



The national inclusive cycling charity

enable

Wheels for All

EDITION 8



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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.

In this edition, we feature the innovative approaches we have taken to ensure people can still be active through and beyond the pandemic.

This has truly been a challenging time for all of us, especially those in our community who are most vulnerable and depend on the support of others. We believe we have a duty of care to provide our services and be innovative in our approaches giving people of all abilities a reassurance to be active in their communities.

We hope this edition highlights the positive impact that Wheels for All programmes are having on people, their friends and family and their communities on an almost daily basis. 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.

Ian Tierney - Chief Executive - Cycling Projects

Out on Your Loan Project

Cycling Projects is delighted to share news of a brand-new initiative to provide the long-term loan of an adapted cycle to a range of individuals living in the West Midlands. We are delivering this project in partnership with the West Midlands Combined Authority, with funding from the DfT as part of the Active Travel programme.

The aim of this programme is to provide access to a suitable adapted cycle to enable individuals - who already have some prior cycling experience - to be able to weave cycling into their day to day lives using the adapted cycle that we are providing for them.

We are supporting each participant to cycle from their own front door, and we will be helping them to identify destinations locally that can be accessed on their cycle and to plan safe and appropriate routes with them based on their own capabilities, experience and confidence.

The first cohort of participants has now received their loan cycles, and some have already been clocking up quite a few hours or miles in their local area; one participant – Joel – has been doing a daily ‘superhero challenge’ and another – Chris – has already covered over 250 miles on the handcycle provided via the ‘Out on Your Loan’ programme; it’s great to see and hear all about their achievements and longer-term cycling goals!

**For more information, please contact Chris Watts
Chris.Watts@cycling.org.uk**



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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justgiving.com/cyclingprojects

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Partnerships innovative approaches with The Brain Charity and Liverpool & Sefton Mencap

In April 2021 we began one strand of our **Liverpool City Region Bike Buddy** programme with **The Brain Charity**, a national charity based in Liverpool which provides emotional support, practical help and social activities to anyone with a neurological condition and to their family, friends, and carers. As part of our partnership, we have offered cycling opportunities to all staff, volunteers and users within The Brain Charity community, including independent adapted cycling sessions and loan offers of adapted and standard 2-wheel cycles.

To date we have worked with 8 participants from The Brain Charity through a range of activities; Wheels for All offers in Birkenhead Park and Litherland Sports Park, where new equipment has been placed to support their first step into adapted cycling sessions. Progress is reviewed regularly as



participants are ready to enjoy further aspects of the Bike Buddy activities. One recipient of a trike on loan from Cycling Projects is now cycling with her husband along Seacombe promenade every week.

Liverpool & Sefton Mencap are benefitting from weekly sessions and are now ready to build their skills to make short group rides on cycle paths and quiet roads. These Bike Buddy sessions have provided the opportunity to learn ride etiquette and communication skills, improve observation and hazard perception (loose dogs and other path users) and generally become better cyclists in a contained area. Our next stage is to support three riders using trikes to make the transition onto 2 wheels, one 2 wheel rider will have safe cycle training and another will help plot local journeys he wants to make from his front door. We have planned in Ride Leader training for staff and volunteers of the organisation enabling us to affect behaviour change from within Mencap to encourage a cycling culture and the aim is that this current cohort will become mentors for future Mencap participants.



For further information please contact
Shane O'Leary shane.oleary@cycling.org.uk

The Innovation Fund / Bikeability Trust



Cycling Projects has been working with the DfT & the Bikeability Trust in recent years to revise the Bikeability delivery guide to help change the requirements and to open up cycling in schools so that it is more inclusive. In recent months we have had the opportunity to develop and deliver Inclusive Bikeability training with staff from Bike Right / Cycle Confident with funding support via the Bikeability Innovation Fund. This has been a great opportunity to work alongside the staff who are actually delivering this training on the ground in schools, so that they are equipped with the skills, knowledge and confidence to find solutions to adapt sessions so that children with SEND are included alongside their peers. We are providing access to our fleets of adapted cycles and WfA venues, to facilitate their learning, and hope to establish and develop ongoing relationships between Cycling Projects and a range of Bikeability providers and their local Wheels for All centres.

The training has included sessions on identifying & overcoming barriers; disability & inclusion and effective communication; as well as hands-on opportunities to try out a range of adapted cycles and to explore how these can be used to support children in schools to access and achieve Bikeability outcomes at both level 1 and 2; alongside

how to build in progression between a range of traffic free and low-traffic environments, segregated cycle routes and public parks / shared spaces.

We've had some great engagement and very positive feedback from the cycle trainers about the courses that we have delivered so far; including these great comments:

"I gave a score of 5/5 on the basis that this course is extremely relevant to my role as a Bikeability instructor delivering on a day-to-day basis. The course content will now provide me with the essential skills and understanding to help me deliver the most effective and inclusive sessions possible" (Janet Bramwell – Cycle Confident)

We look forward to delivering more training for Bikeability staff in the next few months, and also to arranging training for other providers, local authorities and partners to secure longer-term progress towards fully inclusive cycle training for as many children as possible.

For more information, contact:
chris.watts@cyclings.org.uk



The
Bikeability
Trust

New Wheels for All programmes

Colchester Wheels for All

We are pleased to announce the launch of Colchester Wheels for All which will be based at the cycle circuit at the Northern Gateway Sport Complex. Through the Local Area Pilot funding and the support of Active Essex we have been able to launch an inclusive cycling programme of engagement targeting those with a disability and inactive people from across Colchester. It's great to be involved in a project whereby inclusive cycling has been considered at the beginning of a larger project and refreshing that commissioners and partners see the value of Wheels for All being an instrumental activity that will be delivered for all abilities for future years.

For more information, please get in touch with Jo Smith Jo.Smith@cyclings.org.uk



Harrow Wheels for All

The Harrow Wheels for All programme is now at the beginning of its journey to becoming an inclusive cycling hub offering opportunities for everyone to be active through cycling. After the successful delivery of the Wheels for All Festival in partnership with Harrow Cycle Hub and Community Connex, we are now in search of securing funding for cycles, storage, track hire, training and staffing costs.

If you would like to get involved with this amazing project do get in touch: [Ian Tierney](mailto:Ian.Tierney@cyclings.org.uk) Ian.Tierney@cyclings.org.uk



Join our We Ride Together Campaign

We ride together is a programme of support funded by Sport England, the programme focuses on Wheels for All recovery in the wake of the pandemic and a We Ride Together campaign to raise the awareness of Inclusive Cycling opportunities across the country.

What we have done so far:

- Supported the reopening of centres and promoting activities to new audiences
- Repairing and maintaining bikes
- Increasing our stock of helmets and providing PPE to keep everyone safe
- Hosted volunteer retention events and increasing our volunteer opportunities
- Delivered Wheels for All Covid Training
- Partnering with cycle clubs for volunteers
- Simplifying payment and booking systems



How can you support the We Ride Together movement?

You can support the We Ride Together movement to increase opportunities for people with disabilities, limited mobility, poor mental health and old age health issues to exercise and cycle by:

- Joining us as a volunteer
- Fundraising for the charity
- Attending a local Wheels For All session
- Follow us on social media and share our content
- Donating bikes, helmets or tools in good condition
- Affiliating your cycle club with a Wheels For All centre

For more information and how to get involved, please email tom.glynn@cyclings.org.uk



10th Birthday celebrations at Bath and West Wheels for All



“It’s all about the people and so much more than just cycling”

Resiliently undeterred by the grey drizzle, Wheels for All saw its riders enjoy a special Big Birthday Bike Ride through The Two Tunnels route. It marks ten years in which this Bath based inclusive cycling project evolved from a couple of riders and trikes who met in a car park into a dynamic community project with regular sessions at the Odd Down Cycling Circuit.

As part of the national charity Cycling Projects, Wheels for All Bath & West can now boast regular open sessions, a referral pathway for health care professionals, an online booking system, a fleet of sophisticated adapted bikes, trikes and equipment, a devoted team of volunteers and many, many happy participants plus their families and friends.

Many of the cyclists have physical or mental health issues, learning, communication or sensory difficulties or challenges with social isolation.

“Our programme of midweek afternoons and bi- monthly Saturday sessions at Odd Down offer the fun, freedom and a sense of independence through cycling to many who would otherwise struggle to ride a conventional cycle”

With Chris at the helm from the group’s inception, the project’s achievements in inclusion and diversity in sport, health and exercise are well established, and now, plans are afoot to branch into cycling’s contribution to climate control with the advent of e-trikes, so watch this space!



For more information on taking part or volunteering with ‘Wheels for All Bath & West’ contact: Chris Revill chris.revill@cyclng.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



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
Alternatively, you can call us on:
01925 234213