

# ***Wheels for Wellbeing***

*Encouraging and supporting disabled people to cycle*

**Do you want to support us? Here's how you can help.**

## **Providing cycles**

3 and 4 wheeled cycles cost much more than bicycles. And we need a wide range of cycles so that people with a wide range of needs can join in. Here are some of the cycles we would like.

**Side by side cycles** (for people with moderate learning difficulties or who need some additional help to “get going” **£3100**



**Company cycle** (so anyone can join in)

**£2700**



**Handcycle** (particularly suited to wheelchair users)

**£1900**



**Trike** (for people with balance, visual or mobility impairments)

**£600**



**T-bike** (trike with 2 wheels at the front, easier to steer and control)

**£1700**



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## Running sessions

But we don't just need cycles. We need staff to provide a safe and fun environment for participants and to make sure our cycles are fit for riding. So we need money to run our sessions. We provide volunteering opportunities for people too.

**£160** pays for instructors and mechanics for one of our winter open sessions. About 25-30 disabled people plus their supporters usually attend.

**£200** pays for instructors and mechanics for one of our summer open sessions. About 40-50 disabled people plus their supporters usually attend.

**£900** pays for 1 instructor at 1 open session each week for a year. We need at least 2 for each session.

**£5000** covers our servicing and repair bills each year, including the cost of our mechanic, tools and parts.

## For more information

If you'd like to find out more about Wheels for Wellbeing have a look at [www.wheelsforwellbeing.org.uk](http://www.wheelsforwellbeing.org.uk), call Janet Paske on 020 7346 8482 or email her at [janet@wheelsforwellbeingorg.uk](mailto:janet@wheelsforwellbeingorg.uk) .