



The national inclusive cycling charity

# enable

Wheels for All

EDITION 7



**Welcome to Enable**  
*celebrating the inclusive cycling landscape*

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



**Want to get involved?**  
Got ideas for fundraising, or want to volunteer?  
See contact details on the back page

## What a pleasure it is to work with the national Wheels for all movement and support cycling projects to grow the fantastic work that you all do!

Activity Alliance focuses on Disability, Inclusion and Sport and everything we do is intended to help organisations involve disabled people in sport and activity. As a keen cyclist myself, I’m always promoting the pleasure that comes from getting on a bike. However, we know that for so many disabled people that opportunity is all too rare - so lets work together to promote the benefits and deliver many more places where cycling can genuinely be for all.

Edition 7 of Enable is full of amazing case studies to showcase the work that so many people - often dedicated volunteers -

deliver all year round. You can read in the words (and see in the pictures!) the difference being made to so many people’s lives.

I’m also keen to work with Wheels for All to influence how the “world of cycling” evolves to ensure wider inclusion right across the range of opportunities (from clubs and cycling events to competition)


I hope you enjoy reading this information packed edition as much as I did!

**Barry Horne**  
*Chief Executive,*  
*Activity Alliance*



**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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# From Wheels for All to Pedal Away - Knowsley

**Wheels for All can be a broad range of engagement options to ensure people of all abilities are able to cycle and to progress wherever possible. This has been evident in our work with a number of groups of young people who have attended Wheels for All sessions at Halewood Country Park in Knowsley.**

**At these sessions we have actively encouraged the young people to challenge themselves, and wherever possible progress onto two wheels and more structured cycle rides.**

**The use of bikes is so inclusive, allowing growth and development for each learner.**

**Rachel Riley** - teacher from Knowsley Community College who we trained on Wheels for All said:

“We have been coming to Wheels for All sessions for around 2 years now. The sessions open up so many learning opportunities for my learners. The way the use of the bikes is so inclusive allows growth and development of each learner. The students fully enjoy coming to the sessions each week and often ask to go. The staff are so accommodating and helpful. The bikes allow learning to take place for learners who do not always fully thrive in a classroom environment.

Some of my learners are completely different when out on the bikes. They become confident happy individuals



who initiate a conversation with you, answer and ask questions they fully throw themselves into their surroundings which doesn't always happen in a classroom environment.

Wheels for All has so many positives for young people with learning difficulties and I can't thank the programme enough for what it has given my learners over the past few years.”

***We look forward to having more sessions next year!***

**Knowsley Pedal Away Co-ordinator  
Nancy Waine [nancy.waine@cycling.org.uk](mailto:nancy.waine@cycling.org.uk)**



# Partnerships

## Midland Mencap



### **Why has Midland Mencap embraced inclusive cycling as part of its physical activity offer for the people it supports?**

Midland Mencap had previously offered cycling as part of its wider offer to young people on childrens sessions, but staff quickly realised that many children enjoyed cycling, being outdoors and being active, there were many that were simply not able to get involved (due to the correct bikes being available). Midland Mencap was able to borrow / loan some of Cycling Projects spare 'accessible bikes' which in turn led to more young people being able to get out on a bike, even if it was for a short time.

In turn this led to Midland Mencap offering special 'Have a go days' that Cycling Projects supported, where all young people regardless of their support needs were able to come and try a bike, many for the first time, in a safe and supported area.

### **What impact has inclusive cycling on the individuals Midland Mencap supports?**

In a short time, the regular cycling sessions have improved confidence, fitness, levels of stamina and turn up every week to go out on a bike! It has meant families can take part in physical activity together, families have also

formed their own informal support networks where they able to share experiences. The impact on so many people has been far reaching in that it can't be described in a sentence, but families finding out that they can take part in cycling when they thought their child or family member couldn't is very powerful.

### **What recommendations could you give to other disability support organisations and other Mencaps around the country if they are considering offering cycling to the people they support?**

Please consider it, contact Cycling Projects, contact Midland Mencap and consider what you are able to offer. Its Impact has already started and hopefully offer the 2-4 years an even greater impact / legacy will be revealed.

### **What are the plans for 2019 and beyond?**

To further develop our partnership with Cycling Projects and to scale up our parkride project across Birmingham and the West Midlands.

**Mencap Midland Head of Children, Young People and Community Services - Edd Terrey**  
[Edd.Terrey@midlandmencap.org.uk](mailto:Edd.Terrey@midlandmencap.org.uk)

**Park Ride co-ordinator**  
**Chris Watts** [Chris.watts@cyclings.org.uk](mailto:Chris.watts@cyclings.org.uk)

# Volunteering with Cycling Projects

Joining Cycling projects as a volunteer is a fantastic way to get involved without charity and really making Cycling accessible for all!

Whether you have a friend or family member who participates in a Wheels for All session, want to get some valuable volunteering experience on your CV, make friends who have a great sense of humour and love bikes, change someone's life through cycling or simply just want to have fun... then Cycling Projects is the charity for you! With a wide variety of volunteer opportunities available at Head Office or in our Pedal Away and Wheels For All programmes, the hardest part is choosing your first volunteer role.



**LOTTERY FUNDED**

## Lynda Kellam - Marlow Wheels for All

### How did you find out about Wheels for All?

I have links with the Marlow Riders cycling club who support the charity through organisation of a sportive every year. This brought WFA to my attention and I then read about the work you do via your website.

### Why did you get involved?

I recently took early retirement from my corporate role and qualified as a cycling coach which I do on a part-time basis. However, I wanted to do some voluntary work also and was looking for a volunteering role which involved cycling in some regard because I am passionate about making cycling accessible to everybody. So when I found out about WFA I recognised this as a perfect opportunity to get involved and share my knowledge and enthusiasm for cycling.

### What are your tasks and roles when volunteering?

I attend the 3 hour WFA session on Saturdays at Marlow which is an outdoor session at the Bisham



Abbey sports complex where WFA have the use of the tennis court area and also the roads within the complex. Riders tend to be a mix of children and adults with a wide range of physical and learning disabilities. I work with the other volunteers to run the session which involves many different tasks.

### Any highlights from volunteering with Wheels for All?

I have also had the pleasure of getting to know one of the regular riders at the session who uses the wheelchair bike. He has severe learning difficulties and the first time I rode him around the grounds of Bisham Abbey he didn't say a word to me despite my continual efforts to chat to him. Gradually he started responding to simple questions as I chatted to him and then last week for the first time when I rode him to where some teenagers were playing football he spontaneously came out with 'I used to play football'. That was a highlight for me!

**For more information on volunteering for Cycling Projects please get in touch with Tom Glynn National Volunteer Co-ordinator Cycling Projects**  
Tom Glynn [Tom.Glynn@cycl.org.uk](mailto:Tom.Glynn@cycl.org.uk)





# 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. Throughout the year we have brought more training and support packages to many people across the country, allowing them to give their time and energy in supporting their local Wheels for All centres



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@cyclings.org.uk](mailto:Hermine.briffa@cyclings.org.uk) or 01925 234213**



# Wheels for All North Wales

Steve Morgan  
FOUNDATION

Funding from the Steve Morgan Foundation has enabled the national charity, Cycling Projects, to build strong partnerships across Flintshire, Denbighshire and Conwy DC to establish regular inclusive cycling provision.

Project co-ordinator, Janet Gregory, is working closely with occupational therapists, sports development, local council and healthcare staff. A taster day was held recently at Llyn Brenig in partnership with the land managers, Dwr Cymru Welsh Water. Children and staff from Ysgol Tir Morfa in Rhyl were able to cycle together in the beautiful outdoor surroundings using all sorts of specially adapted bikes.

For four of the children it was the first time they had ever been on a cycle before!! We look forward to working in partnership with Tir Morfa in the future to ensure they have a strong inclusive cycling offer.

For 2019, other venues are planned in discussion with local stakeholders at Marsh Tracks and Y Shed Meliden, both in Denbighshire.

We have also supported community members to become volunteers and ideally assist in the delivery of Wheels for All activities across North Wales. Eight volunteers have recently attended Wheels for All training course held in September at Eirias Park, this will allow us to deliver more daytime sessions for adult social care across Conwy DC.

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

**Janet Gregory, Cydgordiwr 'Olwynion i Babw' dros Gogledd Cymru** Wheels for All Co-ordinator North Wales



## Prosiectau Seiclo Cycling Projects

t: 01925 234 213 m: 07469 148 247 e:[janet.gregory@cycling.org.uk](mailto:janet.gregory@cycling.org.uk) w:[cycling.org.uk](http://cycling.org.uk)

## South Lakes Wheels for All partnership with Kendal CC

Off the back of a number of well received Wheels for All open days in the South Lakes region we have now been able to create two new hubs for the region – Kendal Wheels for All and Ulverston Wheels for All.

A committed and effective partnership continues to promote and support the Wheels for All sessions across the region, including – Kendal Cycling Club, Sandside & Sandgate SEN schools, the Lake District National Park, British Cycling and South Lakes District Council.

The engagement from Kendal CC has been crucial to the success of the current programme, 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.

**Why has Kendal CC embraced inclusive cycling as part of its offer for all cyclists?** The Club's ethos is: "To promote and develop all aspects of cycling, be inclusive to all and to do this in a friendly and enjoyable environment." Working with Wheels for All means the Club can offer accessible cycling to all - regardless of ability. This makes Kendal Cycle Club truly inclusive and supports the Club's ethos.



**What impact has inclusive cycling had on other club members?** Developing Kendal Wheels for All has made members much more aware of inclusive cycling and what it entails. Inclusive cycling can include the elderly, as well as adults and children with disabilities and mobility issues. Having the funds available to purchase adapted bikes has provided members with an insight into the range of bikes available and also the cost of these bikes. Fundraising is vital, in order to grow the fleet of bikes, so it's helped increase the number of active fundraisers within the club.

**What recommendations could you give to other cycling clubs who are wanting to engage with people with disabilities and differing needs?** Just do it! Kendal Cycle Club is very fortunate to have a very active committee and enthusiastic volunteers. If you're a member of a cycle club then spread your passion for cycling to all - including people with disabilities and differing needs. With the range of adapted bikes available, cycling is the most accessible activity and is truly a multi-disability sport.

Kendal Cycle Club is a working example of what can be done in order to make a cycle club inclusive. There is funding available, it just needs the passion and drive from club members and committee to make it happen.

**Kendal WFA Co-ordinator Kath Finn**  
[Kath.Finn@cyclring.org.uk](mailto:Kath.Finn@cyclring.org.uk)

**Ulverston WFA Co-ordinator Louise Walton**  
[Lousie.walton@cyclring.org.uk](mailto:Lousie.walton@cyclring.org.uk)



# Style Acre Day Support Services at the Wallingford Cycle Festival

## Why is cycling an important activity to offer to the people it cares for at Style Acre?

At Style Acre the importance of leading a healthy lifestyle and the benefits this can bring are seen as key elements to people's happiness and wellbeing. We are in the business of caring and we really care about the health of all people we support and our employees. Cycling is a really good activity which is fun and gets people active outdoors. Wheels for All enables everyone to get involved, as many of the people we support are not able to ride a two wheeled bike.



## Why did you want to bring Wheels for All to the Wallingford Cycle festival?

The Wallingford Festival of Cycling has been going since 2015, aiming to engage people from all sections of the community. This year the organisers were keen to include people with differing needs with cycling activities, so they approached Style Acre, a charity supporting adults with learning disabilities and autism locally. Style Acre's Community Fundraiser had previously worked with Cycling Projects so knew that their expertise would be perfect for the event!

Style Acre  
Supporting people with learning disabilities



## What are the plans for 2019? Style Acre and Wheels for All working more closely together perhaps?

Style Acre would love to work more closely with Wheels for All and explore ways to maximise opportunities for cycling amongst people we support. We have recently launched a 'Ways to Wellness' initiative to support people in our community to find ways to improve their health and cycling fits nicely into this.

The Wheels for All events delivered for Styleacre members has been supported through the Will Houghton Foundation. The Will Houghton Foundation has enabled Cycling Projects to being inclusive cycling opportunities to many more people.

We look forward to creating more Wheels for All experiences for more people in partnership with the Will Houghton Foundation

**WILL HOUGHTON**  
—  
**FOUNDATION**

Anita Powell [apowell@styleacre.org.uk](mailto:apowell@styleacre.org.uk)

# Case Study //

## Horsham Wheels for All



We fully believe that everybody should be able to access sports and arts activities regardless of ability or disability and try to set up appropriate sessions where people can be active, socialise and achieve.

The Horsham Wheels for All sessions have been an excellent example of a number of partners coming together to provide an opportunity which really benefits the local community. HDC had funding to purchase some bikes, WSCC had leaders that were able to run the sessions and Cycling Projects were there at the beginning to offer help, support and training to get the group up and running.

In the last 2 years of the club operating, over 100 people with additional needs have attended a Horsham Wheels for All session and when you add



in siblings, friends, parents and carers that have also ridden one of the many adapted bikes the group now has this figure rises to about 300.

WFA is so important to HDC and WSCC for so many reasons. It's a great example of how two different organisations can combine, to bring expertise together and offering a high level of service to our trainees.

WSCC have also been able to engage a number of WFA trainees into their wider use of the Bikeability scheme. For many WFA riders, cycling has become a great form of independent travel.

This is something we are dedicated to achieving, but need the support of a number of additional organisations to achieve. We feel strongly that the bikes belong to our trainees and should be there for them, whenever they want!

It's impossible to list all trainees who have benefitted from the scheme. We have had trainees develop from trike tandems, to trikes, to solo two wheelers, countless complete beginners and trainees going from the wheelchair bikes, to a strider and completing 400 metres of the track. This last year we ran our second club ride from Shoreham to Broadbridge heath. We covered 20 miles in total. During the ride we had 2 trainees complete the whole route independently on 2 wheels, having only learnt to ride 12 months previously at WFA. We also had a trainee who 12 months previously took part in the ride on the wheelchair bike, and this year cycled 2 miles independently on a recumbent trike. This is what Horsham WFA is all about- progression. We are as proud of our riders covering a few metres as we are of the riders clocking the big miles.

**Ed Clark** [Edward.Clark@westsussex.gov.uk](mailto:Edward.Clark@westsussex.gov.uk)

# Case Study //

## Bath and West Wheels for All

### What does Wheels for All mean to me?

#### MY STORY

“Since finding Wheels for All Bath&West in June 2015, I have started cycling with various projects across Bristol and the surrounding area. I have seen the Bath Wheels for All group transform into a popular, busy, fun active cycling group with a strong social element. The catalyst for these changes were the taking over of this club by Cycling Projects in early 2016.



ELEANOR

At the start of my cycling journey, I initially used **Wheels for All Bath&West** for trying out hand-cycling. Without this I wouldn't have known I could cycle and it wouldn't have opened my life up to future opportunities, cycling and others!

With knowledgeable employees and volunteers, **Wheels for All Bath&West** has enabled me to source other projects and even enter charity runs on hand-cycles! I take a hand-cycle on holiday to Cornwall and have enriched my life, body and mind on lovely rides with the cycle. Without **Wheels for All Bath&West** none of this would be possible!

On a personal level, I can say that it has enhanced my social and physical life. Not only have I met a great friend, I have been able, with the help of Chris and the team to increase my cycling network

and have been recognised in two cycling groups as an inspirational cyclist. This has been a basis for much of my writing over the years.

Physically, cycling has enabled me to continue to maintain the muscle strength and movement I have whilst seeing improvements in my daily life. As my confidence has grown I have been able to use a recumbent trike as well as various hand-cycles.

I would like to take this opportunity to say a massive Thank You to Chris and the team at **Wheels for All Bath&West** for all their hard work and dedication to the group and cycling!”

**Wheels for All Bath& West co-ordinator**  
**Chris Revill** [Chris.Revill@cycl.org.uk](mailto:Chris.Revill@cycl.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:  
[ian.tierney@cycling.org.uk](mailto:ian.tierney@cycling.org.uk)  
Alternatively, you can call us on:  
**01925 234213**