

# ***Wheels for Wellbeing***

*Encouraging and supporting disabled people to cycle*

**Annual review 2008/9**



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## Annual review 2008/9

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### Registered office

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[www.wheelsforwellbeing.org.uk](http://www.wheelsforwellbeing.org.uk)

Registered charity number: 1120905

Company number: 0628 8610

## What do our participants have to say?

"We love cycling with you! There are cycles to suit everyone's needs. The track provides a safe and secure environment for everyone to ride confidently. The instructors are helpful and understanding and enable all of our pupils to participate. We would like to come all the time. "

Collin Jones, Head Physical Education,  
Turney School (Lambeth special school)

"I actually look upon cycling for health as "getting my life back". After the initial first visit of nerves, I managed to ride around the track slowly without wobbling. After visiting twice a week I soon picked up speed and confidence. My riding skills improved (off road) and I bragged to my family. My 2 daughters decided to join me, along with a granddaughter. I bought my own bike and had a council 1-1 lesson to give me road confidence. I have now been on a few 25 mile rides with the Pollards Hill Cyclists. I love cycling as it takes me back to my childhood and I love the feeling of freedom it gives me. I have met a lot of nice people socially through my new found fitness. Everyone I know knows I have become a cycle person. "

Fran Taylor, a Cycling for Health regular visitor

"I think this is a wonderful scheme for kids with special needs, where they can practice their cycling skills in a very safe place. There is a nice selection of bikes. Harvey [who has autism] loved the afternoon and will definitely come again."

Jo Ward, Harvey's mum

"You provide something we can't do elsewhere. You provide equipment that all people across the impairments can use. In our case, people who struggle to walk can ride a bike non stop, giving them exercise they can't do otherwise. You also give more social opportunities , a rare place people with multi-impairments can meet and mix."

Will Plant, who has a physical impairment

"I enjoy cycling because it gives me exercise every week. The bikes are very comfortable to ride and it's good seeing everyone with big smiles on their faces. Cycling is a good place to meet up with friends from Cherry Orchard and Beulah Resource Base. Cycling is a great way to start the week. "

Paulette Brown, participant who comes with the Whitehorse Resource Base, Croydon Council. She has a hearing impairment and learning difficulties.

## Chair's report

Welcome to Wheels for Wellbeing's Annual Review. This was the second year of operation of the charity which has continued to provide cycling opportunities for disabled people in Croydon.

Like many charities, we had a difficult time fundraising and this caused a delay in new projects. <http://www.justgiving.com/wheelsforwellbeing/> has been created to make it easier for our supporters to raise money on our behalf or to make donations. We are also developing alternative forms of raising money. For example, we are developing team building days for organisations. If you know an organisation which might be interested then get in touch to see how we can help.

[www.wheelsforwellbeing.org.uk](http://www.wheelsforwellbeing.org.uk) went live in December 2008 and it has proved popular, providing information and resources for people who want to come cycling with us or who want to find out what is possible.

New projects take time to get going and much work this year has remained invisible to the public eye. However, we ended the year on a positive note, knowing that new weekly cycle sessions would start in Lambeth in May 2009.

Happy cycling,  
Isabelle Clement



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## **Manager's report**

It has been another busy but satisfying year. Thanks are due to all our staff and our many volunteers (both in the office and at sessions). Only with their skills, experience and support could we provide the services that we did.

### **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 who start on our 3 and 4 wheeled cycles later learn to ride bicycles.

A survey of our users told us that 68% of people who cycle with us feel better as a result, 79% feel physically fitter and 84% have fun.

This is borne out by the number of people who use our sessions. We had 2159 visits by disabled people and 1447 visits by support workers and family members at our open sessions on Saturdays and Mondays. Over 300 disabled people registered with us over the year, together with over 300 support workers and family members. About 35 homes and centres used Cycling for All as a resource for their residents and service users.

Five volunteers and nine paid staff delivered the service over the year, running 75 open sessions. We closed over Christmas and otherwise ran 2 sessions a week, everything else permitting.

### **Cycle lessons for children in Lambeth special schools**

We secured funding from Help a London Child to provide cycle lessons to children in four special schools. Cycling with us means no-one gets left behind because there's no cycle for them. Some children now come along to our open sessions with their families on Saturdays. The children and teachers loved the lessons and we have secured funding to continue. In total 49 children benefited at 38 lessons.

### **Cycling for Health in Croydon**

This project was for people who wanted to improve their health and who could ride 2 wheelers. They enjoyed the benefits of cycling away from the traffic, sometimes cycling in South Norwood Country Park next door. Three volunteers and 9 paid workers delivered this service for Croydon Council's Active Lifestyles team over the year. We were sorry to lose

Andy Jennings, our champion from Active Lifestyles, who left during the summer.

### **Getting ready for Lambeth Bikes in the Park**

We spent considerable time fundraising, finding a location and buying our cycles for this new project which started in May 2009 in Brockwell Park.

### **London Disability Cycling Forum**

The Forum met 4 times during the year, enabling people working in this field to network and hear from external speakers such as Bob Billson from the Special Olympics. We added our voice to the concerns about allowing motorbikes in cycle lanes and began to campaign for Transport for London to include cycling in its next Disability Equality Scheme, for 2010-12.

Janet Paske



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## Treasurer's report

As for many charities, 2008/9 was a tough year for fundraising. A hold up with one funding source caused some concern but was eventually resolved, leaving us in a stronger position at the end of the year than at the start. The charity has now been established on a reasonable financial footing, carrying forward £37,675 from 2008/09. We have received funding to enable us to continue to deliver our core services and to develop new ones in 2009/10.

## 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), Sport Relief, Help a London Child, Communities for Health (via Lambeth's Health and Social Care Partnership), the Peter Harrison Foundation and the Peter Minet Trust.

David Strong



## Statement of financial activities for the year ended March 2009

	Unrestricted funds 2009 £	Restricted funds 2009 £	Total funds 2009 £	Total funds 2008 £
<i>Incoming resources</i>				
<i>Donations and grants</i>	15,204	69,327	84,531	51,634
<i>Donations in kind</i>	-	-	-	40,750
<i>Investment income - interest</i>	244	-	244	1
<i>Incoming resources from charitable activities</i>				
<i>Consultancy</i>	-	-	-	1,737
<i>Participant charges</i>	3,152	0	3,152	-
<i>Total incoming resources</i>	18,600	69,327	87,927	94,122
<i>Resources expended</i>				
<i>Charitable activities</i>	5,147	64,378	69,525	71,154
<i>Governance costs</i>	2,625	-	2,625	1,070
<i>Total resources expended</i>	7,772	64,378	72,150	72,224
<i>Net incoming resources (net income for the year)</i>	10,828	4,949	15,777	21,898
<i>Net movement in funds</i>	10,828	4,949	15,777	21,898
<i>Total funds brought forward</i>	771	21,127	21,898	-
<i>Total funds carried forward</i>	11,599	26,076	37,675	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	

## **Paid staff**

Janet Paske  
Tony Page  
Mary Sharp  
Betty Galizzi  
Brenton Smith  
Anna Glowinski  
Patrick Jones  
Abdool Auhammad  
Steve Watkins  
Philip Benstead

## **Volunteers**

Lewis Archer  
Charlie Allen  
Manji Bhudia  
Jim Bush  
Jeremy Hall  
Anick Lynch  
Mary Newing  
Krishna Patel  
Stefano Perreira  
Michael Twamley



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