

Malcolm



I am a retired chartered building surveyor and environmentalist and I previously enjoyed working in historic building conservation until a brain haemorrhage in 2013 left me part paralysed to my left side. My previous hobbies were principally outdoor activities and amongst others included road cycling.

My introduction to Wheels for All came through a hospital physiotherapist who suggested an adapted bike or trike might be a way of my continuing my cycling hobby. I immediately realised I had an opportunity to volunteer my time and experience to encourage and assist others whilst at the same time physically challenging myself in an outdoor environment.

The most gratifying moments are huge smiles, grinning and whoops of elation as the clients express happiness in themselves and their efforts and demonstrate they have clearly enjoyed their session.

The cycling sessions are geared for schools, care homes and individuals. The Wheels for All session

provides the opportunity by pairing prospective cyclists with the bike best suited to their abilities. In addition, the session gives the individual the chance to experience cycling, join in, and for the duration of their session, they are able to compare themselves, and achieve something collectively with others in their group. The sense of normality is personal for each rider but for me being able to get on a bike again after my brain injury was a step of progress that inspired ambition and a future.

Volunteering has provided an outlet in life with a purpose. It is not sitting at a desk, staring at a computer screen like other volunteering roles I've had, but using my previous cycling and people experience and challenging my physical abilities to help others for the greater good.

If you're thinking of volunteering with Wheels for All, do it! What are you waiting for?



Wheels for All is the operating name for Cycling Projects a company limited by guarantee & registered in England & Wales (No. 2618968) 11-13 Wilson Patten Street, Warrington, WA1 1PG. Cycling Projects is a charity registered in England & Wales (No. 1003309).

Wheels for All
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