

SUMMER CYCLING

Who's it for? disabled children and young people up to the age of 18 (or 19, if just finished full time edn)

Venue: Croydon Sports Arena, Albert Road, South Norwood, London, SE25 4QL

Dates: Tuesdays in August
(3rd, 10th, 17th, 24th and 31st)

Time: 1.45 - 4.15pm

Cost: £3

Have a look at www.wheelsforwellbeing.org.uk to see the kinds of cycles we have. Call if you are not sure if we have something for you. Please note that we do not have a hoist.

Cyclists need to be accompanied by parents/ guardians/ support workers. Non-disabled siblings are welcome too. Qualified instructors will be on hand to provide initial assessments and guidance.

If this is your first time, you'll need to think about what to wear. Avoid flares and floaty skirts and be ready to tuck your trousers in your socks. And wear shoes which cover up your toes. If you've got long hair, tie it back out of the way.

How about combining it with a picnic in South Norwood Country Park?



You'll need to register but there's no need to book. Just turn up. If you can, fill in the registration form available on www.wheelsforwellbeing.org.uk before you arrive.

Any queries? Call the office on 020 7346 8482.