

## LONDON DISABILITY CYCLING FORUM

Minutes of meeting held at 336 Brixton Road, London SW97AA

on Wednesday 9 June 2010

### Present

Janet Paske (chair to start), John Simnett, Barry North, Roger Crosskey (chair to finish), Paul Lowe, Neil Smith

### Apologies

Isabelle Clement, Neil Crowley, Belinda Sinclair (profusely), Trevor Lenthall

### Presentation

Barry North introduced a presentation on Handcycling UK; the UK Handcycling Association. It is an entirely voluntary member-led organisation with interests in sport, leisure and exercise. They work closely with Wheelpower, the British Wheelchair Sports Association, CTC and its Inclusive Cycling Forum and British Cycling. For British Cycling, paracycling includes hand cycling. However the London Marathon won't accept handcyclists as "cycling is riddled with drugs", although other marathons do eg New York.

Barry showed slides of a number of machines, including wheelchair clip-ons and full handcycles. Mostly they have front-wheel drive, which can cause traction problems on difficult going. Costs can go up to a few thousand pounds, but fully adjustable machines are available from £7-800. Proper adjustment for the rider's needs is an important concern. Handcycle drives are synchronous (both hands working together) as opposed to the asynchronous drive of a pedal cycle (like a walking gait). This maximises drive power from the shoulders.

Handcycling UK would very much like to increase their visibility, but this is difficult when working entirely with their own resources. Barry finished off with several slides of handcyclists on their machines, including some in apparently extreme locations: on woodland paths, in deep fords and on steep hills. Handcycling is very good at enabling people to do things and visit places they otherwise could not, as they develop experience and confidence.

HandcyclingUK can loan cycles out so please contact Barry if you'd like to investigate this.

### Cycle Show: 7-10 October

John Simnett had booked a 64 square metre stand at the Cycle Show in Earls Court. It will be close to the commuter track, which will give it high visibility, and also possibly an opportunity for visitors to try out specialist cycles on the track. He has generously offered this space to the Forum. Wheels for Wellbeing and the Inclusive Cycling Forum are interested in sharing the space.

### Cycle Fest

The Cycle Fest Mobility Show will be held at Peterborough on the first weekend in July. This was too close for anybody to make arrangements to attend.

### Updates from Janet Paske

Please add whatever you think is needed. NB Paul's AOB item ?#

### Minutes and Matters Arising

The minutes of the March 9 meeting were available. There were no matters arising that could be dealt with at this meeting.

#### Updates from London Cycling Campaign and from Interactive

These items could not be dealt with as the speakers concerned were unable to attend the meeting.

#### Other Business

Paul Lowe raised a concern about Bikeability training for people with special needs. It is recognized that special needs training requires a lower ratio of trainees to instructors, but not the longer time and greater resource that will, on average be needed for somebody with special needs to complete the Bikeability course. Outside London the capitation allowance for Bikeability training is £40 and this is not sufficient for special needs training. This needs to be addressed in the Bikeability disability module.