

Dr Cranky's – Getting more kids on bikes at schools

Dr Cranky's is a school based bike recycle program that aims to ensure all kids have access to a working bike. Dr Cranky is currently looking for other schools and parent volunteers to join the program. See www.drcrankys.com.au for more.

Dr Cranky says:

Every child needs a bike

With the right bike, all kids can get riding and get physically active. But up to 40% of children at a school do not have access to a bike. Dr Cranky's helps get all children on a bike.

Don't throw it away

Donations of unused and unloved bikes underpin the program, reducing landfill and waste. Bikes are recycled within the local community

Build a stronger community

Kids (and parents) are encouraged to participate in the repair and rejuvenation of bikes before and after school, providing a hands on opportunity for them to learn and connect with other. Since most bikes come from other families at school, Dr Cranky's builds self-support and connection within the school. It also gives parents and guardians a chance to get more involved at school.

What is Dr Cranky's?

Dr Cranky's is a self-sufficient school based program to recycle bikes and provide them to kids and families within the local community. It relies on volunteer parents to run and school support.

How it started

At Flemington Primary School, a school of 500 students, the Bike Hospital has repaired and given out over 600 bikes over four years since 2014. What started at two Dad's repairing bikes under a tree on Friday mornings and afternoons has become a local success story. See the Bicycle Hospital and Dr Cranky's Facebook pages for more: facebook.com/BicycleHospital/ and facebook.com/drcrankys

One of the founders of the Bicycle Hospital, Bart Sbeghen (the other is Peter Hormann another Dad at Flemington Primary), piloted the program in five schools over 2016/17 and showed that it is financially self-sustaining (the school does not need to contribute money as donations pay for the running costs) and gets more children riding. See

<http://www.drcrankys.com.au/uploads/8/6/0/2/86023530/drcrankysprospectusaug17.pdf> for more

How does it work?

- Families with unwanted bikes donate them to the school based program
- School parent volunteers (and children) fix and check the bikes
- Children needing a bike leave their name, age, and parent contact details at the "Bicycle Hospital"
- These children receive a working bike, lock, and helmet to take home as their own to keep.
- Extra bikes are donated to charities or sold to fund the program
- Monetary donations for bikes and repairs cover the cost of spare parts and tools
- Dr Cranky provides the support to help make it happen with a basic tools kit, spare parts, training, online support, and access to bicycle industry contacts.

Benefits

Dr Cranky's has been shown to:

- Build a stronger school community
 - o a weekly activity to involve parents and children
 - o low commitment needed so working or busy parents can get involved before and after school
 - o children participate and contribute
 - o children and parents from across social and demographic divides participate and benefit
 - o local businesses, the general community and the local council get involved
 - o supports sustainability learning at school by giving access to recycling, bicycle mechanics and how to run a self-supported small scale social enterprise
- Get children and families riding more
 - o on average people receiving a bike or repair ride 3.5 times a week
 - o 80% of non-riders receiving a bike became regular riders. They rode at least once a week after receiving a bike from Dr Cranky's
 - o the program supports other active travel initiatives at school with a visible, weekly presence and activity at school
- Reduce waste and recycle unwanted bikes
 - o Dr Cranky's has now recycled over 650 bikes across five schools.
 - o most of these bikes have come from within the school communities
 - o excess bikes go to other charities such as the [Red Cross Wheel Power program](#) and [WeCycle](#) to support others needing bikes especially asylum seekers and recent migrants

What is needed? - Prerequisites

- Support from the school
- A space to run the program and store bikes and equipment. Space in the school's sports shed or bike cage for instance. At Flemington Primary we use half of the school's bin shed.
- Promotion of the program through school communications including school newsletter and assembly announcements
- At least two parents willing to coordinate and run the program with some basic bike mechanic skills (or the willingness to learn – training is provided)

What does Dr Cranky provide?

We provide support to run and monitor the program including:

- Up to 3 hours in-person training at your school
- In person support once a week for up to a term
- Continued online and phone support plus school visits
- Training and learning resources
- A Starter kit including pump, tool kit, repair stand and spare parts
- Connections to the bike industry and community

Interested?

Contact Bart Sbeghen at barts@drcrankys.com.au or M 0418 231 686.