Wheels for All

National Forum

11.11.2025

Welcome!

Wheels for All

#WeRideTogether

Wheels for All

Wheels for All Updates

Ian Tierney
CEO

Wheels for All

#WeRideTogether

Wheels for All

Wheels for All Updates

Amber Woodward-Brown

Head of Fundraising

Wheels for All

Activity Alliance

Andrew Whittaker

Strategic Partnerships Advisor
(North West & North East)

activity alliance

Wheels for all National Inclusive Cycling forum

Andrew Whitaker

11 November 2025

activity alliance
disability inclusion sport

About Activity Alliance

National charity and leading voice

Research, partnerships, training, programmes and communications

We care

We unite

We champion

Our strategy – We all belong

activity alliance
disability inclusion sport

Our vision

A future where all disabled people feel they belong in sports and activities.

Our mission

To improve opportunities to be active, empowering disabled people to get involved in sports and activities in the way they choose.

We will work with disabled people and an alliance of committed partners to build a movement for change.

Our ambitions

Sports and activities meet disabled people's needs.

Disabled people influence campaigning, policy and decision making.

Address inequalities by working with others.

Our values

We care

We are passionate about what we do, and who we do it for.

We unite

We collaborate with others to achieve greater outcomes.

We champion

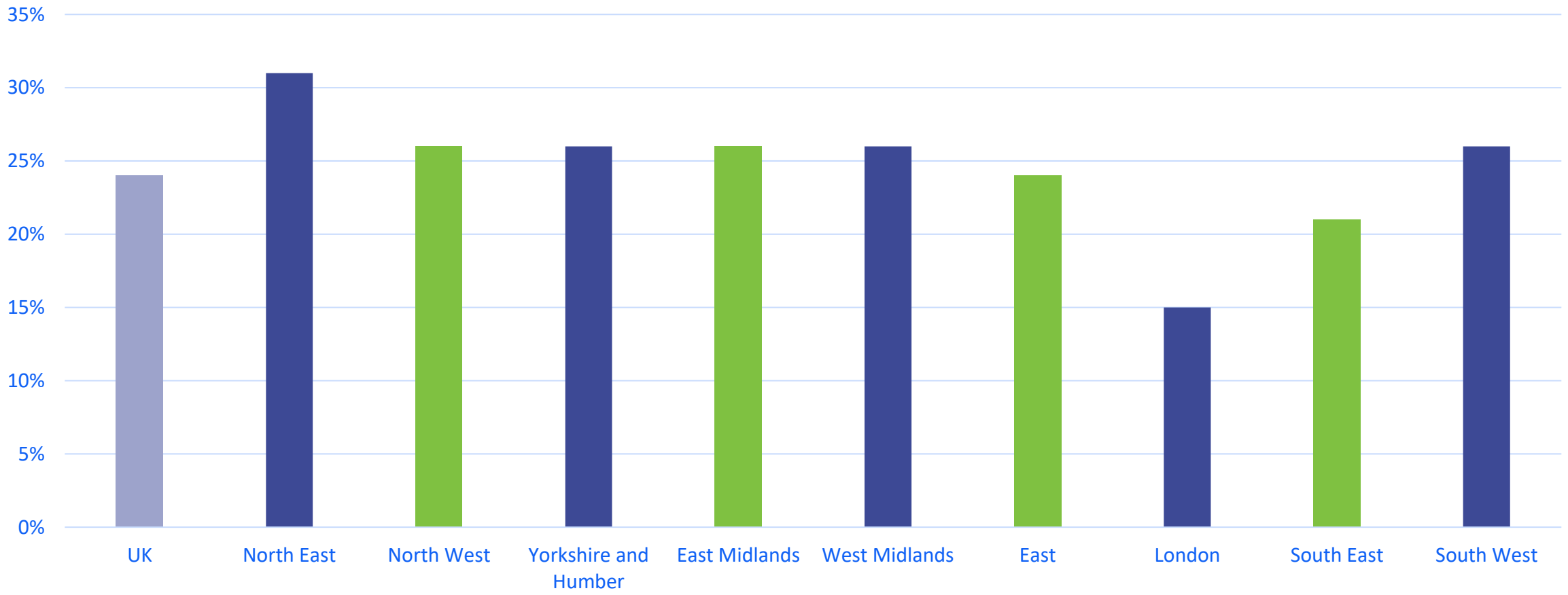
We recognise everyone's voice must be heard if we are to provide equitable places to live, work and thrive.

Our Manifesto released in April 2024

- Released ahead of new government
- Collaborative and accessible
- Rights-based, clear asks
- Backed by evidence and insight

You can download on activityalliance.org.uk

Disabled people in each English region



Disability

75%
of disabled people have more than one impairment

24%
of people in **UK** have an impairment or health condition – around **16million**

11% disabled children.
23% working-age adults.
42 - 46% state pension age.

1.5m
people living with sight loss **(limiting or non-limiting)**

1 in 4
people will experience a mental health problem each year

2%
with a learning disability – around **1.1million** people in England

9.2m
people in England have some form of hearing loss **(limiting or non-limiting)**

Language and communications

8.9% (in England and Wales)
have a main language other than English and Welsh – over **5 million** people

Top ten other languages: Polish, Romanian, Punjabi, Urdu, Portuguese, Spanish, Arabic, Bengali, Gujarati and Italian.

The average reading age is **9**

10%
Have dyslexia

15% are functionally illiterate and would not pass GCSE English

www.

1 in 5 disabled adults have never used the internet

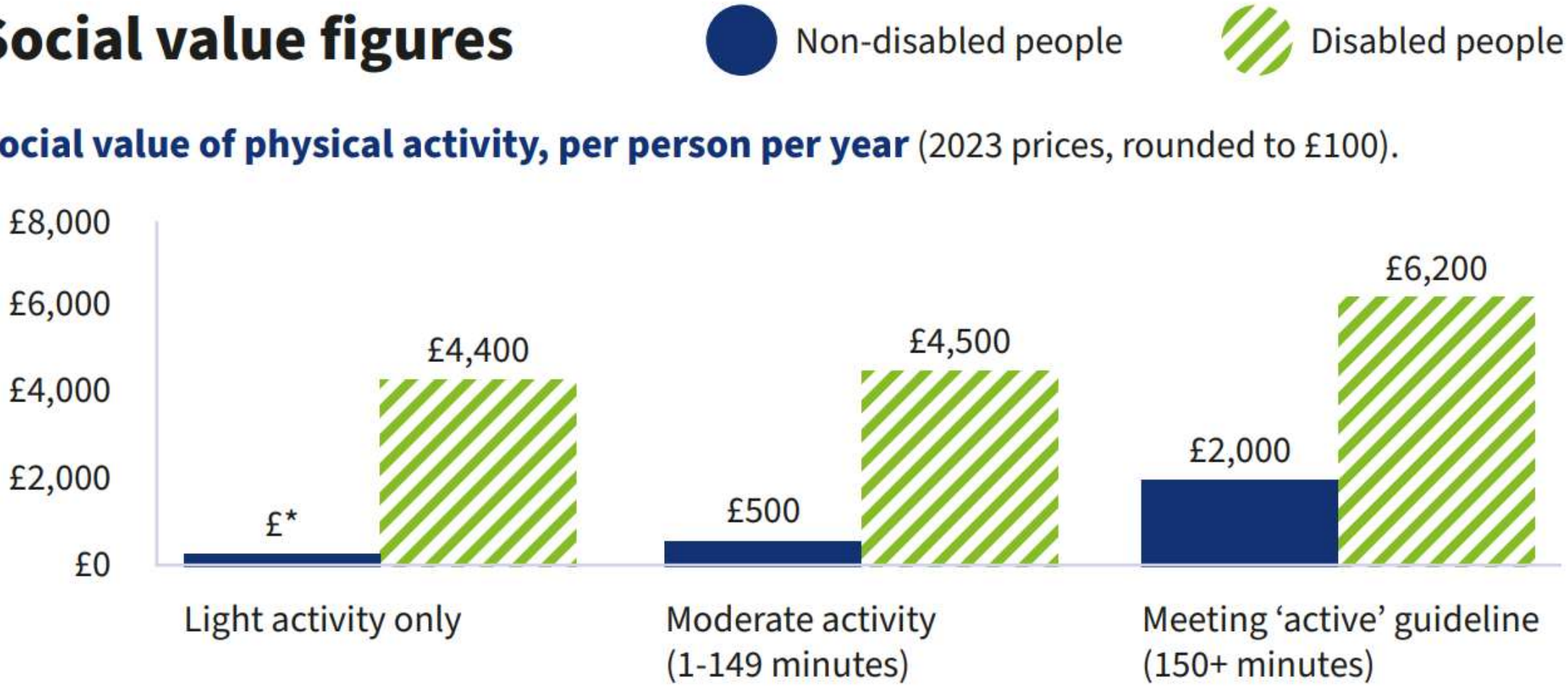
3 million
People are colour blind

Our research

Range of research on our website that explores many topics

- Annual Disability and Activity Survey - 2024
- Impairment and demographic Report - 2023
- Inclusive recovery - 2023
- Inclusive leaders - 2023
- Encouraging more disabled people to volunteer - 2017
- The Activity Trap - 2018
- My Active Future - 2020
- Talk to me including the ten principles - 2014

Social value figures



Annual Disability and Activity Survey 2023-24

Participation and experience

The legacy of COVID-19

Outdoor spaces and active travel

Mental wellbeing and loneliness

Representation and belonging

Wheels for All

Harrow Cycle Club

Caroline Osborne

Wheels for All

Regional Updates

Wheels for All

Quiz Time!

Mentimeter

Wheels for All

Hub Spotlight

Poynton Pedal
Sue Reason

Poynton Pedals for All

Poynton Pedals for All

Safe Cycling for All

For Wheels for All forum 11/11/25

A brief introduction to our charity

Poynton Pedals for All

Poynton Pedals for All

Safe Cycling for All

Who are we?

We are a group of enthusiastic local cyclists who enjoy getting out on our bikes to enjoy the countryside and the social interaction for well-being and fitness.

Originally started by a group of British Cycling Breeze riders, we now have 15 regular volunteers.

We include include regular cyclists, ride leaders, a bike-ability coach, a maintenance team and administrators.

We all are DBS checked, and most have safeguarding training which is refreshed annually.

Poynton Pedals for All

Safe Cycling for All

Where are we based?

We are based in Upper Poynton and our bikes are stored in the outbuildings of at a local pub (Boars Head) next to the **Middlewood Way** on Cheshire border with Greater Manchester.

The Middlewood Way a disused railway and wonderful traffic free resource from Marple to Macclesfield. It is only suitable for accessible bikes to Bollington.

It provides opportunities that are different to an athletics track including interacting with dogs/horses/wildlife/walkers.

Map Middlewood Way

Poynton Pedals for All

Safe Cycling for All

Our users

We have had many people who can't access two wheeled bikes - from those who are elderly and have mobility issues to those with severe and complex disabilities

Poynton Pedals for All

Safe Cycling for All

Our bikes

We have:
a wheelchair bike
a side by side bike
a tandem
5 trikes
6 ordinary two wheeled bikes
to allow accompanying family groups to cycle together.

All our bikes are regularly safety checked and maintained by Martin of Velotech who is used to servicing accessible bikes with the local Seashell Trust.

Poynton Pedals for All

Safe Cycling for All

Our Sessions

We run sessions on a Wednesday morning and a Saturday afternoon, which seems to work best for our users
So far this year we have had 65 booked sessions in our normal time

In addition, we have also had 8 visits from a local David Lewis Centre where students gained in confidence and bike handling skills as well as navigating horses walkers and other cyclists on the path.

Poynton Pedals for All

Safe Cycling for All

What help have we had?

We are grateful to Ian Tierney from Wheels for All, Neil Carmichael from Poynton (Carmichael Sports), and Beth Barrett community activator from British Cycling who were instrumental in helping us set up our project. We had a lot of support from our local town council and Cheshire East including fundraising

Poynton Pedals for All

Safe Cycling for All

Fundraising and COVID!

COVID struck and our fundraising opportunities were very limited, but the very amazing support from the council, and many supportive Poynton businesses and groups such as Poynton Rotary and the Round Table have made our fundraising possible.

The encouragement and support has been incredible. We had online quizzes and online gin tasting as well as cake sales.

Poynton Pedals for All

Safe Cycling for All

Further fundraising from the National lottery meant that we had enough money to purchase our wheelchair bike. Olivia had a quick spin around the Boar's Head carpark so we could have a look at it.

Poynton Pedals for All

Safe Cycling for All

After further fundraising with the Cheshire East Space hive platform, we secured a CE grant which has enabled us to contribute to work on the Boar's Head to house our project and securely store our bikes.

We have now been able to order our second bike, a Roam side-by side bike which will enable an able bodied person to cycle with a less able one

Poynton Pedals for All

Safe Cycling for All

Looking forward

We continue to fund raise using local businesses like the Vernon Building Society, the Co-op community fund, Waitrose, and Tesco community funds.

We have a quiz night planned early next year.

We now have five trikes and have just ordered a Tom Cat trike and a hand cycle which should give greater variety to offer our riders. We are also looking to purchase another side by side bike and hoping in the future to engage local care homes.

We have raised over £40,000 to run our project.

Poynton Pedals for All

Safe Cycling for All

Working with Cheshire East Rangers

Ed Pilkington, Ranger based at Nelson's Pit, has worked on access for the adapted bikes at the Higher Poynton station platform. This includes the gate access opposite the Boar's Head.

Poynton Pedals for All

Safe Cycling for All

We benefit our community by

- Providing cycling access to wheelchair users and less physically able who otherwise could not access the Middlewood Way
- A safe way to enjoy cycling in the countryside
- Provide opportunities to improve social, physical and mental well-being.
- A vision to develop the facilities and a community hub at the Boars Head – refreshments, parking and toilets
- Many volunteer hours generated
- Working with CEC rangers to improve access to the Middlewood Way, remove obstacles, widen gates etc,

Poynton Pedals for All

Safe Cycling for All

- Website –
- https://poyntonpedalsforall.co.uk

- Facebook -
- https://www.facebook.com/PoyntonPedalsforAll/

- Email us on
- poyntonpedalsforall@gmail.com

Wheels for All

Hub Spotlight

Bike Active North Suffolk
George

BIKE ACTIVE NORTH SUFFOLK

Accessible Cycling for Adults of All Abilities

BIKE ACTIVE NORTH SUFFOLK

Accessible Cycling for Adults of All Abilities

Delivering the first full season (2025) of our North Suffolk adult disability cycling group

- What we've done since the last WFA forum (13/05/2025), and our structure
- Key achievements, insights and learning
- Learning points, insights and experiences
- Equipment (our fleet & needs)
- BANS next steps (2026 and beyond)

What we did!

Completed our fortnightly Tuesday mornings sessions for our planned 2025 season, (last being 21st Oct), each with up to 6 adult clients. Outcomes:

- Continued to use our single route - Halesworth Millennium Green, around 1.2 miles “out and back” route, lasting around 30-45 minutes for each of three rides per Tuesday.
- Maintained the original core of 15 volunteers (incl. 6 Trustees)
- Continued to use mainly trikes, plus our special and standard bikes (very few e-assisted)
- Significantly grown our community presence and client base – lots of “word of mouth”
- Lots of session observers (e.g. grant-givers, donors and officials)
- Continued our vigorous pursuit of funds (e.g. grant project applications)
- Sessions at the end of 2025 have essentially reached “full”

Our structure

- We have 6 Trustees, a Committee, CIO status, robust governance & risk assessments, 15 volunteers (balanced cohort - some non-client facing roles)
- Our formal roles now includes 3 ride leaders, 5 first aiders, & a Designated Safeguarding Officer (for example hoping to recruit particular skills in marketing, media and community engagement
- We’ve developed formal role profiles to better advertise for more volunteers locally and nationally
- We currently outsource our equipment maintenance but hope to change this (one of our biggest costs)

Key achievements (looking back since May 2025's last forum):

- Tremendously positive feedback from clients – e.g. Mencap, elderly and carers
- Substantially increased our client base to "full" sessions
- Engagement, publicity and interaction (including Local Authority)
- Ongoing Affiliations (renewed as req'd) – British Cycling, Cycling UK and Wheels for All
- More positive outcomes to grant applications and donations in-kind (incl onward sale of donated bikes)
- Enhanced focus on community events (e.g. carnivals and rallies) has grown our base and funds
- Added two more sessions (Nov and Dec 2025) due to significant client demand and feedback)
- Set our planned 2026 session dates – need to expand sessions from 3 to 4, to accommodate more clients
- Trained more Session Leads (WFA "Ways of Working" at Colchester) and First Aiders
- Delivery to more complex needs clients

Some insights, learning and experiences:

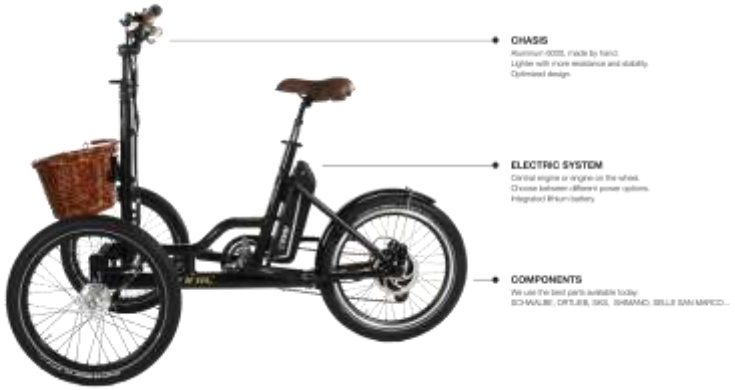
- Significant reliance on a core of the same volunteers at sessions – risk and potential burnout!
- Ensuring the lead team have shared understanding and support "the plan"
- Volunteer recognition and social event(s)
- Ongoing equipment sales & community event fundraising - the importance of unrestricted funds
- Maintenance costs of the bike fleet (the need to train for certified internal maintenance resource)
- BANS really wants to network and share experiences with peer groups

Gallery of typical bikes used by BANS:

HAVE – 1 - Tandem trike, pedal only (e.g. Huka co-pilot 3):

HAVE several - Solo standard configuration trike, pedal only, many vintage, started new replacements and will start addition of e-assisted

HAVE – 2 Solo inverse "tadpole" configuration trike (but one is fixed wheel which isn't popular):



HAVE 1 - Side-by-side tandem trike, e-assisted (HUKA Orthros):

HAVE 1 (may need 1 more) - Wheelchair deck bike, e-assisted (Van Raam Veloplus):

Note, BANS already HAVE 2 – donated vintage wheelchair transfer bikes, not yet used

HAVE 1, NEED 1 - Semi-recumbent trike, e-assisted or not, (e.g. Tomcat Dragon, or PF Bike or Van Raam Easyrider):electric flame

BANS next steps:

Short term and continuous:

- Growing our client & volunteer base (e.g. for sessions, fundraising and community engagement)
- Continuous analysis of client demands and feedback – supports WFA & BC, funding grants, and our own training and equipment needs
- Develop and publicise client case studies (activities in hand with a post-graduate & new media volunteer)
- Expanding our Ride/session Leader cohort (currently 3, target is 4)
- Developing new Maintenance Tier 2 Bike Maintainers (2-4 WFA trained by end 2026)
- Embed a resilient session planning and client assessment process (WFA online systems may help – Kinetic+?)
- Fundraising, fundraising, donations, asset disposal, and more fundraising!
- Develop and nurture a diverse & resilient lead team (4 Trustee positions due for re-election in summer 2026)

Medium & Long term:

- Developing, exchanging and maintaining our equipment/fleet, and optimising our costs
- Enhance our online presence and engagement (currently recruiting a media expert volunteer)
- Encouraging volunteer development and knowledge of client and community needs
- 2027 and beyond - Consider alternative outreach session locations - requires additional:
  - Transport and mobilisation planning and investment
  - Volunteer availability and commitment
- Benchmarking with you – our peer groups

BIKE ACTIVE NORTH SUFFOLK

Any Questions or suggestions?

Accessible Cycling for Adults of All Abilities

Wheels for All

AOB and Questions

Wheels for All