

Cycling with Wheels for Wellbeing

Newsletter 29

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Hello all! Here's the first newsletter of 2011 to launch us into spring. Hopefully the worst of the weather is behind us and we can look forward to milder cycling conditions in the coming weeks.

2 months into 2011, how are you doing sticking to your New Year's resolutions? One of our resolutions is to improve our service and to do that, we need your help. There are 2 things you can do. Fill out our **Annual Survey** and, if you cycle with a Resource Base or Centre, invite me for a **User Meeting**.



Annual Survey 2011

Attached with this newsletter you will find our Annual Survey. If you cycle with us, please take the time to fill this out as we'd really like to know what you think of us and the Big Lottery Fund wants to see that we're talking to you. You can email it back to me or send it to us in the post.

We can't guarantee to act on all your comments. However, if lots of you are saying the same thing, then we'll know what we need to look at.

User Meetings – calling out to all Resource Bases and Centres

Do you cycle with a Resource Base or Centre? If you do, I'd like to come and meet you at a session, or at your Centre or Resource Base. The Annual Survey is one way we'd like to hear from you but there's nothing like talking face to face. Get in touch to arrange a meeting. I get the opportunity to get on my bike and come and see what you do when you're not cycling, and you get the once in a lifetime opportunity to meet me! Call or email to arrange a meeting and I'll pop in and see you.

Wheels for Wellbeing



April onwards - New start and finish times for Cycling for All Sessions at Croydon Arena

From April, start and finish times at Croydon Arena will change. We'll be finishing Cycling for All half an hour later on Tuesdays at 1pm, and starting half an hour earlier on Saturdays at 9.30am.

Location	Who for?	Day	Start	Finish
Croydon Arena	All disabled cyclists	Tuesday	10am	1pm
		Saturday	9.30am	12.30pm

Times for Bikes in the Park in Brockwell Park are unchanged – 10am to 12.30pm on a Friday.



Aiming High – Extra Sessions for Disabled Children and Young People starting this Saturday!

We're running 4 Lambeth Aiming High Sessions in March for disabled children and young people up to 19 years of age. The sessions will take place on all 4 Saturdays in March – 5th, 12th, 19th, 26th – and will be continuing this Saturday at our usual location in Brockwell Park! Sessions will run from 1.30pm to 4.30pm. There are further sessions planned over Easter. Again, please get in touch if you are interested.

We'll also be running 2 Croydon Aiming High Sessions for disabled children and young people on 2 Tuesday afternoons over the Easter Holidays (Tuesday 12th & Tuesday 19th April) at Croydon Arena.

Who for?	Location	Date	Start	Finish
Disabled children & young people up to 19	Brockwell Park, Lambeth	Saturdays 5 th , 12 th , 19 th , 26 th March	1.30pm	4.30pm
	Croydon Arena	Tuesdays 12 th & 19 th April	2pm	4pm

London Health Commission Promotional Film

As part of the London Health Commission Award, we got the opportunity to have a promotional video made telling people what we do. A production company filmed one of our Bikes in the Park Sessions at Brockwell Park to use in the video. We'll put it up on our website when it's ready and you'll all be able to have a look.

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Volunteers

We are on a recruitment drive for volunteers. Do you know anyone who'd like to volunteer with us on Tuesday, Friday or Saturday mornings? If you know someone who likes being outdoors in all weathers and who loves to cycle or simply wants to help out, encourage them to get in touch with us.

Transport for All

Did you know we share our office here in Brixton with an organisation called Transport for All? They provide free expert advice on London transport to disabled and older people. They will also take up complaints about London transport on your behalf and campaign and lobby for greater access to transport across London. If you want information on transport related issues in London - for instance, what's happening with Taxicard in your borough, changes to the Blue Badge Scheme or cuts to Mobility Allowance – you can send an email to contactus@transportforall.org.uk or call 020 7737 2339.



And finally...

If you cycle regularly at Croydon Arena then Jim Bush will need no introduction. Jim does a brilliant job on our registration desk ensuring everyone who cycles with us has filled out a registration form and paid their £3. And now, finally, the recognition he deserves for his contribution to life in Croydon! A mural of Jim, along with those of several other prominent figures from the Croydon community, is on display by an entrance to the Whitgift Shopping Centre. If you see Jim's portrait on the way to the shops, let us know.

Happy cycling,

David Behar
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Session dates and times

Check the website for any changes to this programme.

Where	Who for?	Days autumn/winter sessions are planned
Croydon Sports Arena	All disabled people and supporters/ family members	March Tuesdays and Saturdays (10 – 12.30) April onwards Tuesdays (10 – 1) Saturdays (9.30 – 12.30)
Lambeth Brockwell Park	All disabled people and supporters/ family members	Fridays (10 – 12.30) unchanged

Want to check if the session is cancelled on the day?

Wait until at least 15 minutes before the session is due to start then, for Cycling for All, call the Arena office on 020 8654 3462 or the Arena mobile on 07806 334 770. For Lambeth Bikes in the Park, call 07578 746 448.

Want to check if a session is planned?

Check the website www.wheelsforwellbeing.org.uk or call the office on 020 7346 8482.

Know someone who would like to get this newsletter?

Send us their email address and we can add them to our mailing list. We also aim to keep our website up to date.



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