

Wheels for Wellbeing

Encouraging and supporting disabled people to cycle

Annual review 2007/8





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Management committee, staff, volunteers and funders

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What do our users have to say?

"Murray has been an enthusiastic cyclist with Cycling for All since the New Year and he very much looks forward to the sessions on a Saturday morning. The safe environment of the Arena, the helpful and cheerful staff, his fellow cyclists and their supporters, make Saturdays a good social experience for him, and his family enjoys it too".

Murray's Mum

"I first went to Cycling for All last September. I really liked the tricycle. Charlie taught me to steer and brake. I can now ride a bicycle. I like the track because it is safe. I ride really fast because I want to cycle in the Special Olympics. I like seeing all my friends and trying out different bikes."

Kate S

"I really look forward to the twice weekly Cycling for Health sessions as I just enjoy the fun and freedom of cycling round the Arena or the Country Park. Whenever I have been unable to attend, I have the feeling that I have missed a positive time in my week. Besides the exercise (which we are told is good for our health!!!) , there is also the meeting of new people – fellow cyclists and the stewards who give their advice so readily if needed".

Christiane E, a health visitor

"The children gained confidence and motor skills. They shared and took turns on the cycles and they persevered in the cold wet conditions. They learned to ride bikes and some now have their own at home. The physical exercise is very good for them as they can be less willing to join in with playground games such as football."

Mary Gambrill, a teacher at Castlehill Primary School, commenting on the weekly cycle sessions pupils attended

"I last rode my bike when I was 8 or 9. If I hadn't had the 1-1 lessons I'd never have had the confidence to ride again. I thought the roads were too dangerous but now I'm happy to ride on the road.

I used to spend 30 minutes getting the bus to the Healthy Living Group but when I cycle it takes only 20 minutes. In my next cycle lesson I'm going to ride from home to Camberwell, where I attend my therapy sessions. It usually takes me about 40 minutes on the bus and hopefully will be quicker by bike.

I really enjoyed our fun rides. It's nice to get out into the park. I'm looking forward to doing some more. The bike maintenance sessions were really good. I learnt how to fix a puncture and I saw a wheel being taken off a bike, something I'd never seen before.

The classes have built up my confidence to maintain my bike.

The project gave me the opportunity to learn a new skill which I will continue to use and encourages me to be more active. I used to spend lots of time moping around at home but now I think I can just pop out on my bike. Having transport, being mobile and being able to go here and there is good. I can do what I want quickly without having to put things off"

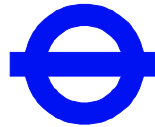
Serena, a participant in our project for people with severe mental illness

Chair's report

Welcome to Wheels for Wellbeing's first annual review. This was the first year of operation of the charity which was set up essentially through the vision and commitment of its manager, Janet Paske, who recognised a need for a service which would enable disabled people to gain more independence, control and freedom. Disabled people have typically not been the focus of efforts to get more people cycling - whether on road or away from roads – and she believed that they could gain from the benefits many cyclists enjoy (such as health, environmental and economic) as well as additional ones, related more specifically to their lifestyles as a result of their impairment(s).

Largely through the efforts of the manager, the charity has made substantial progress during the year, establishing itself as a significant provider of cycling services and activities for disabled people and as an influential and creative organisation working with a wide range of statutory and voluntary sector partners.

Isabelle Clement



Manager's report

It has been a busy but satisfying year. Despite being the only person in the office, it has not felt like it. People, whether trustees, paid staff, volunteers, partners or funders have been generous with their support. Thank you.

Cycling for All in Croydon

This project is for people who can benefit from the use of 3 and 4 wheeler cycles, typically people with learning difficulties or people with physical or sensory impairments. Some people go on to ride 2 wheelers after using our 3 and 4 wheelers.

Liz Mincer was the volunteer organiser who started the project in 2001 and made it blossom into the popular project it now is. She initiated membership of the Wheels for All network. Many thanks are due for her hard work and persistence.



WHEELS FOR ALL!

We had 2330 visits by disabled people and 1356 visits by support workers, family members and others at our open sessions. About 85% of our participants were people with learning difficulties, typically coming from Croydon, Sutton, Bromley and Reigate & Banstead. About 25 homes and centres use Cycling for All as a resource for their residents and service users. We also ran some weekly sessions for schools during term time.

Five volunteers and nine paid staff delivered the service over the year, running 78 open sessions and 23 school sessions. We closed only for 2 ½ weeks over Christmas and otherwise ran 2 sessions a week everything else permitting. Thanks are due to the staff and volunteers who have coped with many changes through out this year and without whom the sessions could not have been possible.

Cycling for Health in Croydon

This project is for people who want to improve their health and who can ride 2 wheelers. They can enjoy the benefits of cycling away from the traffic, sometimes cycling in South Norwood Country Park next door to the Arena. Three volunteers and 9 paid workers delivered this service for Croydon Council's Active Lifestyles team over the year, running 78 open sessions, with over 600 visits estimated during the period. We run the sessions on behalf of Croydon Council.

Cycling opportunities for people with severe mental illness in Lambeth

This project was run in partnership with the South London & Maudsley Mental Health Trust's Healthy Living Team, the Fanon Resource Centre and Mosaic Clubhouse. Fourteen participants were referred and ten took part in a range of cycling activities, from 1-1 cycle training, off road sessions such as bike maintenance, map reading, road safety, and fun rides. Support workers from the partner organisations were also able to benefit from 1-1 cycle training and participated at many of the sessions. Two cycle instructors formed the team delivering the project.

London Disability Cycling Forum

We set up this pan-London forum for providers of cycling services to disabled people with the aim of enabling people to network, support and learn from each other. Two key stakeholders are Transport for London and the London Cycling Campaign. Quarterly meetings have been held since we started in the summer of 2007.

Janet Paske

Treasurer's report

As a charity starting up, getting funding to be able to pursue our aims was inevitably a gradual process. We were fortunate that the Manager made a commitment to develop the project working in a voluntary capacity with no definite prospect of being able to secure resources for her post or for the charity's other initial costs. We are also grateful to Lambeth Council for providing funds right at the start of our work to enable project funding applications to be made. The charity has now been established on a reasonable financial footing, carrying forward £21,898 from 2007/08, and has received funding to enable us to continue to deliver our core services and to develop new ones in 2008/09.

Funders

Our work has been made possible by support from our funders: the City of London Corporation's City Bridge Trust, Lambeth Council and Croydon Council (through Transport for London), London Catalyst and the Community Cycling Fund London. Lambeth Accord has been generous as a landlord during the first year, providing accommodation in kind.

David Strong

Statement of financial activities for the year ended March 2008

	Unrestricted funds £	Restricted funds £	Total funds £
<i>Incoming resources</i>			
<i>Donations and grants</i>	6,156	45,478	51,634
<i>Donations in kind</i>	-	40,750	40,750
<i>Investment income - interest</i>	1	-	1
<i>Incoming resources from charitable activities</i>			
<i>Consultancy</i>	1,737	-	1,737
<i>Total incoming resources</i>	7,894	86,228	94,122
<i>Resources expended</i>			
<i>Charitable activities</i>	6,053	29,629	35,682
<i>Governance costs</i>	1,070	-	1,070
<i>Total resources expended</i>	7,123	26,629	36,752
<i>Net incoming resources (net income for the year)</i>	771	56,599	57,370
<i>Transfer depreciation reserve</i>	-	(35,472)	(35,472)
<i>Net movement in funds</i>	771	21,127	21,898
<i>Total funds brought forward</i>	-	-	-
<i>Total funds carried forward</i>	771	21,127	21,898

Full accounts for this period, including the reports of the directors and the auditor, are available on request from Janet Paske.

Management Committee

Isabelle Clement	Chair
David Strong	Treasurer
Mel Allwood	Secretary
Roger Crosskey	
Simon Cook	

Staff

Janet Paske	Manager
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Other paid staff

Tony Page
Mary Sharp
Charlie Allen
Helen Toomey
Michael Rex-Johnson
Betty Galizzi
Anna Glowinski
Philip Benstead
Godwin Calafato
Brenton Smith

Volunteers

Cath Sheridan
Anick Lynch
Jim Bush
Charlie Allen
Tony Page
Carol Crawford
Paul Cox
Andy Jennings
Mark Knox
Joseph Asher
Cathy Flower
Damian Biggam
Claire Rapoport
Mary Newing
Manji Bhudia
Jeremy Hall
Stefano Peria
Michael Twamley