

Council – 16 October 2024

Liberal Democrats Group Amendment to motion 5b – Bike Library

Physical inactivity is the fourth leading risk factor for global mortality accounting for 6% of deaths globally. People who have a physically active lifestyle have a 20-35% lower risk of cardiovascular disease, coronary heart disease and stroke compared to those who have a sedentary lifestyle.

Regular physical activity is also associated with a reduced risk of diabetes, obesity, osteoporosis and colon/breast cancer and with improved mental health.

In older adults, physical activity is associated with increased functional capacities.

Because of these many positive outcomes reduction in physical inactivity is one of Trafford Council's 5 Priorities for Public Health.

Multiple studies have shown that one of the best ways to achieve this is to build physical activity into people's everyday lives – for example by enabling people to increase their opportunities for cycling.

An excellent way of increasing cycling opportunities is the provision of Bike Libraries – i.e. a library which allows people to borrow a bicycle, as they would a book. Their aim is to boost access to cycles and allow people a chance to give cycling a go.

With this in mind, a Bike Library has been established in 'Woodsend Library' in Davyhulme.

The establishment of the 'Woodsend Bike Library' has been a true example of multi-agency co-operation and working across the Public and Private Sector to improve Public Health by allowing residents, who otherwise would have been unable to do so, to access cycling.

Funding has also been approved for a Bike Library at Broomwood Community Centre in Timperley. The new project will enable people to take up cycling and will support future active travel initiatives in the area.

The Davyhulme Ward Councillors, who volunteer at the bike library in an apolitical capacity, therefore asks this Council to propose a motion of thanks to the following organisations/people for their part in ~~this~~ these partnership projects:

- 'Transport for Greater Manchester' for start up funding provision
- Trafford Council's Wheeling and Cycling Team for their expertise and guidance
- Trafford Council's Libraries Team for systems integration
- 'One Trafford Amey' for groundworks
- 'SUEZ' for sourcing bikes
- 'Manchester Bike Kitchen' for their advice, bike sourcing and ongoing technical expertise
- The BlueSCI team and everyone at Broomwood Community Centre for their ongoing support