

March 2010

Cycling with Wheels for Wellbeing

Dear all

Update 24

The weather has meant that some of our sessions have been cancelled recently and several people have been in touch with me on the day as they weren't sure if we were going to run. If you're not sure if a session is running have a look at the bottom of this newsletter to remind yourself of the ways in which you can check. I'm not usually the best person to ask!

Funding for Croydon Cycling for All

Thank you for the support we have received as you heard about our funding situation. We had coverage in the South London Press and the local Guardian which has raised our profile but it has not yet resulted in any more funding. Please keep up the pressure on local councillors and have a think whether any employers may be able to help.

The good news is that we have heard from one of the charitable trusts (which wishes to remain anonymous) with whom we had an outstanding application and they have granted us £10k. That means that we will be able to run sessions twice a week from at least April to the end of August.

New cycles for Croydon

We have been granted some money to replace some of our cycles by the Children's and Young People's Service of Croydon Council. As a result you will see some old friends disappear but some new cycles coming out of the sheds.

One of the new cycles is a Veloplus. This opens up cycling to a whole new group of people who are wheelchair users and where manual transfers are not practical. We're looking forward to getting some good photos of people using the cycle!



Monday sessions moving to Tuesdays

Last year I raised the possibility of moving our Monday sessions to Tuesdays so that we can run sessions even during weeks with Bank Holiday Mondays. We are introducing this from April 2010. So from April 1st 2010 our sessions will be on Tuesdays 10.15 – 1.15 and Saturdays 9.45 – 12.45. We won't run sessions on a Monday any more.

Our Annual Survey

We will be running our annual survey again this month so please take a moment to let us know what you think. The results of last year's survey have been really useful for us in telling people about the impact we make on your lives. Please take 5 minutes

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to download the survey from our [website](#) and share your thoughts. The closing date is March 31st.

Lambeth Bikes in the Park

We will be re-starting our Lambeth sessions for disabled people again on Friday 9th April, the first Friday after Easter. They will run from 10-12.30. All people registered with us are welcome to attend either Croydon or Lambeth sessions.

We are introducing a £3 charge at Lambeth so it will cost £3 at either venue for our regular sessions.

Can you help us raise our profile locally?

We want to raise our profile locally and often receive invitations to open days or events. Till now we've not had the capacity to take an active part in most of these but we'd like to change that. Do you have some time and would you be willing to staff a stand with someone else and tell people about the difference our cycle sessions make? We will provide the fliers, photos etc. If you'd like to be considered please get in touch so we can build up a list of people we can contact as these opportunities arise.

Good news stories

We'd like people in the wider world to know more about the impact that cycling makes on you. If you have a story to tell about cycling how about sharing it? If you're not sure, why not talk to one of the instructors or call me in the office. Who knows, your story may be responsible for encouraging someone else to get cycling.

Croydon Easter sessions for children and young people

We have secured funding to run some afternoon cycle sessions just for disabled children and young people for 2 Tuesdays in the Easter holidays on April 6th and the 13th. The sessions will run from 2-4. We will need to ask for some additional information such as your postcode so please bear with us when we ask you to provide us with this. The additional information is wanted as the Council wants to be able to see who receives services funded by them.

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

In my last newsletter I told you about Dame Tanni coming to a London Disability Cycling Forum meeting in Janaury. Due to the weather the meeting was postponed and she is now attending the 9 March meeting. You can find more information about the Forum at <http://www.ldcf.org.uk>.

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

Happy cycling,

Janet Paske
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Session dates and times

<i>Where</i>	<i>Who for?</i>	<i>Days sessions are planned</i>
Croydon Sports Arena	All disabled people and supporters/ family members	§ Mondays till the end of March and Tuesdays from April till the end of August 2010 (10.15 – 1.15) § All Saturdays till the end of August 2010 (9.45 – 12.45)
Croydon Sports Arena	Disabled children and young people and their supporters/ family members	§ Tuesday 6 and 13 April (2-4pm)
Lambeth Brockwell Park	All disabled people and supporters/ family members	§ Every Friday starting from April 9 th , the first Friday after Easter (10-12.30)

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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