



John

I was first introduced to Wheels for All by a neighbour who is a regular volunteer at the Sessions and I was keen to take part in what would be a main form of exercise for me as I am 76 with neuropathy in my lower legs and feet and unable to walk.

First of all, I was impressed by the volunteers who met me in what I think was about 2019. They were welcoming and able to judge what type of trike would be best for me.

And so I began my cycling on alternate Saturday mornings whatever the weather, outside if the weather permitted or indoors at the Leisure Centre Hall on particularly bad weather days. I remember only one session having to be cancelled.

I continue to enjoy my Saturday mornings cycling up and down the old canal path and there are plenty of volunteers to assist in helping me slide off my wheelchair onto the fixed-wheel trike. The coffee and biscuits are very welcome at the end of the session, with time for a chat.