



Jing: 111 million? 111 million pounds. That is what London is spending on cycling in the next two years. And there's been a 91% increase in cycling since 2000.

Will: Do you cycle?

Jing: No. Too dangerous.

Will: That's it then. That's the next story: cycling.

Jing: Bet I can find out more than you.

Will: (off) I headed off to Brixton in South London to meet bike artist Lamonte Johnson.

Lamonte: Today, what we're going to do for you is make you an original London Files bike. We're going to bling this up. We're going to spray the wheels white and also we're going to use the London colours - red, white and blue for the frame. And then we'll probably do a little logo here, put your logo on it as well. That's got to be done last. One of the major things when you're actually doing it is to actually spray the bikes across. It's good to keep a flow going. Always keep a flow going. Put one coat on there and see how it's actually going to come out. You see, wipe that a little bit. So this is how we got to get the red done.

Jing: (off) I found out there were free cycling lessons for adults in London. Great for me, but why do so many Londoners need to learn?

Anna: About 20 years ago or more, cycling was considered really dangerous and the government tried to stop accidents from happening by stopping people from cycling. Which meant that children weren't learning to cycle. And now, the government thinks more people need to be cycling, especially in a city like London. There's a big push to get people learning.

Jing: (off) Time for me to learn to ride a bike. Argh!

Anna: Ok

Jing: And then how do I stop? With the pedals? With the brake.

Anna: With the brakes, not the pedals!

Jing: Ok.

Anna: Alright, so looking straight ahead.

Jing: Yep.

Anna: Alright.

Jing: Oh my god.

Anna: That's it, keep looking right ahead and the bike will follow you. That's it (scream). Now come to a stop. Press your brakes.

Jing: This is fun! (scream) I did it. (phone) Hi, what's your story then?

Will: It's called "Bling ya Bike".

Jing: What?

Will: "Bling ya Bike". I'm here with Lamonte, Kate, Jasmine and Leon. And they're blinging a bike with the London Files designs.

Jing: That sounds good. I'd better find another angle on my story.

(off): As a lot of young people in London still don't know how to cycle, projects like "Bike-it" are being run in schools.

(on): So what's "Bike-it week" all about?

James: "Bike-it week" is part of the "Bike-it" project, which is here in Tower Hamlets in London at the moment. And it's all to encourage these children to cycle round, hopefully not fall off their bikes like one has just done there.

Jing: Safety!

James: Yeah we promote safe cycling, enjoyable cycling and sustainable travel. Cycling is all about enjoying yourself, having fun, and with schools that are in a city like this, in such an urban area, sometimes they don't get used to riding around.

Will: And here is the seat for the bike, it's got the London Underground map on it, which Lamonte designed before. (phone) So have you learned to cycle yet?

Jing: Yes, sorted.

Will: What are you doing now?

Jing: I'm with some really cool guys learning about "Bike-it week". Are you still watching paint dry?

Will: (sigh) (music) Jing, Jing!

Jing: I've been waiting for you over there for ages.

Will: Sorry, it took me forever to get back on the Tube.

Jing: Tube? What happened to the bike?

Will: I, erm, fell off.

End