

# ***Wheels for Wellbeing***

*Encouraging and supporting disabled people to cycle*

**Annual review 2009/10**



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Registered charity number: 1120905

Company number: 0628 8610



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## What do our participants have to say?

"The cycles Wheels for Wellbeing provides are for all, it's not just bicycles. No matter what ability people have, they can ride. It's really safe too, in a secure location, and the staff are always here to help, encouraging new people to have a go. Our clients look forward to cycling every week. "

*Trevor Wade, Community Support Worker from Beulah Resource Base, Croydon Council, who now takes people to both Croydon and Lambeth sessions*

"I am a middle aged blind person, who long ago stopped moving at speed. I walk at a steady plodding pace rather than have too many falls or trips over things I cannot see. It is great to go cycling on the tandems, travel faster than I normally can, to feel the breeze against my face and know that at the same time I am getting some healthy exercise. An extra bonus is the friendly chat with staff and volunteers while this is all going on. I think that the whole occasion is fun!"

*Mary Cox*

"The best £3 I've ever spent"

*Rick Rodgers, a wheelchair user, on coming to a Croydon session*

"While the Bikes in the Park sessions were closed [as a result of the arson attack in 2009] I realized how important the exercise was to me. It kept my muscles more relaxed and made it much easier for me to get about. As a result I decided to build cycling into my life. I did try a Brompton two-wheeler, which is small and very light to ride, but I decided that I needed a tricycle for the things I had to do. That way, I can cycle to Lower Marsh [near her home] and it will support me as I walk through the market. I can put my shopping directly into a basket on the back and I don't have to carry it."

*Ann Wright, started cycling again at Bikes in the Park, after 20 years away.*

"Aiming High for disabled children in Lambeth, after consultations with parents & carers, decided to enhance the short break offer by running two summer programmes for children and young people with complex needs.... Central to our programme was the sessions offered by Wheels for Wellbeing. They offered two sessions to each of our schools, and the evaluations by the young people and their parents and carers was that the bike sessions were universally popular. The sessions were well structured and full explanations & instructions were given to all of the children regardless of the nature & level of their disability. In my opinion, this is an excellent project that needs to be supported and developed, as it is a fun, healthy activity that can be accessed by families, without the involvement of the local authority."

*Harry Tuck, Children with Disabilities Team, Lambeth Council*

## Chair's report

Welcome to Wheels for Wellbeing's Annual Review. This has been our third year of operation and it's been busy. We have continued to provide cycling opportunities for disabled people of all ages in Croydon and now also in Lambeth. We have been advising organisations, groups and individuals about cycles and cycling. Campaigning has been an area of work for us too, helping to identify barriers which discourage or prevent disabled people from cycling, whether in a park or on a road, on 2, 3 or 4 wheels.

We have had some major ups and downs, with an arson attack in Lambeth in October 2009 which caused us to be out of action for several months, and we had concerns, as ever, about our funding. The end of the year saw us about to re-start our Brockwell Park sessions and by then we also knew we'd been awarded our 3 year Big Lottery Fund grant.

Please get in touch if you have ideas for how we can continue to develop our services.

Happy cycling,  
Isabelle Clement



## **Manager's report**

By the end of March 2010 we had over 620 disabled people registered with us. And according to our 2010 Annual Survey, it looks like we are doing a lot of things right: 83% of you have fun when you come cycling with us, 66% of you feel fitter, 65% of you can now ride a cycle and 48% of you have made new friends.

Of course, there is always more we can do, in particular you asked us to run more sessions in Brockwell Park, to have more cycles so there is less of a wait for your favourites, and to provide some 1-1 lessons. We are focussing on organising 1-1 lessons as our priority to enable as many people as possible to cycle independently of us. However, to run more sessions we need to do some fundraising. And having more cycles at sessions means we would need more staff and more money, and it would take more time to set up and close down our sessions.



### **Cycling for All in Croydon**

We ran 83 sessions in 2009/10, with 2,147 visits from disabled people and 1,529 visits from family members and support workers.

We were able to refurbish some of our cycles as the result of a grant from Croydon Council. One of the new cycles is the Veloplus you can see here. Rob on the front is a wheelchair user and on this cycle there is no need for him to transfer from his chair.

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

We ran 12 weeks of 1 hour lessons for each of 2 Lambeth special schools, Lansdowne and Turney, using our range of 2, 3 and 4 wheeled cycles. We worked to the national standards framework which is used for teaching cycling to all children and recorded achievements against this. Several pupils had the opportunity to cycle round South Norwood Country Park on 2 wheelers which developed their skills on riding on less regular surfaces. Several of the pupils were ready to start riding on the road, should they get the opportunity. Other children started to develop skills on bicycles although they needed a bit more time to be confident.

### **Lambeth Bikes in the Park**

After a great summer introducing Lambeth to the joys of cycling on 2, 3 and 4 wheelers in Brockwell Park, we had a nasty surprise in October when our cycles were burnt in an arson attack. The perpetrators were never found, despite efforts by the police. As a result, people missed out on cycling until we were able to resolve our claim with the insurers and replenish our cycles. We re-launched our sessions in April 2010.

We ran 21 sessions and had 303 visits from disabled people and 157 visits from supporters/ family members in the year.

## **Working with partners**

This year we worked with a range of partners to bring the joy of cycling to as many people as possible. We worked with both Croydon and Lambeth Councils' Children with Disabilities Teams and ran some extra weekly holiday sessions just for this age group. In Lambeth we worked with local voluntary sector partners to help them deliver activity weeks for disabled children and young people with complex needs.

Our Croydon Aiming High sessions for disabled children and young people saw an additional 92 disabled children and young people and 76 family members, support workers and siblings take advantage of our cycles.

Our Lambeth Aiming High sessions saw an additional 122 visits by disabled children and young people, and 73 visits by family members, support workers and siblings.



Copyright Caroline Mardon for the Big Lottery Fund

We worked with Age Concern Lambeth, running additional weekly sessions during the summer for their target group as part of a short programme of activities they were already organising. The sessions became intergenerational as the older people brought along their grandchildren and it was great for them to be able to participate in a fun and healthy session together. It helped build people's confidence both to get on a cycle but also to enjoy spending time in the Park.

We are mindful of all the barriers that can keep a disabled person from cycling – and sometimes the barrier can be a carer or support worker. As a result, we ran a series of sessions for Lambeth Carers, to encourage their service users to find out whether cycling was something they may also enjoy. Using our range of cycles meant that people did not have to worry about not being able to ride a bicycle and we brought to their attention the wide range of cycles which are available.

Our Age Concern Lambeth and Lambeth Carers projects saw an additional 227 visits at our sessions.

## **London Disability Cycling Forum**

Wheels for Wellbeing convenes this Forum on behalf of individuals and organisations interested in reducing barriers to disabled people cycling. The meetings this year were curtailed to three, as a result of the heavy snow in January.

In April, Matt Winfield from Sustrans attended and updated the Forum on Sustrans plans for Greenways. We all agreed how important they are in building up people's cycling confidence and for some, providing a stepping stone to riding on the road. In October we were hosted by Stephen Golden, the Head of Group Equalities and

Inclusion at Transport for London (TfL), and had a full discussion about barriers to cycling for disabled people. As a result of our campaigning, TfL's Disability Equality Scheme includes cycling for the first time.

Our January meeting took place in March instead. Baroness Tanni Grey-Thompson uses a motor vehicle to get around in town. However, she admitted that that evening she should have used her handcycle as it would have been much quicker. After telling us a little about her competition and leisure cycling, she listened to us outline some of the barriers which we know prevent more disabled people cycling.

This year, the Forum also provided written responses to the Mayor's Cycle Safety Action Plan and the Mayor's Transport Strategy. We were pleased to be able to support Sustrans Greenways Prospectus, whilst again giving some pointers for how this might better reflect the needs of disabled people.



All in all, a busy year, with more people enjoying cycling.

Janet Paske

## Treasurer's report

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), Help a London Child and the Peter Harrison Foundation.

This year we've also been touched by the level of support from individuals– whether as donations to help us recover from the arson attack or in sponsored activities.

We were helped by Dawn Haines who completed an Iron Man competition in 40 degrees in the South of France, finishing with a broken seat post. Simon Cook cycled up Mt Ventoux, the toughest section of the Tour de France. And a team of Lambeth Cyclists took advantage of the annual Brockwell Lido Midwinter Swim. The start was delayed whilst the ice had to be broken! A less exhausting, but no less appreciated donation, was the £600 received as the result of a share in a World Cup sweep stake win. As a result, we raised over £15k in donations. Thank you all.



David Strong



**CROYDON  
COUNCIL**



## Statement of financial activities for the year ended March 2010

	Unrestricted funds 2010 £	Restricted funds 2010 £	Total funds 2010 £	Total funds 2009 £
<i>Incoming resources</i>				
<i>Donations and grants</i>	56 252	59 794	116 046	84 531
<i>Donations in kind</i>	-	-	-	-
<i>Investment income - interest</i>	36	-	36	244
<i>Incoming resources from charitable activities</i>				
<i>Consultancy</i>	750	-	750	0
<i>Participant charges</i>	4 850	-	4 850	3 152
<i>Total incoming resources</i>	61 888	59 794	121 682	87 927
<i>Resources expended</i>				
<i>Charitable activities</i>	25 656	51 646	77302	69 525
<i>Governance costs</i>	2 230	-	2 230	2 625
<i>Total resources expended</i>	27 886	51 646	79 532	72 150
<i>Net incoming resources (net income for the year)</i>	34 002	8 148	42 150	15 777
<i>Net movement in funds</i>	34 002	8 148	42 150	15 777
<i>Total funds brought forward</i>	11 599	26 076	37 675	21 898
<i>Total funds carried forward</i>	45 601	34 224	79 825	37 675

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

## Management Committee

*Chair*

Isabelle Clement

*Treasurer*

David Strong

*Secretary*

Mel Allwood

*Other trustees*

Roger Crosskey

Simon Cook



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## Staff

*Cycle session workers*

Tony Page

Mary Sharp

Betty Galizzi

Steve Watkins

Philip Benstead

Florence Hallett

Stewart Walsh

Mary Sharp



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*Mechanics*

Abdool Auhummad

Simon Bendell

*Volunteers*

Jim Bush

Jeremy Hall

Krishna Patel

Jon Rees

Peter Smith

Anick Lynch



Copyright Derek Wheale

*Session coordinator (temporary)*

Dominic Spitzer

*Manager*

Janet Paske

