

3 December 2009

Cycling with Wheels for Wellbeing

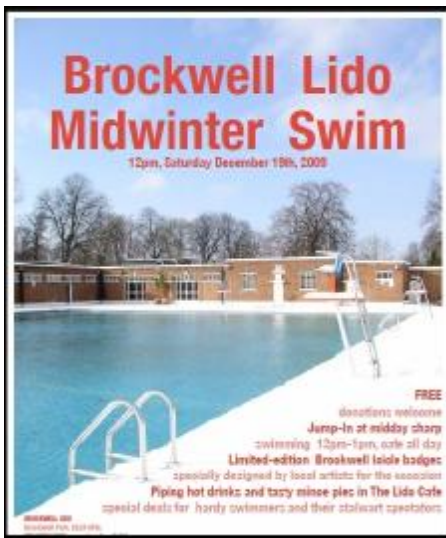
Dear all

Update 23

I thought it was meant to get quieter over the winter months but there's lots to tell you in this update.

Supporting us this Christmas

Yes, it's that time of year again but this year, why not support us as you celebrate the festive season? Everyclick has set up a great scheme for people who don't like the waste of Christmas but who still want to remember their friends and family at this time. Visit www.wheelsforwellbeing.org.uk for the Everyclick link to see how easy it is to donate £5 and send personalised e-Christmas cards.



The Brockwell Lido is holding its Midwinter Swim on Saturday 19th December from noon. It's free but donations are welcome and all proceeds are being given to us. Do you want to be one of the ones getting in the water or do you just want to watch lots of people getting very cold? There is a lovely café there which will provide a welcome break from Christmas shopping.

Help me raise some money in a team effort

I will take a dip if I can find someone else who will do the same, and we can find some people to sponsor us (there has to be some reason for getting into cold water in December!). We'll keep it nice and easy and use our justgiving site so most

donations can be made online and they'll be tax efficient. Get in touch if you can spare an hour from noon on 19th December and would like join in the challenge.

The poster for the event with more details can be found at http://www.fusion-lifestyle.com/cms_uploads/file/Brockwell/Brockwell_Lido/2009/BWL_Mid_Winter_Swim_09.pdf.

Comic Relief at Cycling for All

Someone from the Comic Relief communications team came along to our session on Monday 16th so thank you to everyone who made it so easy for them to take photos. They want to use them in their communications material next year. Let us know if you see any!

Training event for Occupational Therapists

Do you know an occupational therapist who'd like to include cycling as an option for their patients? I am running a workstudy day for the College of Occupational Therapists on Tuesday January 19th in Southwark. More details can be found at http://cot.org.uk/homepage/cpd_events/?l=l&ListItemID=1193&ListGroupID=195.

Wheels for Wellbeing

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Dame Tanni Grey – Thompson to come to London Disability Cycling Forum

Some of you will know that Dame Tanni is a Paralympian with an astonishing record. By 2004 she had won 11 gold medals as a handcyclist. She is also a director of Transport for London. For both reasons the London Disability Cycling Forum invited her to a meeting to find out how we can work together to inspire more disabled people to consider cycling, whether on or off road, on 2, 3 or 4 wheels, and to make it a reality. She has agreed to come along to our next meeting (subject to the possibility of having to go abroad at short notice) in January. Visit <http://www.wheelsforwellbeing.org.uk/index.php/ldcf> for more information about the Forum and its next meeting.

Bad news for Croydon Cycling for All funding for 2010/11

If you recall, this time last year we had a difficult time with funding and we needed to pull out all the stops to make sure that we could carry on running again this year. It wasn't until some time after April 2009 that we were sure we had secured a significant proportion of what we needed. We are unfortunately in the same situation again now and may well need to call upon your help in the New Year to see if we can successfully secure the funding we need.

Good news for Lambeth Bikes in the Park

We have now heard from Lambeth Council that they have hired a contractor to get the storage area in Brockwell Park back into use and this should be completed before the end of the year.

We are still waiting for our interim cheque from the insurers but Dominic has been getting quotes for the replacement cycles so we hope to place some orders as soon as we get some money through. We will then look at how quickly we can get our sessions re-started. We certainly hope that we will be up and running again in the spring.

Supporting us – using your information in our new fundraising database

A reminder that we are in the process of setting up a fundraising database, and I am proposing to put your contact details and any special communication requirements into it. Please let me know if you would rather we did not put your contact details in.

Better late than never – our annual review

We've published our annual review for 2008/9 so if you want to read a summary of what we were up that year you can find a copy at <http://www.wheelsforwellbeing.org.uk/docs/wfwAnnualReview0809.pdf>. If you'd like me to send you a paper copy give me a call.

Winter cycle sessions

Even with the stormy weather over recent weeks we have run all bar one planned session. So even if you think the weather isn't good enough, why not check if we are running and see what cycling is like when it's a little colder than usual? Cold weather needn't be a barrier if you are wrapped up warm – perhaps with a hat, scarf and some gloves. Once you are pedalling, you will soon warm up. And with a hot drink once you are off the cycles, you don't need to worry about standing around getting cold.

Wheels for Wellbeing

Here are the dates for our sessions:

<i>Where</i>	<i>Who for?</i>	<i>Days sessions are planned</i>
Croydon Sports Arena	All disabled people and supporters/ family members	§ All Mondays up to and including December 14 th § All Mondays in January from 11 th January § All Saturdays up to December 12 th § All Saturdays in January from 16 th January
Lambeth Brockwell Park	All disabled people and supporters/ family members	§ No sessions until further notice due to arson attack on our cycles

We will have dates from February ready to send out in January. You can assume that we will be running sessions on Mondays and Saturdays as we do now.

Get in touch if you'd like to discuss any of these pieces of news or find out more,

Happy cycling,

Janet Paske
 Manager
 Wheels for Wellbeing
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janet@wheelsforwellbeing.org.uk

Session times

	Croydon Cycling for All
Monday	10.15 – 1.15
Saturday	9.45 – 12.45

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

Wait until at least 15 minute before the session is due to start then, for Cycling for All, call the Arena office on 020 8654 3462 or the Arena mobile 07806 334 770.

Want to check if a session is planned?

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



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