

# ***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 use and need more of.

**Side by side cycles** - for people with moderate learning difficulties or who need some additional help to “get going” **£3,224**



**Company/Companion cycle** - so anyone can join in

**£2,800**



**Handcycle** - particularly suited to wheelchair users

**£1,900**



**Trike** - for people with balance, visual or mobility impairments

**£600**



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

**£2,000**



**Quad Cycle** - for people with more serious learning difficulties

**£1,500**



## **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 too.

**£180** pays for instructors and mechanics for one of our winter open sessions. About 25-30 disabled people plus their supporters usually attend.

**£250** pays for instructors and mechanics for one of our summer open sessions. About 40-50 disabled people plus their supporters usually attend.

**£3,000** pays for 1 instructor (need 2) at 1 open session each week for a year.

**£6,000** 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 David Behar on 020 7346 8482 or email him at [david@wheelsforwellbeing.org.uk](mailto:david@wheelsforwellbeing.org.uk).