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# Bikeability Conference 2024

Supportive, inclusive and sociable cycling with Cycle Sisters

Summary

Cycle Sisters works to address the inequalities in cycling by ensuring that the needs of Muslim women are understood and met. Women – and particularly those from minority backgrounds – experience many barriers to cycling. As a result, they are less likely to see cycling as an option for themselves and their families.

Cycle Sisters work to inspire and enable Muslim women and girls to cycle by addressing inequalities in accessing cycling. The run women-only local cycle groups, community-based Bikeability lessons and entry-level rides run by trained volunteer Ride Leaders.

Operating since 2016, Cycle Sisters cover 10 London boroughs and have 1500+ members. They boats 18 female Bikeability instructors and 90+ female trained Ride Leaders, and have 500+ rides every year.

### Key learnings from the workshop

* Importance of a diverse workforce to make riders feel comfortable and see role models like them e.g. female led sessions
* Being aware of phrasing we use e.g. when talking about clothing, 'tight and bright' not very inclusive and not necessary
* Awareness of intersectionality when thinking about who they're trying to reach (Muslim is only part of their identity)
* Using community spaces to access Muslim woman e.g. organising sessions through Mosques
* Adapting sessions depending on needs e.g. making sessions shorter with breaks during Ramadan if they're fasting
* How equipping woman with the skills and confidence to cycle can often lead to getting the whole family up and cycling - impact of inspiration on family and friends to also get them cycling

### Workshop slides

[View the workshop slides here](https://www.bikeability.org.uk/wp-content/uploads/2024/03/Supportive-inclusive-and-sociable-cycling.pptx)