

IMPACT REPORT

Salford Wheels For All

2016-2017



Salford Wheels for All is part of Cycling Projects, the national inclusive cycling charity promoting cycling for all.

Salford Wheels for All is aimed at people with disabilities and differing needs of all ages and provides a wide range of different cycles. Some cycles are new, some refurbished and recycled. People come with carers, family members and friends to cycle together.



1. We run all day sessions during term time at Cleavley Athletics Track on Wednesdays and Fridays. Please check the Facebook page for holiday changes because we may limit some sessions to a disability focus. We also run an Autism Sports Club and a Saturday morning Family Cycle Session.

2. In our sessions a range of bikes are available for children and young people, as well as adults of all abilities to ride. Some attendees will choose a cycle and just ride around, whilst others will work with the volunteers to set up a specialised cycle. There is always help to choose an appropriate cycle and children and young people can try out many types including companionship cycles, tricycles, quads and hand cycles or wheelchair transporters.

“Did some training for the super hero triathlon with the awesome Wheels for All. Love these guys.”

3. Our attendees experience riding outdoors in a safe, fun environment. Many attendees learn to ride with us, which is a massive achievement and a huge boost to self-esteem. Riding is a skill that can open a whole new social world and be enjoyed with peers and friends within the community. The exercise will improve fitness levels for all involved.

4. We have approximately 5 volunteers at each session who help on the track, liaise with participants or keeping the cycles in working order. We offer training for all our volunteers, some of whom have health needs themselves and their time given here comes to play a big part in their lives. Our volunteers find their health improves and often go on to find employment, sometimes a sessional workers for cycling projects.

“Thanks for all the weekends and events we have enjoyed this year, even in rain sun and fog!”

5. To celebrate the 25th anniversary of our charity we had a Fun Day at the track. As well as cycling we had stalls from local community groups, a bouncy castle, refreshments, raffles and a tombola. 250 people attended the event and medal winners were presented with their prizes by a special guest, Lamin Manneh, winner of two Bronze medals from the Invictus Games.

6. Our diverse community is a unique experience for mainstream children and for those children with disabilities who attend special school. This is an opportunity to socialise and cycle together, which is a great bonding experience and helps to promote a good understanding of differing needs.