



The Art Bikers and the EAC's Pop-up Bike Hub Mini offer art activities and free bike repairs.

PHOTO: Heather Wilkinson

# Art Bikers:

## MAKING ART AND NATURE ACCESSIBLE TO ALL

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In a world where we often find ourselves isolated by stress, financial worries and the demands of modern life, Wonder'neath's Art Bikers program creates vibrant communal spaces and opportunities for communities to connect with art, nature and sustainability.

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### Art Bikers

Art Bikers is a program that has been running in Kjiptuk/Halifax since 2007 that combines art with biking. The Art Bikers use bicycles with trailers to travel to communities in the Halifax Regional Municipality and provide accessible, free art programming. Started by the 4Cs Foundation, Art Bikers was fully transferred to Wonder'neath Art Society in May 2020, another organization working to support art and artists at the community level.

Art activities in the community of North Preston.

PHOTO: Melissa Marr



## Community work

Art Bikers has had far-reaching impacts on local communities; this group has engaged with over 15,000 community members by providing art-making opportunities and events in their neighbourhoods. Through this, Art Bikers can provide both the creative materials and opportunities for families and community members who may not be able to access these experiences otherwise. Being able to engage with art is deeply important at all stages of life; making art at a young age is important for child development, and making art at an older age can help to maintain memory and coordination. For all ages, art is a creative form of self-expression that has many positive outcomes for mental health and overall well-being. Since 2007, Art Bikers has brought art-making opportunities to 52 different community groups. Details about past and future events can be found on Instagram (@artbikers) and on the Wonder'neath website.

### TAKE ACTION

Visit [wonderneath.com](https://wonderneath.com) for more information about art programming in your community. Monetary donations to support Wonder'neath and the Art Bikers can be transferred to [donate@wonderneath.com](mailto:donate@wonderneath.com) or made by cheque or direct deposit. Art material donations are also accepted to support the Wonder'neath resource library. Visit the website for how to donate!



Making art in North Grove in 2023.

PHOTO: Taz Pham

## Connecting with nature

There is a close tie between art and nature, and Art Bikers emphasizes this through events that focus on sustainability and connections with nature. Past events include activities such as birdhouse painting, clothing care and repair projects and pop-up art activities with a bike hub for bike repairs. Many of these workshops and events are based on sustainability through improving the longevity of bikes and clothing, and engaging with plants, animals and materials found in nature. Through providing opportunities for bike repairs – and leading by example with their travelling bike trailer – Art Bikers also helps community members utilize sustainable forms of transportation. Additionally, through holding many events in public green spaces and parks, Art Bikers creates an opportunity for people to be outside in nature, having fun and creating art free of charge. Like art, being in nature has numerous benefits for mental and physical health. Time in nature is associated with increased happiness as well as improved mental health, better focus and lower stress.

The success of various Art Bikers initiatives highlights the benefits of combining art and the environment. Through providing opportunities for nature-based art programming, Art Bikers helps make art and nature more accessible to many communities across Halifax Regional Municipality. A guarantee of joy, creativity and fun for all participants!