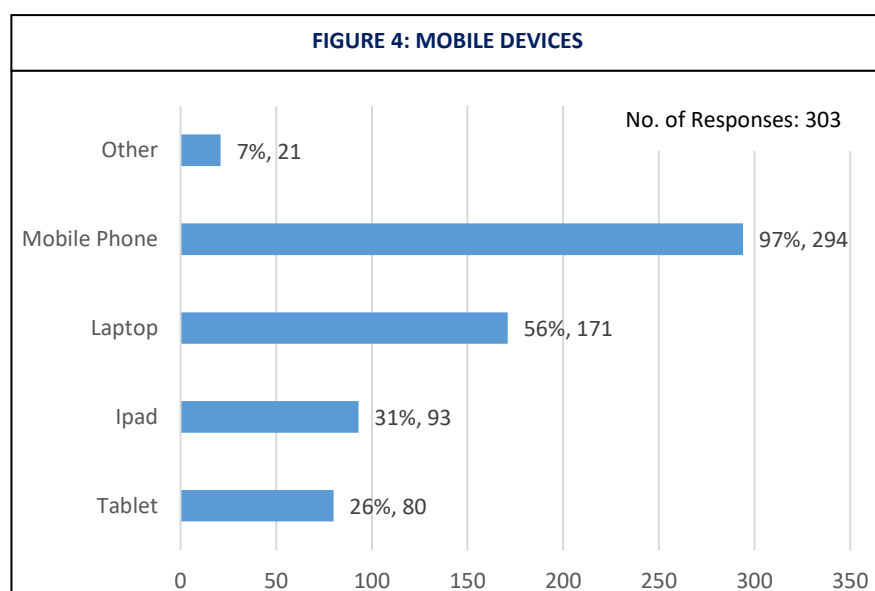
The majority of participants were female (46%), although it was fairly evenly weighted between male and female, with 39% of participants being male. 2% of participants preferred not to disclose their gender.

4. Are you a Welsh speaker?

TABLE 5: WELSH SPEAKER								
Yes		No		Learning		No Response		No. of Responses
No.	%	No.	%	No.	%	No.	%	
129	42	92	30	52	17	36	12	309

42% of participants were Welsh speakers (129 people), with 17% (52) of participants stating that they were learning. 30% of participants (92 people) did not speak Welsh.

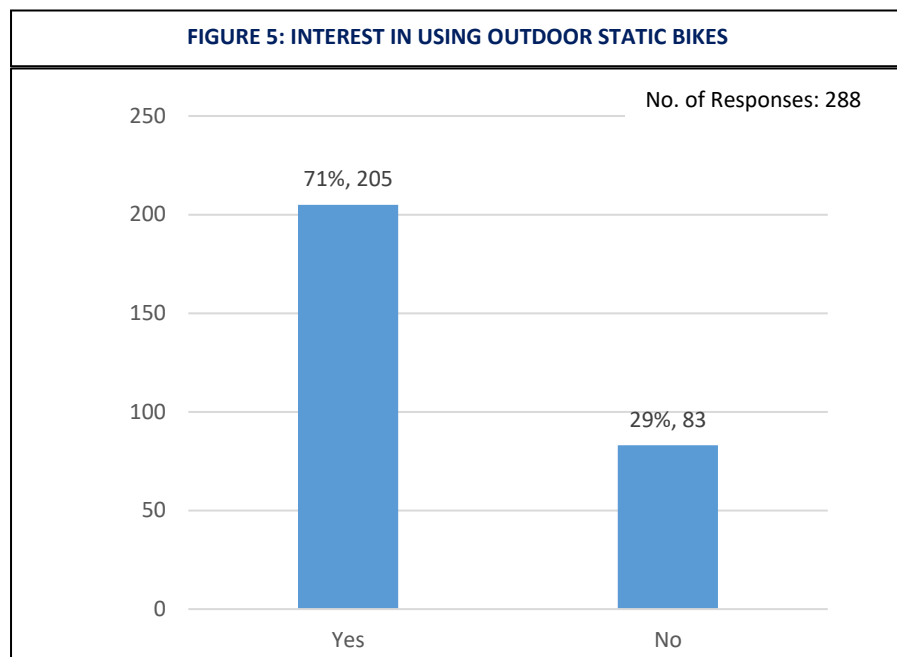
5. What mobile devices do you have? (Please tick all that apply)



*Other: Games consoles; Handheld games; computer; cindal; 44, xbox, Nintendo, the dash on my Tesla Roadster, camera; ipod; ipod; ipod; xbox; xbox; xbox;xbox; ps3; xbox 360, nintendo DS, nintendo switch, ps2; xbox; doesn't matter, Smart watch; Handheld Gaming Consoles.

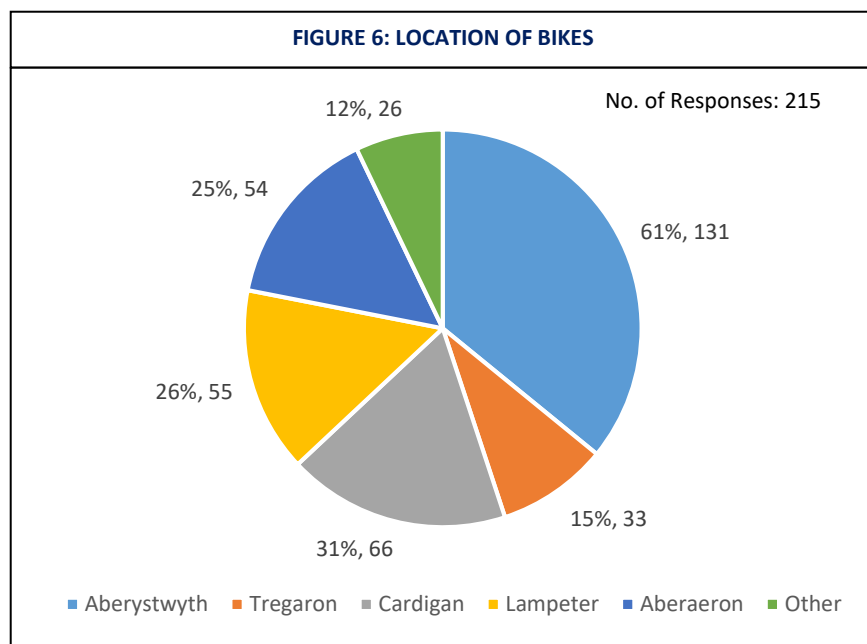
A staggering 97% of participants own a mobile phone which mirrors the UK total in figures 2 and 3; 56% own a laptop and 31% an iPad. This high use of mobile devices supports the opportunity of using this as a route to incentivise physical activity.

6. Would you be interested in using an outdoor static bike to charge your mobile devices?



We received a great response to this question, with 71% of participants confirming that they would be interested in using an outdoor static bike to charge their mobile devices. In addition to the 288 definitive responses received and analysed above, there were 21 “neutral” responses from 19 people that responded to say they didn’t know and 2 who gave no response at all.

7. Where would you like the bikes to be located? (you can select more than one)



*Other: Borth, Llanon, Pennant, Llandysul, my house for personal needs, Clarach, Comins Coch, Llandysul, Llandysul, Llandysul, Near home, camarthen, penparcau, everywhere including Mt Everest, Fishguard, Tal-y-Bont, penparcau, Llanon, Llanon, Aberporth, Waunfawr, New Quay, Newtown, Penparcau, For myself personally, Aberystwyth, but the more, the better, Carmarthen, Llandysul.

Participants who responded favourably (“yes”) to the previous question were asked to confirm where they would like the bikes to be sited, with respondents able to select multiple locations. The overall most popular location selected was Aberystwyth, with 61% of respondents selecting the town as their preferred location. The following three most popular locations selected were then Cardigan (31% of responses), Lampeter (26%) and Aberaeron (25%).

8. Is there anywhere in particular you would like the bikes to be situated? For example, in a park, on the prom in Aberystwyth or in the square in Aberaeron. Please list your suggestions:

TABLE 6: SPECIFIC LOCATIONS				
Aberystwyth				
Prom	Castle	University Campus	Park	Avenue
40	17	11	10	7
Cardigan				
Coleg Ceredigion		In a Park	Netpool Street	
6		2	2	
Lampeter				
In a Park			On the square	
2			1	
Aberaeron				
In the Square field / park			By the river	
6			1	
No specific location				
In a park	Leisure Centre		By a school	Outside youth club
38	6		3	3

The 175 responses received were analysed and organised by location, with the most popular sites identified in the previous question listed above.

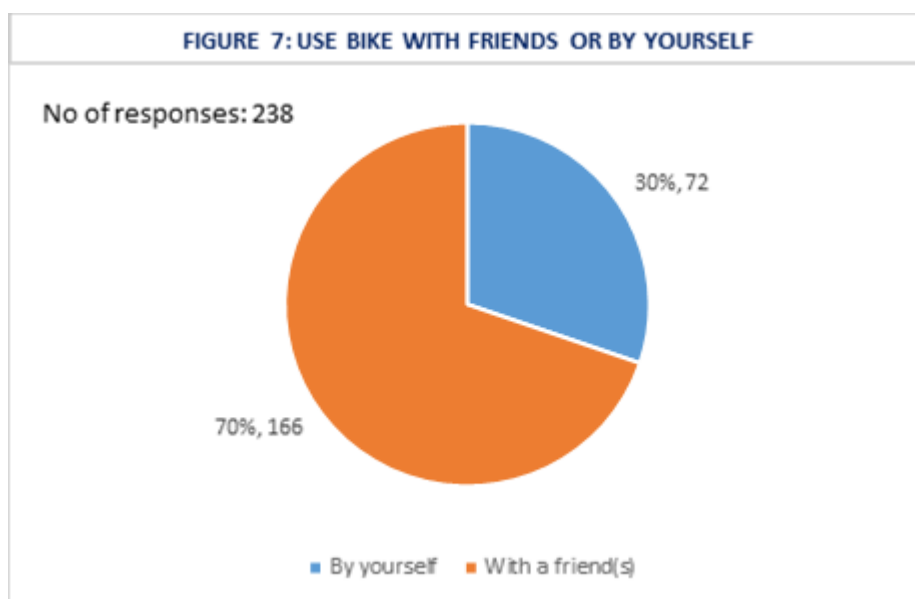
Evidently the most popular site overall is the Prom in Aberystwyth, followed by the Castle (17), University (11) and Park (10), albeit the “avenue” (7 votes) is also commonly used to describe the park located near Plasrug .

In Cardigan, Coleg Ceredigion was identified however there could be a bias as a focus group was held at the college and a high proportion of respondents were students there.

In Lampeter, the part was the preferred site (marginal) and in Aberaeron, the town centre square.

Full responses can be found in Appendix A on page attached to this report.

9. Would you prefer to use the bike with a friend or would you be happy to use the bike by yourself?



212 people responded to this question, with a proportion of these selecting both options; analysis was conducted on the basis of the 238 replies received from these 212 people.

70% of the overall responses indicated that people would prefer to use a bike with friends, with 30% stating that they would prefer to cycle alone. Having multiple bikes is therefore the preferred option.

Further analysis of the data was undertaken in relation to the four most preferred locations, with the following results:

- Aberystwyth** - Of the 148 responses received, 66% would prefer to use the bikes with friends
- Cardigan** - Of the 74 responses received, 68% would prefer to use the bikes with friends
- Lampeter** - Of the 63 responses received, 67% would prefer to use the bikes with friends
- Aberaeron** - Of the 61 responses received, 67% would prefer to use the bikes with friends

For the four identified most popular locations, having multiple bikes would be the preference.

10. How many bikes do you think would be the best option to have in each location (maximum of three)?

TABLE 7: NUMBER OF BIKES						
One		Two		Three		No. of Responses
No.	%	No.	%	No.	%	
4	2	64	30	143	68	211

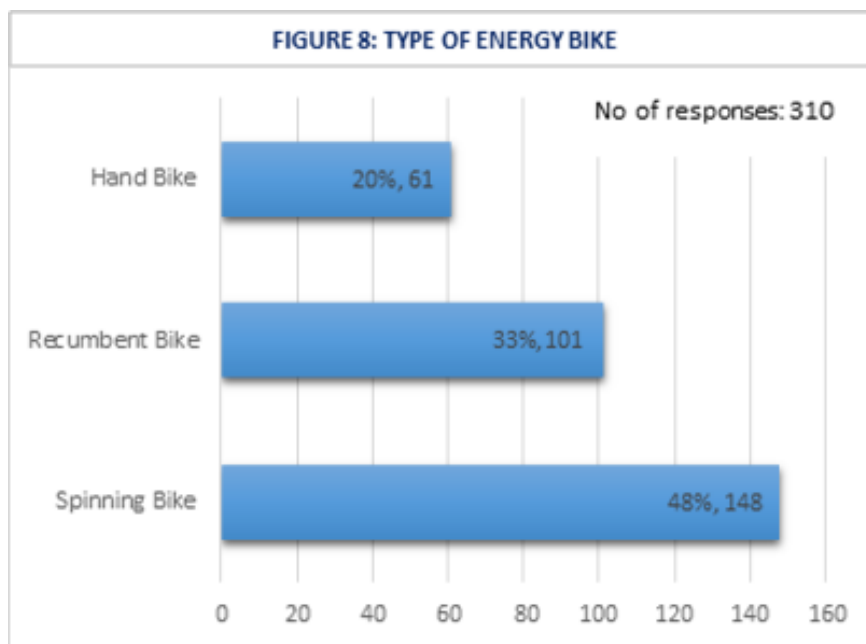
Participants were able to select more than one option in this question, with 211 responses received from 208 people; analysis was conducted on the 211 responses.

Results indicate that the majority (68%) of respondents would like to see three bikes sited in each location. Whilst this is the preference, budgetary considerations will need to be given to siting the maximum number of three bikes in each location, with potentially two being more affordable.

The results were filtered for the top four locations, with again the same result across all four:

- Aberystwyth** - Of the 130 responses received, 71% would like to see three bikes sited together
- Cardigan** - Of the 64 responses received, 63% would like to see three bikes sited together
- Lampeter** - Of the 53 responses received, 72% would like to see three bikes sited together
- Aberaeron** - Of the 52 responses received, 63% would like to see three bikes sited together

11. Which of the following bikes would you prefer to use?

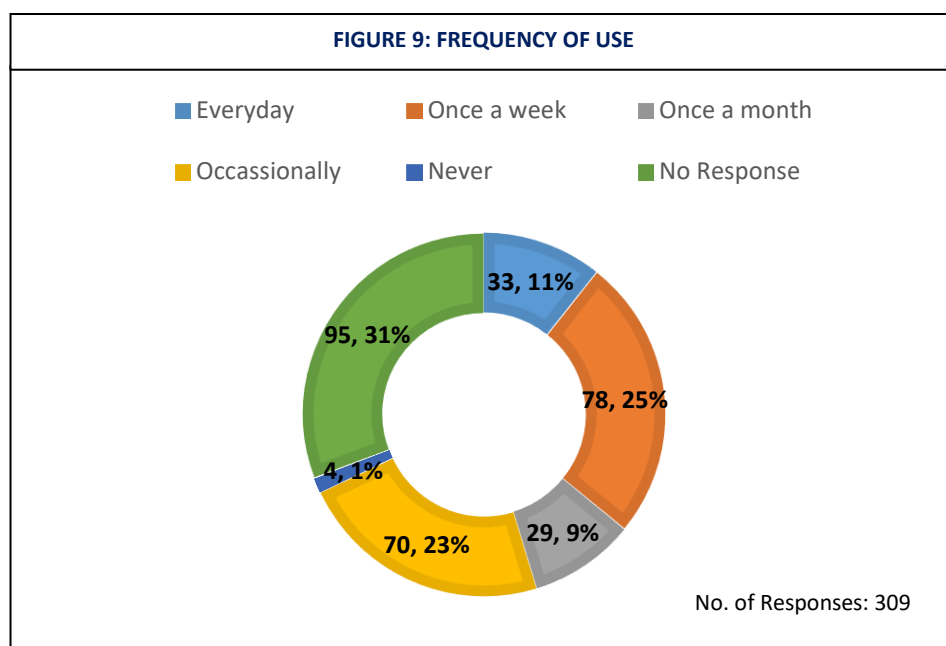


Participants were able to select more than one response to the above question, with 310 responses received from 211 people; the analysis was conducted on the 310 responses.

48% of participants selected the spinning bike as the bike they would prefer to use, followed by the recumbent bike (33%) and then the hand bike (20%). The same results were obtained when each preferred location was analysed:

- Aberystwyth** – Of the 197 responses received, 48% would prefer a spinning bike, 31% a recumbent bike and 21% the hand bike
- Cardigan** – Of the 101 responses received, 44% of participants would prefer a spinning bike, 35% a recumbent bike and 22% a hand bike
- Lampeter** – Of the 89 responses received, 47% of participants would prefer a spinning bike, 31% a recumbent bike and 21% a hand bike
- Aberaeron** – Of the 89 responses received, 46% of participants would prefer a spinning bike, 33% a recumbent bike and 21% a hand bike

12. How often do you think you would use these bikes?



Of the responses received, the majority of participants indicated that they would use the bikes once a week (25%), however if you exclude the “no responses” (31%), this figure rises to 36% (78/214).

Further analysis of the data by the top four locations showed that 40% those that selected Aberystwyth as their preferred location would use the bikes once a week, demonstrating a positive demand for frequent use.

13. Would you be interested in taking part in further research on this project?

TABLE 8: FURTHER RESEARCH								
Yes		No		Undecided		No Response		No. of Responses
No.	%	No.	%	No.	%	No.	%	
99	32	143	46	52	17	15	5	309

32% of participants stated that they would be happy to take part in further research, with 76 participants provided their contact details (First Name, Last Name and Email Address).

This figure exceeds the target of 20 young people to be involved with further research on use of the static bikes should phase two (implementation) proceed.

**14. Do you have any other comments or suggestions to make regarding the 'On your Bike' project?
Please include these below.**

TABLE 9: COMMENTS OR SUGGESTIONS	
Positive	
Awesome	Good idea
Great idea	It would be a great idea to put these around the university as it would tackle laziness as well as being more eco friendly
I think it is a nice idea to include charging your phone whilst exercising. I wouldn't use it that much but it would be nice to know it's there for when I feel like.	I think this is a great idea - it helps to get people exercising as well as generating energy to power their devices.
Maybe make a small space where the bikes would be positioned under a roof in a car park or something.	These bikes would have to be in sheltered areas base do the average weather type in Ceredigion
Making sure they are resistant to vandalism. Add more to the 'outdoor gym', lots of people use the promenade for a run and I could see people of all ages using this equipment.	

Negative	
I think it is a good idea. However, it isn't really for me. I'd rather just plug my phone on charge while I'm in class and let it charge while working.	I believe that as the council tax has been increased again this year by 9.9% I would rather pay less council tax and have no bikes. I hope the council will stop wasting money.
Personally, not everyone has the desire for simply utilizing mobile/cellular devices. If PC/Console users wishes to get exercise with this similar idea in mind this system could be compressed for an 'at home' solution where if you wish to use your computer, you would have to peddle etc.	Not interested because you can charge your phone in a caff/shop
Good idea but doesn't interest me.	Don't do it! Give up
Make a Dyno version	I don't have a bike
No	No

Overall, the responses received were positive (some categorised as negative could be deemed positive, e.g. "good idea but doesn't interest me" or neutral / irrelevant, e.g. "I don't have a bike". During the focus sessions and at public facing events, the response was extremely positive, albeit that this was not necessarily captured on the questionnaires.

Some responded with constructive suggestions, such as making sure the bikes are resistant to vandalism, consideration to be given to having the bikes in sheltered areas etc.

6. Conclusion and Recommendations

6.1 Conclusion

Overall the project was very well received by young people in Schools and Youth Organisations from across Ceredigion, with many noting it was a great way to encourage young people to become more physically active in an outdoor environment (e.g. *'I think this is a great idea - it helps to get people exercising as well as generating energy to power their devices'*).

309 completed questionnaires were received, these having been distributed in both hard (paper) copy and electronic format, with sharing of the questionnaire undertaken via social media and through mailing lists. The results show that the vast majority of participants (71%) were interested in using outdoor static bikes to charge their mobile devices in Ceredigion.

Many locations were highlighted in the responses, with several towns and villages noted in addition to the four preferred locations, such as Llandysul, Llanon and Borth. The results determine the four most popular locations for the static bikes to be sited in in Ceredigion are Aberystwyth, Cardigan, Lampeter and Aberaeron.

The other results of note was the actual site within these preferred locations and the preferred option for having multiple bikes in one location as oppose to a single unit.

Over 30% of participants stated that they would be happy to take part in further research, which exceeded the target figure for engagement in the second phase of research, with 76 volunteers and a target of 20 people.

6.2 Recommendations

- a) With over 70% of participants interested in using the static bikes, we recommend that the project continues with the installation of the static bikes in the following locations: **Aberystwyth, Cardigan, Lampeter** and **Aberaeron**.

Within in each location the most popular sites are listed below:

- Aberystwyth - *on the Prom / in and around the Castle*
- Cardigan - *in and around Coleg Ceredigion campus and the netpool/near the river*
- Lampeter - *in the square / park*
- Aberaeron - *in the park / square*

Further work will need to be done during Phase 2 to identify the most practical and available site within these location, working with the necessary authorities.

- b) The favoured type of bike identified was the spinning bike, however multiple bikes at each location were preferred. To ensure the sites attract maximum use and are accessible we suggest **at least one bike** (Spinning / Recumbent / Hand bike) at each location, subject to budgetary constraints.

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Appendix 1

Aberystwyth		Aberaeron		Cardigan		Lampeter		Tregaron		Other	
Prom	40	Square field / park	6	Coleg Ceredigion	6	In the wooden park	1	Park	1	In a park	38
Avenue	7	By the river	1	Park	2	On the square	1	Astroturf	1	In a road	1
Train Station	1			Quay Street	1	In a safe place	1	In the square	2	Outside school	1
Tesco and M&S Area	1			Net Pool Street	2	Park	1			Bus station	2
University Campus	11			By the estry	1					Somewhere secluded	1
Leisure Centre	5									Place undercover	1
National Library	1									No	1
Llys-y-Brenin	1									Carmarthen	1
High Street	4									Town Centre	1
Park	10									Streets	1
Castle	17									Machynlleth park	1
Bus Station	1									Beach	1
Skatepark	4									Leisure Centre	6
Llanbadarn	2									By a school	3
Blaendolau	1									Outside a youth club	3
Plascrug Park	2									Clarach	1
Devils Bridge	1									Comins Coch	1
Penparcau	1									Cinema	1
Tal-y-Bont School	1									Student Lounge	2
Anywhere in Aber	1									Car Park	1
Old College	1									Train station	1
Market Hall	1									Places that are less obvious	1
Pendinas	1									Somewhere discreet	1
Constitution Hill	1										

Appendix 2



Questionnaire

Date:

School/Youth Club/Further Education:

Age

- ☐ 14 – 17
- ☐ 18 – 21
- ☐ 22 – 25
- ☐ Other*

*Please state.....

Gender

- ☐ Male
- ☐ Female
- ☐ Prefer not to say
- ☐ Other*

*Please state.....

Welsh Speaker

- ☐ Yes
- ☐ No
- ☐ Learning

1. What mobile devices do you have? ☐ Tablet ☐ iPad ☐ Laptop ☐ Mobile Phone
- ☐ Other*

*If you selected other, please specify:

2. Would you be interested in using an outdoor static bike to charge your mobile devices? **Yes / No***

*If you answered No, please go to question 8

3. If you answered yes to question 2, where would you like the bikes to be located?

- ☐ Aberystwyth ☐ Tregaron ☐ Cardigan
- ☐ Lampeter ☐ Aberaeron ☐ Other*

*If you selected other, please specify:

4. Is there anywhere in particular you would like the bikes to be situated? For example, in a park, on the prom in Aberystwyth or in the square in Aberaeron.....

.....

5. Would you prefer to use the bike with a friend or would you be happy to use the bike by yourself?

- ☐ By yourself ☐ With friend(s)

6. How many bikes do you think would be the best option to have in each location (maximum of three)?

☐ One ☐ Two ☐ Three

7. Which of the following bikes would you prefer to use? *You can choose more than one*

Spinning Bike ☐



- Great for those new to exercise
- Familiar exercise

Recumbent Bike ☐



- Full back support
- Great for first time users

Hand Bike ☐



- Great for wheelchair users

8. How often do you think you would use these bikes?

☐ Everyday ☐ Once a week ☐ Once a month ☐ Occasionally ☐ Never

9. Would you be interested in taking part in further research on this project? **Yes*/No**

*If you answered yes, please complete the following:

First name:..... Surname:.....

Email address:..... Contact number:.....

Thank you for taking part in this survey!

If you would prefer to complete the questionnaire online please visit <https://conta.cc/2TtrAul>

Closing date: 22.03.2019

Rural Health and Care Wales, Ael-y-Bryn, Penglais, Aberystwyth SY23 2EU

bikes@ruralhealthandcare.wales



Holiadur

Dyddiad:

Ysgol/Clwb Ieuenctid/Addysg Bellach:

Oedran

- ☐ 14 – 17
- ☐ 18 – 21
- ☐ 22 – 25
- ☐ *Arall

*Rhowch fanylion:

Rhywedd

- ☐ Gwryw
- ☐ Benyw
- ☐ Gwell peidio dweud
- ☐ *Arall

*Rhowch fanylion:

Siaradwr Cymraeg

- ☐ Ydw
- ☐ Nac ydw
- ☐ Yn dysgu

6. Pa ddyfeisiau symudol sydd gennych? ☐ Tabled ☐ iPad ☐ Gliniadur ☐ Ffôn symudol
- ☐ Arall*

*Os dewisoch arall, rhowch fanylion:

7. A fyddai gennych ddiddordeb mewn defnyddio beic statig yn yr awyr agored i wefru eich dyfeisiau symudol? **Byddai/Na fyddai***

*Os ateboch Na fyddai, ewch i gwestiwn 8

8. Os ateboch Byddai i gwestiwn 2, ymhle y byddech am i'r beiciau gael eu lleoli?

- ☐ Aberystwyth ☐ Tregaron ☐ Aberteifi
- ☐ Lanbedr Pont Steffan ☐ Aberaeron ☐ Arall*

*Os dewisoch arall, rhowch fanylion:

9. A oes rhywle yn benodol yr hoffech i'r beiciau gael eu lleoli? Er enghraifft, mewn parc, ar y prom yn Aberystwyth neu yn y sgwâr yn Aberaeron
-

10. A fyddai'n well gennych ddefnyddio'r beic gyda ffrind neu a fydddech yn hapus i'w ddefnyddio ar eich pen eich hun?

- ☐ Ar fy mhen fy hun ☐ Gyda ffrind(iau)

6. Yn eich barn chi, sawl beic fyddai orau i'w cael ym mhob lleoliad (dim mwy na 3)?

☐ Un ☐ Dau ☐ Tri

10. Pa rai o'r beiciau canlynol fyddai'n well gennych eu defnyddio?

Beic Sbinio ☐



- Gwych ar gyfer y rheiny sy'n newydd i ymarfer corff
- Ymarfer corff cyfarwydd

Beic Gorweddol ☐



- Cynhaliaeth lawn ar gyfer y cefn
- Gwych ar gyfer defnyddwyr tro cyntaf

Beic Llaw ☐



- Gwych ar gyfer defnyddwyr cadair olwyn

11. Pa mor aml ydych chi'n meddwl y byddech yn defnyddio'r beiciau hyn?

☐ Pob dydd ☐ Unwaith yr wythnos ☐ Unwaith y mis ☐ Weithiau ☐ Byth

12. A fyddai gennych ddiddordeb mewn cymryd rhan mewn gwaith ymchwil pellach i'r prosiect hwn?
Byddai*/Na fyddai

*Os ateboch Byddai, llenwch y canlynol:

Enw cyntaf:..... Cyfenw:.....

Cyfeiriad E-bost: Rhif Cyswllt:

Diolch am gymryd rhan yn yr arolwg hwn!

Os ydych chi am gwblhau'r holiadur ar-lein dilynwch y linc <https://conta.cc/2NNPxGw>

Dyddiad cau: 22.03.2019

Iechyd a Gofal Gwledig Cymru, Ael-y-Bryn, Penglais, Aberystwyth SY23 2EU beiciau@iechydagofalgwledig.cymru

Appendix 3



Constant Contact Survey Results

Survey Name: On Your Bike 2019

Response Status: Partial & Completed

Filter: None

3/27/2019 9:32 AM EDT

Please indicate if your school / youth club etc. asked you to complete this questionnaire?

Answer	0%	100%	Number of Response(s)	Response Ratio
School			73	32.8 %
Youth Club			40	18.0 %
College / Further Education			100	45.0 %
Other			15	6.7 %
Totals			222	100%





Please indicate your age:

Answer	0%	100%	Number of Response(s)	Response Ratio
14 - 17			157	56.0 %
18 - 21			54	19.2 %
22 - 25			19	6.7 %
Other			39	13.9 %
No Response(s)			11	3.9 %
Totals			280	100%

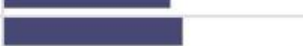


Please indicate your gender:

Answer	0%	100%	Number of Response(s)	Response Ratio
Male			112	40.0 %
Female			128	45.7 %
Prefer not to say			4	1.4 %
Other			3	1.0 %
No Response(s)			33	11.7 %
Totals			280	100%




Are you a Welsh speaker?

Answer	0%	100%	Number of Response(s)	Response Ratio
Yes			103	36.7 %
No			91	32.5 %
Learning			52	18.5 %
No Response(s)			34	12.1 %
Totals			280	100%







What mobile devices do you have? (Please tick all that apply)

Answer	0%	100%	Number of Response(s)	Response Ratio
Tablet			74	27.0 %
Ipad			80	29.1 %
Laptop			149	54.3 %
Mobile Phone			266	97.0 %
Other			21	7.6 %
Totals			274	100%

*Would you be interested in using an outdoor static bike to charge your mobile devices?

Answer	0%	100%	Number of Response(s)	Response Ratio
Yes			191	68.2 %
No			70	25.0 %
Don't know			17	6.0 %
No Response(s)			2	<1 %
Totals			280	100%

Where would you like the bikes to be located? (You can select more than one)

Answer	0%	100%	Number of Response(s)	Response Ratio
Aberystwyth			122	61.0 %
Tregaron			30	15.0 %
Cardigan			64	32.0 %
Lampeter			46	23.0 %
Aberaeron			47	23.5 %
Other			25	12.5 %
Totals			200	100%

Is there anywhere in particular you would like the bikes to be situated? For example, in a park, on the prom in Aberystwyth or in the square in Aberaeron. Please list your suggestions:

164 Response(s)





Would you prefer to use the bike with a friend or would you be happy to use the bike by yourself?

Answer	0%	100%	Number of Response(s)	Response Ratio
By yourself			67	34.0 %
With a friend(s)			155	78.6 %
Totals			197	100%

How many bikes do you think would be the best option to have in each location (maximum of three)?

Answer	0%	100%	Number of Response(s)	Response Ratio
One			4	2.0 %
Two			60	31.0 %
Three			132	68.3 %
Totals			193	100%

Which of the following bikes would you prefer to use?

Answer	0%	100%	Number of Response(s)	Response Ratio
Spinning Bike			137	69.8 %
 <ul style="list-style-type: none">• Full back support• Great for first time users				
Recumbent Bike			95	48.4 %
 <ul style="list-style-type: none">• Great for those new to exercise• Familiar exercise				

Hand Bike



55

28.0 %

Totals**196****100%**

How often do you think you would use these bikes?

Answer	0%	100%	Number of Response(s)	Response Ratio
Everyday			32	11.4 %
Once a week			70	25.0 %
Once a month			27	9.6 %
Occasionally			67	23.9 %
Never			3	1.0 %
No Response(s)			81	28.9 %
Totals			280	100%

Would you be interested in taking part in further research on this project?

Answer	0%	100%	Number of Response(s)	Response Ratio
Yes			96	34.2 %
No			124	44.2 %
Undecided			47	16.7 %
No Response(s)			13	4.6 %
Totals			280	100%



Constant Contact Survey Results

Survey Name: Ar dy Feic 2019

Response Status: Partial & Completed

Filter: None

3/27/2019 9:59 AM EDT

A oedd eich ysgol / clwb ieuenctid ayb. wedi gofyn i chi cwblhau'r holiadur yma?

Answer	0%	100%	Number of Response(s)	Response Ratio
Ysgol	<div><div></div></div>		15	75.0 %
Clwb Ieuenctid	<div><div></div></div>		3	15.0 %
Coleg / Addysg Bellach	<div><div></div></div>		1	5.0 %
*Arall, cofnodwch isod	<div><div></div></div>		1	5.0 %
Totals			20	100%

Plis nodwch eich oedran:

Answer	0%	100%	Number of Response(s)	Response Ratio
14 - 17	<div><div></div></div>		26	89.6 %
18 - 21	<div><div></div></div>		0	0.0 %
22 - 25	<div><div></div></div>		3	10.3 %
*Arall, cofnodwch isod	<div><div></div></div>		0	0.0 %
No Response(s)	<div><div></div></div>		0	0.0 %
Totals			29	100%

Ymhle y byddech am i'r beiciau gael eu lleoli? (Gallwch ddewis mwy nag un)

Answer	0%	100%	Number of Response(s)	Response Ratio
Aberystwyth	<div></div>	<div></div>	9	60.0 %
Tregaron	<div></div>	<div></div>	3	20.0 %
Aberteifi	<div></div>	<div></div>	2	13.3 %
Lanbedr Pont Steffan	<div></div>	<div></div>	9	60.0 %
Aberaeron	<div></div>	<div></div>	7	46.6 %
*Arall, cofnodwch isod	<div></div>	<div></div>	1	6.6 %
Totals			15	100%

A oes rhywle benodol yr hoffech i'r beiciau gael eu lleoli? Er enghraifft, mewn parc, ar y prom yn Aberystwyth neu yn y sgwar yn Aberaeron.

11 Response(s)

A fyddai'n well gennych ddefnyddio'r beic gyda ffrind neu a fydddech yn hapus i'w ddefnyddio ar eich pen eich hun?

Answer	0%	100%	Number of Response(s)	Response Ratio
Ar fy mhen fy hun	<div></div>	<div></div>	5	33.3 %
Gyda ffrind(iau)	<div></div>	<div></div>	11	73.3 %
Totals			15	100%

Yn eich barn chi, sawl beic fyddai orau i'w cael ym mhob lleoliad (dim mwy na tri)?

Answer	0%	100%	Number of Response(s)	Response Ratio
Un	<div></div>	<div></div>	0	0.0 %
Dau	<div></div>	<div></div>	4	26.6 %
Tri	<div></div>	<div></div>	11	73.3 %
Totals			15	100%

Ymhle y byddech am i'r beiciau gael eu lleoli? (Gallwch ddewis mwy nag un)

Answer	0%	100%	Number of Response(s)	Response Ratio
Aberystwyth	<div></div>		9	60.0 %
Tregaron	<div></div>		3	20.0 %
Aberteifi	<div></div>		2	13.3 %
Lanbedr Pont Steffan	<div></div>		9	60.0 %
Aberaeron	<div></div>		7	46.6 %
*Arall, cofnodwch isod	<div></div>		1	6.6 %
Totals			15	100%

A oes rhywle benodol yr hoffech i'r beiciau gael eu lleoli? Er enghraifft, mewn parc, ar y prom yn Aberystwyth neu yn y sgwar yn Aberaeron.

11 Response(s)

A fyddai'n well gennych ddefnyddio'r beic gyda ffrind neu a fydddech yn hapus i'w ddefnyddio ar eich pen eich hun?

Answer	0%	100%	Number of Response(s)	Response Ratio
Ar fy mhen fy hun	<div></div>		5	33.3 %
Gyda ffrind(iau)	<div></div>		11	73.3 %
Totals			15	100%

Yn eich barn chi, sawl beic fyddai orau i'w cael ym mhob lleoliad (dim mwy na tri)?

Answer	0%	100%	Number of Response(s)	Response Ratio
Un	<div></div>		0	0.0 %
Dau	<div></div>		4	26.6 %
Tri	<div></div>		11	73.3 %
Totals			15	100%

Pa rai o'r beiciau canlynol fyddai'n well gennych eu defnyddio?

Answer	0%	100%	Number of Response(s)	Response Ratio
Beic Sbinio	<div></div>		11	73.3 %



- Gwych ar gyfer y rheiny sy'n newydd i ymarfer corff
- Ymarfer corf cyfarwydd

Beic Gorweddol	<div></div>		6	40.0 %
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- Cynhaliaeth lawn ar gyfer y cefn
- Gwych ar gyfer defnyddwyr tro cyntaf

Beic Llaw



- Gwych ar gyfer defnyddwyr cadair olwyn

6

40.0 %

Totals**15****100%**

Pa mor aml ydych chi'n meddwl y byddech yn defnyddio'r beiciau hyn?

Answer	0%	100%	Number of Response(s)	Response Ratio
Pob dydd			1	3.4 %
Unwaith yr wythnos			8	27.5 %
Unwaith y mis			2	6.8 %
Weithiau			3	10.3 %
Byth			1	3.4 %
No Response(s)			14	48.2 %
Totals			29	100%

A fyddai gennych ddiddordeb mewn cymryd rhan mewn gwaith ymchwil pellach i'r prosiect hwn?

Answer	0%	100%	Number of Response(s)	Response Ratio
Byddai			3	10.3 %
Na fyddai			19	65.5 %
Dim yn siwr			5	17.2 %
No Response(s)			2	6.8 %
Totals			29	100%

Os oes gennych ddiddordeb mewn cymryd rhan mewn gwaith ymchwil pellach ar 'Ar dy Feic' llenwch y canlynol:

Answers	Number of Response(s)
First Name	3
Last Name	3
Home Phone	1
Email Address	3

Oes gennych chi unrhyw sylwadau neu awgrymiadau ynglyn â phrosiect 'Ar dy Feic'? Cofnodwch isod.

1 Response(s)

TextBlock:

Diolch am gymryd rhan yn yr holiadur yma, rydym yn gwerthfawrogi eich cyfraniad! Os oes gennych ddiddordeb mewn clywed rhagor am y prosiect hwn, cysylltwch â ni trwy anton neges e-bost i beic@iechydagofalgwiedig.cymru neu ffoniwch ni ar 01970 628962