

August 2010

Cycling with Wheels for Wellbeing



Dear all

Update 27

What has happened to the weather? We've had a long period of really hot weather, when it was almost too hot to go outside, and now it is warm and cloudy with occasional showers. We did cancel one session last week due to the rain but otherwise we have been running as usual. Apologies for anyone who turned up and discovered we were not there.

Come and visit us at the Cycle Show

We are delighted that the WiZZBIKE Foundation is supporting us to have a stand (D2) at the Earl's Court Cycle Show. We will be partnering with HandcyclingUK, Cycling Projects and the Cyclists Touring Club to raise the profile of cycling for disabled people nationally. We are really excited about this opportunity and would love to see you there. Here's [more information](#) about the Show.

Changing faces

As a result of our Big Lottery Fund grant, we have been through a recruitment process for 2 new part-time positions. I'm pleased to announce that David Behar is now our Session Coordinator and he will be working Tuesday to Thursday. David has experience as a volunteer support worker at sessions similar to ours in East London so has a good idea of the service we provide.

Many thanks are due to Dominic Spitzer for holding the fort since January in the temporary session coordinator role. He helped us buy our new cycles for Bikes in the Park after our arson attack last year, and generally has kept an eye on our sessions. We are pleased that Dominic is staying with us, continuing in his role at our sessions.

I'm pleased also to inform you that we now also have an Administrator, Roger Crosskey, who works Wednesday to Friday. Roger previously worked at CTUK, a cycle training organisation, so brings his knowledge of this area to us, and he is also a Inclusive Cycling Forum committee member. He's been cycling for 45 years.

Some of you know that I am moving to Sheffield, so we have been busy recruiting a new Manager. Heather Goodwin has now been appointed and she is starting on 6th September. Heather has personal experience of impairment and has recently returned with a passion to cycling. The benefits of cycling are therefore very fresh in her mind, making her a great person to encourage others to cycle.

I believe that you are now in good hands, with the new team in place. Don't be shy of letting let them know your thoughts and wishes. They want to know.

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Tea and cake

As I am leaving, I am inviting people for tea and cake on Friday 10th September from 5-7pm. We've moved office so now have an accessible space to welcome you to. It would be lovely if you could come.

Session changes

I am sorry that we have to cancel the session at Brockwell Park on Friday 27 August due to lack of staff so neither the Bikes in the Park nor the Aiming High session will be happening. We were hoping to be able to find staff to run a session on Monday 30 August but this has also not proved possible.

We have now finalised our schedule for September to November so we have our usual Saturday and Tuesday sessions in Croydon.

We will be running our usual Friday sessions in Brockwell Park for the same period with one exception – we will not be running on Friday 8th October. This is because we are taking several of our cycles to the Cycle Show. This decision has not been taken lightly. It was felt that being able to raise the profile of cycling for disabled people nationally was a major opportunity which we could not turn down.

Not sure if we are running sessions on the day?

If you're not sure if we are running a session on the day, check our phone numbers below. If you know of someone who does not receive our newsletter, then if you send us your email address then we can also let them know of any planned changes too. We also aim to keep our website up to date.

Need to be persuaded of the pleasures of cycling?

Radio One DJ Edith Bowman and X-Factor presenter Dermot O'Leary have teamed up with Transport for London (TfL) to promote cycling in the Capital. They are taking part in a series of short films to highlight the pleasures and ease of using a bike to get around London. Five films featuring the well-known faces alongside three typical Londoners can be seen online at www.tfl.gov.uk/cycling. I've not seen them yet so it will be interesting to hear what you think about them.

As I sign off for the last time, I want to say how much I have enjoyed getting Wheels for Wellbeing on the road and wish you well for the future.

Happy cycling,

Janet Paske

Manager

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Session dates and times

Check the website for any changes to this programme.

<i>Where</i>	<i>Who for?</i>	<i>Days summer sessions are planned</i>
Croydon Sports Arena	All disabled people and supporters/ family members	§ Saturdays (9.45 – 12.45) <ul style="list-style-type: none"> ○ September to November inclusive § Tuesdays (10.15 – 1.15) <ul style="list-style-type: none"> ○ September to November inclusive
Croydon Sports Arena	Disabled children and young people up to age 19, and their families and supporters	§ Tuesdays (1.45 – 4.15) <ul style="list-style-type: none"> ○ Tuesday 24, 31 August
Lambeth Brockwell Park	All disabled people and supporters/ family members	§ Fridays <ul style="list-style-type: none"> ○ September to November (10-12.30) except October 8th
Lambeth Brockwell Park	Disabled children and young people up to age 19, and their families and supporters	§ Friday (1.30 - 4) <ul style="list-style-type: none"> ○ August 20 § Monday (10.30 – 12.45) <ul style="list-style-type: none"> ○ August 23

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. 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.



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