



The national inclusive cycling charity

# enable

Wheels for All

EDITION 6



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# Welcome to the latest edition of Enable – the newsletter for the national Wheels for All movement.

In this edition, we feature the launch of new centres, several case studies on existing centres, and we focus on the partnership work that is necessary to ensure the development of a centre can happen effectively or can ensure the sessions are a success for everyone.

We look at the role of volunteers with testimonies from current volunteers who dedicate their time for Wheels for All by supporting their local centres in a variety of ways.

The Wheels for All movement is fast gathering pace with many new participants, families, schools and organisations

enjoying the benefits of cycling through the Wheels for All landscape across the many regions of the country.

Please spread the work of Wheels for All and how it engages with everyone regardless of ability and in turn we will do our utmost to raise the profile of inclusive cycling opportunities as we continue to work closer with government departments public health bodies and private sector to make the case for further investment.

So please enjoy another packed edition showcasing the ongoing movement of Wheels for All centres across the country.



**Cycling Projects is a national charity based in the North West.**  
We have been delivering inclusive cycling initiatives in local communities since 1991. Our aim is to encourage health improvement, social inclusion and to provide adapted cycling for anyone with a disability or differing needs.

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# In 2017 we have launched new Wheels for All centres in Salisbury and Norwich

**This year we are supporting the creation of a number of new centres in different parts of the country.** Each new centre has been building towards a strong and regular offer of activities for their communities, which has been shaped through the delivery of a number of Wheels for All consultation events giving partners and commissioners a thorough understanding of the need and requirements to enable the development of each centre.

We are proud to be working with all partners involved in the examples mentioned below in Salisbury and Norwich and we look forward to working with them as they grow from strength to strength. Please read more about each new centre below.

## Salisbury Wheels for All

We are pleased to announce the creation of a Salisbury Wheels for All supporting the communities of South Wiltshire. This centre officially launched on the 15th July as part of the Wiltshire adults services provision event.

The Salisbury Wheels for All programme has been developed with the support of Wiltshire disability sports co-ordinator, who realised the benefits of inclusive cycling for their current audience and the potential to reach more people. It is envisaged that local services, SEN school and community members will have access to weekly Wheels for All sessions at Five Rivers Leisure Centre in Salisbury.

**For further information please contact Rob Paget, the Disability Sport Development Officer on 01722 434770 or email [Robert.Paget@wiltshire.gov.uk](mailto:Robert.Paget@wiltshire.gov.uk)**



## Norwich Wheels for All

We are pleased to announce the launch of Norfolk Wheels for All based in Norwich at the University of East Anglia's sports complex.

This WFA Centre is a **partnership with Active Norfolk**, which is the County Sports Partnership for the county of Norfolk. Several successful taster events have been delivered at University of East Anglia Sports Complex bringing cycling opportunities to many people.

The plans for regular activity will be focussed around the spring of 2018, and we look forward to establishing regular inclusive cycling offer for the East Anglia region.

**For further information please contact Ellen Vanlint, Sports Development Officer 01603 731566 or email [ellen.vanlint@activenorfolk.org](mailto:ellen.vanlint@activenorfolk.org)**



# Partnerships

## Birmingham Wheels for All & West Midlands MENCAP



We have worked closely with Birmingham City Council and particularly through their Big Birmingham Bikes programme which has resulted in the development of a successful community inclusive cycling programme which is now based at Small Heath Leisure and Well Being centre.

Wheels for All sessions happen on a weekly basis attracting a wide range of the community from across Birmingham whilst also forming a strong following of regulars who feel a sense of belonging at Wheels for All.



Families of adults and children with additional needs have been given the opportunity to enjoy all the benefits of a family day out cycling in the great outdoors thanks to an innovative new Midland Mencap and Birmingham Wheels for All initiative.

Over the last 18 months, Midland Mencap, in partnership with Birmingham Wheels for All, have hosted a total of 6 cycle days for adults with learning disabilities, children with additional needs, and their parents and siblings.

By using specially adapted cycles and Wheels for All trained leaders, the activities are both physically and mentally stimulating, and fun for everyone involved.

Laura Gilmour, Health and Wellbeing Coordinator at Midland Mencap said, “For many families who have a loved one with additional needs, opportunities to take part in an activity together as a family can be few and far between. Our partnership with Birmingham Wheels for All is enabling children and adults with additional needs and all the family to enjoy the benefits of cycling, at any ability, in an inclusive and sociable environment.”

So far this year, Midland Mencap have hosted 6 open cycling events and more have been scheduled to take place through 2018, giving even more families the opportunity to take part. Midland Mencap is a charity which works and campaigns for accessible and inclusive services and a better quality of life for everyone with experience of learning disabilities and additional needs.

**For more information please contact Chris Watts Birmingham Wheels for All on 07971 476520 or email [chris.watts@cycling.org.uk](mailto:chris.watts@cycling.org.uk)**



# Volunteering at Wheels for All

Volunteering for Wheels for All centres can mean supporting in many different roles including Wheels for All session delivery, meeting and greeting people as they attend sessions, supporting the maintenance of the cycles, general fundraising for the local centre and promotional campaigns for their local centres.

In the forthcoming year we will be launching a campaign that specifically focusses on recruiting volunteers to Wheels for All programmes and supports those that are already committing time, energy and effort to their local Wheels for All centres.

Our vision is to develop a strong volunteer infrastructure that underpins and can sustain future delivery models. To support the achievement of this goal we want to explore new approaches to volunteer recruitment and retention, and develop a sustainable model that can be woven into the structure of existing WFA centres nationwide.



Building on our current volunteer experience, we will develop a programme with a diverse range of volunteering opportunities that reflect the needs of potential recruits as well as supporting key functions within the organisation. Volunteering opportunities will be split between supporting the delivery of the WFA sessions and other non-activity functions.

On the left we have two examples of people who give their time to their local Wheels for All centre and we get a little insight into why they do it and what attracted them to support Wheels for All.

## So why do people volunteer at Wheels for All?

"I volunteer at Marlow Wheels for All because I want to give something back to the community. And I enjoy seeing the smiles on children's faces. I find it very rewarding and it gives me a real sense of purpose" - **Kally, Marlow Wheels for All**

"It gives me a chance to express myself, to feel valued, to meet new people and feel that I am doing something worthwhile back in my local community. It puts my own problems and issues into perspective. I feel privileged that I can help so many people from all different backgrounds that are less fortunate than me." - **Jim, Salford Wheels for All**





# Wheels for All Training

Wheels for All Leadership Training supports the delivery of Wheels for All sessions across all centres. It is a requirement of centres that there is a core of volunteers/staff that are trained and have a good understanding of how to manage individuals through to groups with regards to supporting a wide range to impairment groups who all want to cycle.

Wheels for All Leader Training offers supporters of the programme a mix of theory and practical sessions giving them an understanding of how to support future Wheels for All sessions.

The year ahead will offer a number of bespoke training packages that will be “bolt on” training workshops to focus on working with specific impairment groups such as within the autistic spectrum, hearing impairments, visually impaired and behavioural issues.

If you want to know more about Wheels for All Training and how to attend a course or create a complete course for groups, school, day centres and colleges, please do get in touch with Hermine Briffa.

**Hermine.briffa@cyclimg.org.uk**  
**or 01925 234213**



# Wheels for All Launches in North Wales



We are very excited to announce a working partnership with Steve Morgan Foundation which will allow for the creation and development of three new Wheels for All centres across the coastal regions of North Wales.

Over a three year period we will create regular cycling opportunities in Flintshire, Denbighshire, Conway and Gwynedd. At each location there will be a range of cycling activities offered to children, adults and the elderly offering a positive and enjoyable experience regardless of ability.

Partnerships will be harnessed and developed with the sport, disability, social and public health sectors, with each department playing a key role in bringing participants to each Wheels for All centre.



*Steve Morgan*  
FOUNDATION

If you want to get involved as a participant, partner or volunteer to help deliver and grow the project then please do get in touch **01925 234213 / [ian.tierney@cyclng.org.uk](mailto:ian.tierney@cyclng.org.uk)**

# Partnerships

## Kendal Cycle Club supporting South Lakes Wheels for All

A fantastic group of partners have worked together across the South Lakes region to bring inclusive cycling activities to the individuals and communities of the South Lakes region.

Currently Cumbria is only represented by one inclusive cycling provider for the whole of the county, and so the partnership has come together to address this and provide the opportunity for everyone to cycle.

The partnership includes enthusiastic and energetic community members wanting to provide a cycling offer for all, especially across the Southern region of the county. There is also strong support from the Lake District National Park, British Cycling, Kendal Cycling Club, GLL leisure provider and South Lakes District Council.

The aim of this forum is to identify and pull down funding opportunities to create a comprehensive offer of cycling across the region.



There is clearly a need for the Wheels for All programme, which was evident when a very successful open day was held at Brockhole Activity Centre on Windermere in early summer.

It was fantastic to have a broad range of partners offering cycle rides, guidance and advice to SEN schools, day centres, disability support groups and many individuals who have come across the county and beyond to participate.

The partnership with the local cycling club Kendal CC was key to the success of this event, as they truly got behind the event with many club members volunteering on the day and were keen to help out wherever possible.



This is a great example of good practice when bringing a traditional cycling club into the landscape of inclusive cycling – we hope many other clubs will be inspired by Kendal CC and support their local Wheels for All centres.

So 2018 promises to be an exciting year for South Lakes Wheels for All, with more open days planned to be delivered across Barrow, Ulverston and Kendal, and ultimately the confirmation of funding to create a long term and comprehensive inclusive cycling offer for the region.



# Case Study // Gloucester Wheels for All in partnership with Leonard Cheshire

Gloucester Wheels for All is a successful partnership bringing together Leonard Cheshire, Active Gloucestershire and Cycling Projects, with various other local partners.

Below is an account of Tom, who is a regular at Gloucester Wheels for All and has benefited enormously from the Wheels for All sessions at Blackbridge Athletics Track in Gloucester. This article has been written by MaryClare Faulkner – senior physiotherapist at Leonard Cheshire Gloucester.

Tom Fowler lives at Gloucestershire House, Leonard Cheshire Disability home in Cheltenham. Before he started coming to the regular inclusive cycling sessions at the



Blackbridge Athletics track, Tom was unable to cycle independently. He came along to the taster sessions I'd arranged between 2014 and 2017 at Blackbridge and in the Forest of Dean at Pedalabikeaway (a highly respected cycle hire company set in the Forest of Dean) but always needed the assistance of one or two people to help with steering the bikes.

At Blackbridge this January we tried Tom on a Handy hand cycle and to his delight after some initial guidance he managed to steer and hand pedal the bike himself. He started off doing

one or two laps of the track (400m) but over the following months gradually increased that distance so that he can now do at least 8 laps (two miles).

Tom's greatest achievement to date has been to take part in the Super Hero Series Triathlon at Dorney Lake near Windsor on 14th August. Tom completed the 'run' section of the triathlon on the hand cycle and was delighted to receive a team medal at the end.

The sessions at Blackbridge are going from strength to strength and 2018 looks to be a year that will bring more opportunities for people of all abilities, with a strong focus on a seamless pathway of progression from the Blackbridge Athletics Track through to activities at the Forest of Dean.

For more information, please contact Mary Clare Faulkner on **07393 867572** or email at **MaryClare.Faulkner@leonardcheshire.org**

# Case Study //

## Engagement with Irwin Mitchell

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"Irwin Mitchell are currently running a campaign to **#BePartOfIt** in which the company are encouraging staff to watch / support / take part in disability sports. We have a number of disabled clients that utilise various sporting clubs and we are always keen to see the different options that are available to a varying range of disabilities within the locality.

Within the Serious Injury team in Birmingham we already had contacts within Wheels for All and we felt that this would be a great way to learn more about a fantastic organisation, whilst getting involved ourselves. Our team were keen to get involved in a sporting event as opposed to spectating and we approached Ian and Chris at Wheels for All in Small Heath, Birmingham to ask whether we could come to one session and participate. Thankfully, they were very happy to have us and welcomed us down for one of the sessions during the summer.

On our first visit to Wheels for All we attended as a team. There were 10 of us that attended the session and we made our way down to Small Heath slightly earlier than the session started in order to get to grips with the

equipment and also to have a test run on the various bikes that are available there. The whole team found it interesting looking at the different bikes that were available to people with varying degrees of disability. We were particularly surprised at how heavy some of the bikes were and how much strength you needed for the hand controlled bikes.

When the service users began to arrive at the session we all got involved with them and assisted with welcoming them, fitting their helmets and helping them choose the correct bike for them. We also assisted with the service users that needed someone to pedal for them, for example if their wheelchair was being fitted to one of the bikes.

The team had a fantastic time down at the session. Seeing the joy on the faces of the people that attended was brilliant. We heard so many stories from people saying that they attended on a weekly basis and that it was the highlight of their week, and the happiness and excitement was evident. The session taught us about some of the different bikes and activities that are available and we saw first-hand what a group like that does for the local community. Our team left the session with a smile on our faces and we loved doing something that was different from our day job, and that brought so much joy.

When we returned to the office the whole team had agreed that this was something we would like to continue. Going forward we are sending two members of staff down to Wheels for All every month to help out. It is great that we can build an ongoing relationship with both Wheels for All and their service users whilst supporting the organisation and giving back to the local community. We are pleased that Ian, Chris and the service users down in Small Heath are happy to have us!" - **Laura Bailey, Irwin Mitchell.**  
**Laura.Bailey@irwinmitchell.co.uk**



# Case Study // Surrey Wheels for All - Woking Aran - what an inspiration!

Every Wheels for All centre creates a setting that is relaxing and sociable, which in turn puts all participants at ease, and gives them a safe and secure environment for them to be themselves.

This is no more evident than at Woking Wheels for All in Surrey, where we have some amazing regulars who come along to the sessions through all weather and all season. One in particular is Aran who comes to Woking Wheels for All each week, but even more remarkable is that every week he comes in fancy dress - a different outfit each time.



Aran's energetic personality is infectious and everyone who meets Aran leaves with a smile on their faces. The relaxing environment of Wheels for All gives Aran

a chance to feel safe and secure with familiar people and supporting him on the cycles in any way possible.

Sometimes, it's not about going long distances or being challenged to do more intensive activities but recognising the positive impact the Wheels for All centres activity have on someone's health and well-being.

Aran is truly inspiring and gives many other people the confidence and ability to cycle based on his encouragement.

**For more information on Woking Wheels for All please contact Karen Terry - 07495 609325 or [karen.terry@cyclimg.org.uk](mailto:karen.terry@cyclimg.org.uk)**

# Map of Wheels for All Centres

## WFA Centres

There are currently **over 50 Wheels for All centres** across Great Britain, making it the largest network of inclusive cycling centres.



**Existing WFA centres**



**Under development**

For more information on the specific locations of our Wheels for All centres and activities please call Cycling Projects on **01925 234 213** or visit the website: [www.cycling.org.uk](http://www.cycling.org.uk)



## Events for your diary

For more information about regular Wheels for All activities plus updates on all Wheels for All events around the country please get in touch using the information opposite.

## Ways to get in touch

You can email us at:

[info@cycling.org.uk](mailto:info@cycling.org.uk)

Alternatively, you can call us on:

**01925 234213**