



# enable

newsletter for the Wheels For All network  
and supporters

Autumn 2011



# Welcome

We are delighted to welcome you all to the latest edition of 'Enable' – the newsletter for the Wheels For All network and for users of the national Wheels For All initiative. Our aim is to offer cycling as an accessible, fun and physically beneficial activity for all to enjoy.



Inside this edition you will find lots of interesting articles, including: news updates highlighting new partnerships, centre developments and case studies showcasing the great work being delivered across the Wheels For All network. This issue also features an overview of the Wheels For All network. For further information on each site please get in contact with the staff at Cycling Projects.

We hope you find this edition of 'Enable' a helpful and enjoyable read. We would love to hear your feedback so please don't hesitate

to get in touch. Check out the back page for contact information and other ways you can get involved.

Ian Tierney  
Director, Cycling Projects

Cycling Projects is a 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.

## Big Thanks

Cycling Projects' Daniel Coonan (Liverpool Project Coordinator) received the biggest thank you letter we have received to date from the purple group at Phoenix Primary School, Liverpool.



The group have regularly attended our cycle sessions at Wavertree Sports Park and have vastly improved their skills. Daniel said, "As well as the skills on the bike, all have grown in confidence to the point where we had to take it in turns to be the leader!"

To find out more please contact Daniel Coonan on 01925 234213 or email: [daniel.coonan@cyclings.org.uk](mailto:daniel.coonan@cyclings.org.uk)

## Cycling Scotland

Cycling Projects have recently developed a new partnership agreement with Cycling Scotland by providing additional support for cycling schemes promoting inclusion.

Cycling schemes in Scotland will be offered Wheels For All training, giving cycle leaders the knowledge and confidence to work with adapted cycles. Cycling Projects will also run Wheels For All taster sessions and provide consultation, support and advice.

To find out more please contact Ian Tierney on 01925 234213 or email: [ian.tierney@cyclings.org.uk](mailto:ian.tierney@cyclings.org.uk)



## Knowsley

### Where are you based?

We have two centres, one in Halewood Park and one in Kirkby Sports College. Both are very different locations but each has its advantages; Halewood Park is on the Trans Pennine Trail in a natural woodland, whilst Kirkby Sports Centre is on a brand new, enclosed athletics track.

### How has the centre developed?

In the last year, the numbers of people attending our sessions has increased considerably. We have regular weekly rides at Halewood Park supported by funding from the Big Lottery Fund, which is really good for keeping attendances high. Our new centre at Kirkby was supported by funding from Knowsley Housing Trust. It runs through term time and specifically engages with young people on our brand new junior Wheels For All cycles.

### Any advice for the network?

Our centres have developed by giving people the freedom to challenge themselves. We try not to restrict people to particular cycles or distances which they can ride. We are continually amazed by the progress people make when given the chance.

**“I don’t know who gets more out of this – the services users or me”**

Alan Groves (Volunteer)

We also have great support from local volunteers in the community. Without this commitment we’d struggle to attract as many people as we do and it allows us to be well prepared for every session.

Kevin McCann | Pedal Away Coordinator, Knowsley | Cycling Projects | Tel: 0151 4432148 | Email: [kevin.mccann@cyclings.org.uk](mailto:kevin.mccann@cyclings.org.uk)



Photo by Andy Whitehouse

## Blackpool

### Where are you based?

Blackpool Wheels For All is based at Blackpool Sports Centre and we deliver 3 open sessions a week. The local special schools also use the adapted cycles through the Schools Sport Partnership.

### What has been the highlight for you this year?

This year Blackpool Wheels For All organised an opportunity for people to take part in Ride the Lights 2011. Ride the Lights provides a sneak preview of the Blackpool illuminations along a traffic-free cycle route.

**“More than 7’000 people took part in this mass participation event. It was great to see the adapted cycles be part of that”**

Laura Ivinson (Physical Activity Co-ordinator, Blackpool Council)

Several families from the Aiming High scheme applied to participate and with support from Cycling Projects we were able to provide adapted cycles and bikes to more than 20 service users.

Dave Burns took part in this years Ride the Lights and he completed the route on a hand cycle. He told us:

**“It was a great occasion, I enjoyed it very much and I feel fantastic this morning”**

Dave Burns (Ride the Lights participant)

Wheels For All volunteers also helped to co-ordinate the ride and provide invaluable support.

Laura Ivinson | Physical Activity Coordinator, Blackpool Council | Tel: 01253 478463 | Email: [laura.ivanon@blackpool.org.uk](mailto:laura.ivanon@blackpool.org.uk)

# Training

Since the start of the year Cycling Projects have run over 20 Wheels For All courses around the country from Crawley to Glasgow and we have many more to come. We have trained over 175 new leaders this year, adding to our existing 850.

We are also developing the Wheels For All network and are constantly striving to work with new partners and develop existing links. We have recently started working with Cycle Scotland to develop a new Wheels For All network across Scotland.

We have also developed the Wheels For All training package and modified the course content to bring it into line with other coaching courses and help leaders deliver a more skill based coaching session. This will benefit all of our participants aiding them to develop and discover new skills and challenging them to push their boundaries.

The course is now accredited



with Open College Awards training. It will be pitched as a level 3 qualification, which will enable all newly trained leaders to gain this new qualification. It will ensure that Wheels For All training has more credibility outside the Wheels For All network. Our existing qualified leaders will also have the option to update their existing training.

To find out more about our training sessions and upcoming dates please contact David Pownall on 01925 234213 or [david.pownall@cycling.org.uk](mailto:david.pownall@cycling.org.uk)

## Map of the Wheels For All Centres:

There are currently over 50 centres across Britain. 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](http://www.cycling.org.uk)



# Get Involved

## Get in Touch:

We would love the Wheels For All network to get involved in Enable! We would like to know what you think of it and to hear any ideas of how it could be improved.

Do you have any news stories or information you would like to share with us? Or would you like your centre, or any of your clients/volunteers to feature as one of our case studies? If so, please do get in touch.

Give Layla Yousef a call on **01925 234213** or email: [layla.yousef@cycling.org.uk](mailto:layla.yousef@cycling.org.uk)

## Follow us:

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[twitter.com/#!/CyclingProjects](https://twitter.com/#!/CyclingProjects)



Visit the website at:  
[www.cycling.org.uk](http://www.cycling.org.uk)

## Coming Up:

Look out for details of our end of year Awards extravaganza. The awards ceremony will take place in December and we are now looking for nominations for the awards. If you have any inspirational clients, colleagues or volunteers that you would like to nominate please contact Sarah Jeffery on **01925 234213** or: [sarah.jeffery@cycling.org.uk](mailto:sarah.jeffery@cycling.org.uk)

## Donate:

Help us to make cycling accessible to even more people:  
[www.justgiving.com/cyclingprojects/Donate](http://www.justgiving.com/cyclingprojects/Donate)

## Volunteer:

If you would like to volunteer and become part of our team at Cycling Projects please contact Jen on **01925 234213** or email: [jen.taylor@cycling.org.uk](mailto:jen.taylor@cycling.org.uk)

