

# EPP and the power of active travel in delivering socio-economic benefits for people and communities

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# What is EPP??

- A community-based cycling scheme piloted in Jaywick Sands & Clacton.
- Aim is to overcome the barriers to sustainable travel as a result of inequalities
- Individuals assessed against a set criterion (deprivation and residential status) and loaned a bike for free.
- Each bike fitted with a **GPS tracker** to provide intelligence and monitoring.
- If regular use is identified after 12 months, the individual is gifted the bike for free
- Wrap around support provision provided - training packages to increase confidence, learn to ride a bike and basic bike maintenance, as well as bike helmet, lock and light.



# Essex Pedal Power Project Delivery

- [Project delivery video](#)

# Programme Evaluation \* what it tells us so far.....

## Reduced Car Journeys

At follow-up, average car journeys per week for bike recipients was 6.21 and 8.96 for non-recipients.

## Increase in Community Trust

At follow-up, there were higher levels of community trust reported by bike recipients compared to non-recipients.

## Increased Access

At follow-up, bike recipients perceived it easier to access supermarkets, education and training opportunities, and volunteering and employment opportunities than non-recipients.



## Reduced Inactivity

Inactivity dropped from 30% at baseline to 11% (Nov follow-up) for bike recipients but increased for non-recipients.

## Increased Life Satisfaction

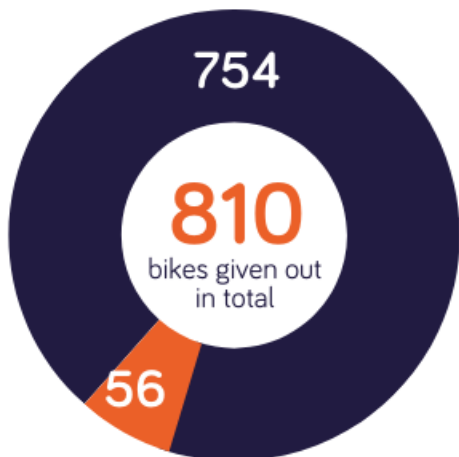
Life satisfaction increased for bike recipients compared to baseline but not for non-recipients.

## Increased Volunteering

At follow-up, 31% of bike recipients had recently applied for a volunteering opportunity compared to 17% of non-recipients.

# Essex Pedal Power - Clacton & Jaywick

## Key Impacts as at July 2023



746 adults bikes given out  
51 childrens bikes given out



11 bikes given away through social prescribing

20,166 kg

CO2 Saved

3 less car journeys on average per week for bike recipients



30%

of bike recipients perceive it as easy to access employment opportunities compared to 14% of non-recipients

34%

of bike recipients volunteer compared to 21% of non-recipients

100%

of EPP bikes are tracked for data collection and monitoring

17%

of bike recipients recently applied for a training opportunity compared to 10% of non-recipients

171,443 km

travelled by bike recipients



1.5

times equivalent around the earth



Average life satisfaction score is 27% higher for recipients compared to non-recipients



Average anxiety score is 17% lower for recipients compared to non-recipients



Community trust is higher for bike recipients (41%) compared to non-recipients (33%)



Inactivity levels halved from 33% at baseline to 15% at follow-up for bike recipients



Levels of loneliness are lower for bike recipients (9%) compared to non-recipients (14%)

145 people have attended bike training sessions



bike training sessions



logged by 20 volunteers