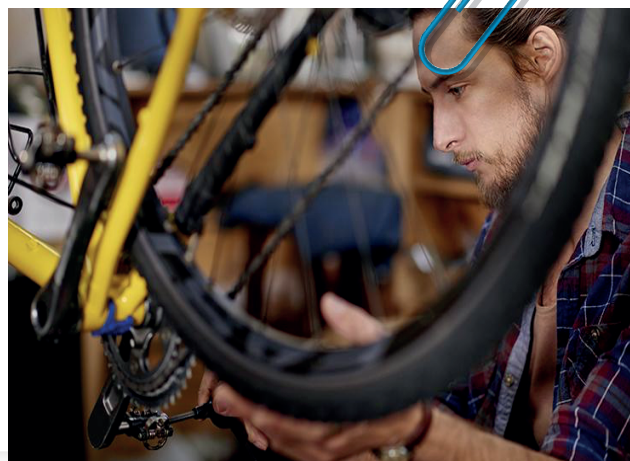


# Communities: Promoting Active Travel in Southampton

## Case study: Southampton Bike Kitchen



**“...the Bike Kitchen provides free access to tools and advice which is often all people need to start (and carry on) cycling.”**

Established in February 2016, Southampton Bike Kitchen has been set-up to help Southampton residents learn how to fix their bikes for **FREE**.

The Bike Kitchen is a DIY workshop giving Sotonians a chance to have access to a range of tools and on-hand help from volunteers.

One participant, turned volunteer, Stephen Kemp said that:

“We have a lot to gain by removing the barriers to cycling. My small contribution to this is to make bikes more rideable by repairing and tuning them.”

He believes that “...the Bike Kitchen provides free access to tools and advice which is often all people need to start (and carry on) cycling.”

Stephen has now been volunteering at the Bike Kitchen for several months which not only means he has access to a wide range of tools, but he is also able to gain experience working on a variety of bikes whilst meeting likeminded and interesting people.

Now in its 8th month of operation, Southampton Bike Kitchen continues to provide Southampton residents with an open space to skills share.

With regards to the future of the Kitchen, Andy DiMarco (project lead) believes there are further opportunities for expansion:

“We have just had our 80th visitor, and considering the Bike Kitchen is only open on a Monday from 7.00pm-9.30pm, that is very pleasing. We would like for this to be an entirely self-sustaining project, where the local community feel that there is help on hand to remove any perceived barriers to cycling.”

Southampton Bike Kitchen is located at SoMakelt a non-profit Makerspace.

### Programme summary

Southampton Active Travel deliver a range of walking and cycling initiatives across the city.

The project aims to increase physical activity and improve wellbeing amongst people in Southampton.

Sustrans would like to see 4 out of 5 short journeys being made by foot, bike and public transport by 2020.

### Contact us

For more information visit <http://myjourneysouthampton.com/cycle/southampton-bike-kitchen> or email [activetravel@myjourneysouthampton.com](mailto:activetravel@myjourneysouthampton.com), or call 023 8083 4219

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