



Wheels for All

EDITION 5

The national inclusive cycling charity

enable



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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 launch of new centres, several case studies on existing centres, the development of accessible trails in the South Downs National Park, great examples of fundraising for Wheels for All and an insight into volunteering for Wheels for All. So another packed edition showcasing the ongoing movement of Wheels for All centres across the country.

There has never been a better time to celebrate the achievements of all Wheels for All centres and

how the momentum of growth for new and existing participants as well as the launch of new centres can seriously contribute to the recently launched strategies by DCMS (Department Culture, Media and Sport) and Sport England.

Each Wheels for All centre offers a welcoming and enjoyable setting for everyone regardless of ability, and there is a real strong sense community ownership and togetherness. Allowing everyone to cycle on a regular basis regardless of ability.



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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News & Updates //

Welcome to our new centres in 2016

This year we have supported the launch of several new Wheels for All centres across the country, and this includes centres in Cannock, Coventry, Birmingham, Horsham and Stourport. More quality Wheels for All centres means more people getting the opportunity to cycle regardless of ability in settings that they enjoy which essentially means people will come back for more and will weave cycling into their lifestyles for years to come.

Cannock Wheels for All

We are pleased to announce the launch of Cannock Wheels for All which is primarily based at Cannock Leisure Centre. This is a partnership between Cannock Chase District Council, Cycling Projects, WLCT and Cycle R offering regular cycling opportunities for all abilities but with a particular focus on adult social care under the remit of the District Council's Inspiring Healthy Lifestyles programme overseen by the project co-ordinator Clive Gibson.



The official Cannock Wheels for All launch event was opened by Amanda Milling MP who wished the centre every success for the future.

For further information, please contact Clive Gibson on 01543 501522 or email Clive.Gibson@wlct.org

Coventry Wheels for All

Even though the Coventry Wheels for All programme is in its infancy it has started with a big impact in its local communities by offering weekly sessions at Moathouse Leisure Centre, Alan Higgs Leisure Centre and the Ricoh Arena.



This WFA Centre is a partnership with Coventry Leisure Trust, Coventry City Council and CSW sports partnership.

For further information, please get in touch with Daniel DeFeo on 07867 492459 or email DGDefeo@covsf.com

Making a real difference in Birmingham



Wheels for All sessions happen on a weekly basis attracting a wide range of the community from across Birmingham whilst also forming a strong following of regulars who feel a sense of belonging at Wheels for All.

The Birmingham Wheels for All co-ordinator will focus on establishing a committed group of volunteers at the Small Heath site whilst also looking to create new hubs of Wheels for All activity across the rest of the city.

We have a great partnership with Big Birmingham Bikes, bringing more cycling to everyone across the city through a range of innovative approaches which is

complimented by a successful Wheels for All programme.

For further information on Birmingham Wheels for All and how you can get involved please contact Chris Watts, 07971 476520, chris.watts@cycling.org.uk or Keith Hill, Activator for Wellbeing Service, 07885 235204.



Currently sessions happen every Tuesday at Small Heath Wellbeing Centre, Muntz Street, Small Heath, Birmingham B10 9RX.

Volunteering for WFA

Volunteering for Wheels for All centres can mean supporting in many different roles including Wheels for All session delivery, meeting and greeting people as they attend sessions, supporting the maintenance of the cycles, general fundraising for the local centre and promotional campaigns for their local centres.

Below we have two examples of people who give their time to their local Wheels for All centre and we get a little insight into why they do it and what attracted them to support Wheels for All.

PETE – Marbury Country Park Wheels for All Cheshire – supporting sessions

Pete has been an ever present volunteer at Marbury Wheels for All near Northwich, Cheshire. Overseeing the delivery and welcoming regulars and newcomers to the Wheels for All programme serving communities of Cheshire and becoming a key programme of activity in Marbury Country Park.



DAVE – Portsmouth Wheels for All – supporting sessions

Dave has been a regular supporter of the Portsmouth sessions which operate at both Bransbury Park and The Mountbatten Centre. Dave oversees the majority of the weekly sessions as well being a representative of the other core volunteers which is a mix of 8 people. Dave has also built up a good understanding of the maintenance issues of the adapted cycles and is always keen to repair the cycles. Dave has been instrumental to the success of the project bringing Wheels for All activities to more and more people across the city of Portsmouth.



If you would like to volunteer for Wheels for All in any capacity please contact - Charlotte Wilbourne on 01925 234213 or email charlotte.wilbourne@cyclimg.org.uk.

WFA 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.

Wheels for All Leader Training offers supporters of the programme a mix of theory and practical sessions giving them an understanding of how to support future Wheels for All sessions.

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@cyclng.org.uk or 01925 234213**



Fundraising for WFA

There are many ways that people and organisations can raise funds to support the national Wheels for All initiative. One recent example has been the sterling fundraising efforts of the Marlow Riders Cycling Club.

An amazing amount of £9000 has been raised by the cycling club to support Wheels for All in the region. We welcomed members of the Marlow Riders Cycling Club down to a Wheels for All session where they met many of the children and their families who benefit from Wheels for All service and took up the challenge to partner up with some of our regulars on a cycle ride.



“Marlow Riders was set up five years ago with the aim of making cycling accessible to all. A big part of that ethos is to support local cycling based charities. Our Red Kite sportive continues to go from strength to strength, and we are delighted to be able to donate proceeds from the event to such a worthwhile cause. The amazing work that Matthew and the team at Wheels for All undertakes makes a huge difference to the lives of the children and their families. We have seen at first hand the enjoyment on the faces of the children that are able to benefit from the fabulous range of adapted cycles.”

We are truly grateful for such fundraising efforts of the Marlow Riders Cycling Club and we look forward to working with them in the future.

We encourage every cycle club in the country to follow the example of Marlow Riders and link up with their local Wheels for All Centre and fundraise and volunteer and support the inclusive cycle sessions.



Rod Woodland, Chairman,
Marlow Riders.

South Downs National Park

Accessible Trails

In recent months we have worked with the South Downs National Park who had a remit to audit and review a number of their established trails so that they could be branded as accessible for all abilities.

This has been a thorough process of becoming familiar with three trails in Hampshire and West Sussex – Meon Valley Trail, the South Downs Link and the Centurion Way. Crucially this has only been possible with the ideas, comments and suggestions from existing cyclists and people who would like to cycle if the pathways and access points were improved for them.

The exercise of consultation at each trail has been well received by all partners and the National Park will be producing promotional materials highlighting the trails and how they can be safe and accessible for all participants with adapted cycles regardless of ability.

We look forward to seeing the published materials in the future and will use the good practice learnt to help shape the standard for accessible trails in other National Parks and other parts of the country.

Further project information available from Alister.Linton-Crook@SouthDowns.gov.uk



Making a difference in Birkenhead, Wirral.

Birkenhead Wheels for All is based in the lush surroundings of Birkenhead Park which uses a series of trails within the park for their cycling sessions. Birkenhead Wheels for All was originally funded through Natural England's Green Exercise programme in 2010 to offer the green spaces as an ideal place for physical and mental well-being regardless of ability.

Through current investment from Wirral Public Health Birkenhead Wheels for All has grown from strength to strength offering several days of sessions which in

turn brings cycling to children, adults and the elderly. Several SEN schools from the peninsula use the Wheels for All service on a regular service bringing a safe and enjoyable environment for their pupils. A number of local disability support agencies such as Age Concern, Autism Initiatives and MENCAP access Birkenhead Wheels for All on a daily basis.

For more information, please contact Ian Tierney on 01925 234213 or ian.tierney@cyclimg.org.uk



Together We Will Campaign

TOGETHER WE WILL

We pledged our support to the national **“Together We Will”** campaign which highlighted the opportunities for disabled to be active in their local communities. Although the campaign focuses on before, during and after the Olympics and Paralympic games we are fully aware that their campaign reflects a similar theme to what we do here at Wheels for All.

We are making cycling normal, accessible and enjoyable for everyone regardless of ability – and through this fantastic network of inclusive cycling settings we are creating a long term landscape for everyone which needs to be applauded and recognised by national partners and governments departments and private sector investment.



Join our
campaign



We are campaigning to get more people active regardless of ability through the ever growing national Wheels for All network, contact Ian tierney via email at Ian.tierney@cyclimg.org.uk or call 01925 234213.

Making a difference

Bath and West

Cycling Projects has a long and established with partnership with Bath and North East Somerset district council which has resulted in the commission of delivery and development of the Wheels for All service across the district and the surrounding regions.

The partnership is exploring local and regional opportunities to strengthen the sustainability of the projects for future years. But this is just one of many key actions to ensure the Bath and West Wheels for All initiative is able to offer a high standard of service to its existing and potential participants and partners.

Bath and West WFA is a very innovative centre with structure surrounding its governance and also its operations through a strong "Friends of Bath and West Wheels for All" supporters group, which plays a key role in shaping delivery.

For more information, please contact Chris Revill on 07530 263014 or chris.revill@cycling.org.uk



Map of the Wheels for All Centres

Centre key

-  Existing WFA centre
-  Under Development

There are currently over **50 WFA centres** across Great Britain, making it the largest network of inclusive cycling centres.

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

Ways to get in touch

You can email us at:
ian.tierney@cycling.org.uk
cp@cycling.org.uk

Alternatively you can call us on:
01925 234213

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.