

Media Release

The Hon Ros Spence MP
Minister for Agriculture
Minister for Community Sport
Minister for Carers and Volunteers



Monday, 2 December 2024

BIKE SKILLS FOR MULTICULTURAL WOMEN IN MARIBYRNONG

The Allan Labor Government is supporting multicultural women to learn how to ride a bike through a six-week program running in Maribyrnong.

Minister for Community Sport Ros Spence today commended the Empower Her Ride program, which has been running throughout November to help more women learn how to ride a bike.

Made possible by the Labor Government's *Change our Game* program, the initiative is being delivered by Maribyrnong City Council and Community Bike Hub and aims to make riding accessible and enjoyable for women from diverse backgrounds.

The six-week program runs until 6 December and provides a supportive and structured environment where participants can learn the fundamentals of bike riding.

Led by experienced instructors, the program covers essential skills, from basic bike handling to safe riding practices, while also building riders confidence, independence, and community connections.

Designed to empower participants, Empower Her Ride is helping women to embrace cycling, physical activity, and enjoy a shared experience that will build connections within their community.

The *Change our Game* program has supported more than 580 community sport and recreation clubs since 2018 as part of the Labor Government's \$18.8 million investment in advancing gender equality in sport.

For more information, visit changeourgame.vic.gov.au.

Quotes attributable to Minister for Community Sport Ros Spence

"Many of us take learning to ride a bike for granted, but for these participants, it's a transformative experience that opens up new opportunities and builds confidence."

"We're proud to support the Empower Her Ride program, which is helping multicultural women to learn lifelong skills to keep active."

Quote attributable to Minister for Multicultural Affairs Ingrid Stitt

"This program is about more than learning to ride a bike – it's about empowering women from diverse backgrounds to build confidence, connect with their communities, and embrace new opportunities."

Quote attributable to Member for Footscray Katie Hall

"This program is very popular in our community – everybody should have the opportunity to learn how to ride a bike and this ensures a lot more women have that chance."

Quote attributable to Maribyrnong City Council Mayor Pradeep Tiwari.

“By addressing the specific needs and challenges faced by multicultural women, we hope to break down cultural barriers and support greater social cohesion and equality within our community to encourage more women and girls to participate in sports and recreational activities they love.”