



CYCLEABILITY

Cycling for everyone with absolutely NO exceptions

Promotional Presentation

How can this be?

In a nutshell:

- TANDEMS build confidence, allowing people to learn how to pedal, the blind to engage in the activity with their carer beside them and those who cannot pedal, their carer can do the pedalling for them!
- RECUMBENT BICYCLES are wonderful for people who suffer with epilepsy, multiple sclerosis, spinal injuries or recovering from strokes and Polio.
- HAND CRANK BIKES are good for people orthopaedic impairments of the hip or knee, has spina bifida , a spinal injury or lower body weaknesses like paraplegics or someone recovering from a shoulder injury and needs to be able to exercise it.
- There is even a Draisin has a CARER-CONTROL™ system enabling the carer to control steering and braking so riders with learning difficulties (including severe), physical disability or visual impairment can have fun and exercise in perfect safety
- More recently the DRAISIN LOADER which can carry a wheelchair and weight up to 36 stone was also introduced so that even someone with brittle bones can enjoy cycling with their carer.
- TRIKES and GO-CARTS are available in adult and children sizes and great for people with balance issues.
- There is also the BOMA and MOUNTAIN TRIKE which are more wheelchairs suitable for off-roading. The Boma is motorised and powered up it morphs into a sweet looking lightweight off road wheelchair that comes apart for easy transport. The Mountain Trike however, is manual (with 2 drive levers) and is hand driven.
- For those who want to ride on two wheels, low step through bikes are the best option, as a high cross bar can be very off putting and there is also the electric assist option as well.

Dr Gary Brickley: Senior Lecturer and Paralympic Cycling Coach



"In coaching I have always adopted an athlete centred humanist approach. I feel that my role as a coach is not just about the technical and physiological but it is also about ensuring each individual gets the best out of themselves. I therefore see numerous advantages psychologically for cycling for those with disabilities;

Confidence
Mobility
Independence
Anxiety – good and bad

Improved self esteem
Equality
Teamwork – tandem

I am concerned that some disabled individuals are being denied the health benefits of cycling due to lack of access, etc. Schemes such as Cycleability that Cornwall is leading create numerous psychological benefits. These benefits can also enhance the quality of life for everyone that interacts with the cyclist, the benefits are therefore huge."



Different Tandem Tricycles



Principally made by Draisin but including the Velo Plus

Meet Caroline ..



Caroline is a Community Health Champion in Sheffield, and became the regional winner of the ITV Feel Good Factor Award. The award is to celebrate an outstanding individual who supports and enables others to change their lives for the better and is part of the ITV contribution to the national Change4Life campaign.

Caroline had a car accident in 1998 which left her in a coma for 4 months .. 5 years ago after her marriage broke down she slowly regained her independence with the help of her friends, neighbours and local CTC Champion. She is also about to train as a National Standard Assistant (Cycling) Instructor through British Cycling in April.

Caroline has gone from an electric scooter to a trike and now learned to cycle using a recumbent bike which her main mode of transport. In her own words *'I won Pride Of Yorkshire and have been invited to Buckingham Palace (July 12th 2011 to a Garden Party). The confidence that learning to cycle has given me is immense, I feel I have my own identity now.'*

The different types of competitive and leisure hand crank bikes and recumbents



These are manufactured by Top End, HP Velotechnik or ICE

What others have to say about it ..

I am disabled and live near Penryn. As disability came to me in middle age, I like many other able-bodied people thought and assumed the disabled were adequately catered for. What a surprise I found when I became disabled. As well as the health benefits of cycling, the benefit of being able to be included in a day out is very important and positive for the disabled.

I currently work as a teacher at Doubletrees School and Hostel. We are a Special needs school, with around 80 pupils of all abilities. I run one afternoon session a week cycling with some of the more able children on the Sustrans cycle paths around Eden. My students get a huge joy from these cycling sessions, which boosts their self-esteem as well as fitness. To be able to access this type of facility for wheelchair users and the less able would be fantastic. As a school and Hostel we would hugely benefit from such a facility.

"I remember when the Secretary of State for Children, Schools and Families, Ed Balls, visited the Sir James Smith School in Camelford and he specifically referred to the provision of sport outside of schools that must benefit the community as a whole, including those with disabilities. The Wheels for All Centre in Cornwall is a wonderful way of addressing that objective and I wholeheartedly support the project. I hope that the commercial sector in Cornwall will feel able to contribute to the funding of these specialised bikes." The late Lord George, aka 'Steady Eddie' as seen here.



Recumbents, Tricycles and Go-Carts



Made by Draisin and Berg

So how does all this help?

- It's all about progression but not in the sense one might think
- One needs to think OUTSIDE of the box
- Progression might be going from a tandem to four wheels to three or even two
- The development of greater social skills because they are integrating with other people
- Becoming an Assistant Ride Leader themselves
- Helping others learning to cycle either for the first time or again
- To try out for the Paralympic Cycling Team and why not if they are fit enough and willing to make that kind of commitment?



There is one or two people here in college who with the right bike and training, could end up doing just that! That would be a real coupe for Cornwall if that should come about!



Other adaptations



Quad Gloves and Tri Pin Hand adaptations



Back and side saddle supports



Dual braking system



Pedal adaptations including foot plates

There really is no exception to the rule!

1. Side by side tandems
2. Hand crank bikes
3. Recumbent bicycles
4. Adult and child sized trikes
5. Velo Plus Wheelchair bike and the Duet wheelchair bike
6. Quad bikes/Go-Kart styled bicycles
7. Pedal and handle bar adaptations are available as well

Meet Lauren ..



Lauren lives close to the Welsh border and regularly rides the track at Newport Velodrome.

She is a lively and enthusiastic young lady and to talk to, you would not know that she has any problems as she has a feisty spirit and lives life to the full.

Lauren however, contracted Meningitis as a baby and also has to deal with Cerebral Palsy. The only visible outward sign of any problems at all tells us that she has some loss of hearing.

Lauren's first bike was a Quest 88 trike. She has now progressed to a fixed wheel track bike with no brakes nor any gears and she rides the track well! Who knows where it will take her in the future?

And more recently ..



The Draisin Wheelchair Loader
With or without a canopy

And for a trike ridden on road, it can have both indicators and electric assist motor to take the stress out of hills.



FACTS

We had 250 people turn up at Newquay on St Piran's Day to try out the bikes Quest 88 and Invacare bought down. This event was also attended by Lady Mary Holborow and Lady George. It showed us which bikes we need to purchase ourselves. However they cost between £1800 and £6000 -9000 EACH! (£9000 being the price tag for all singing and dancing electric assisted bikes)

On 17th March 2011 we put a committee in place, with the help and support of British Cycling and Sport Ed. so we can take the club forward given there are over 106,000 disabled residents in Cornwall alone before we consider anyone here on holiday.

Recently we held another event with Dr Gary Brickley down to give a talk and this time had various of the schools over and the day clinics for people with learning difficulties or similar which again, was successful. Now we hope to have a fundraising day next ..

As soon as we can afford the bikes, we will be offering fortnightly sessions at weekends and working with all the charities etc. in Cornwall to facilitate their clients and have all inclusive family social outings along suitable trails in county like the Camel Trail which is ideal for this.

What is it in for anyone or any company who donates a bike to us? We would put a sticker on any bike(s) you purchase stating 'Donated by ...' plus get some pictures of the bikes and disabled cyclists which we could then give the donor to hang in their reception area.



A few more (not always strictly) bikes but fun even so!



Inc. the Molton Rock Boma and the Mountain Trike



And Road Runners and Racers



Meet Martin ..

Martin has a rare condition called Klippel-Feil Syndrome. It creates a fusion in the cervical spine. Depending on the area of fusion, there can be related congenital conditions. In his case, he was born with a cleft palate, hearing loss, underbite, short neck with webbing (trapezius muscles are extended from the mastoid areas to the shoulders), painless restriction of cervical movement, scoliosis, and kyphosis and a rare aplastic anaemia.

Despite this he has been part of a crew bringing the Samuel Whitbread back from Germany via the Netherlands (1989), and expeditions to Snowden (1993) and Ben Nevis (1994).

Now, he is a founding and Committee member of: "Not About the Bike"., a Norwich based Social Enterprise recycling old bikes, maintenance training and organising inclusive cycling. He also has a keen interest in promoting sport for disabled people, in particular outdoor pursuits/adventure such as climbing, cycling, canoeing, however ambitious or extreme and has done the C2C in a Molton Rock Boma demonstrator and is now planning his E2E adventure.





R-L: Vin Cox, current GWR holder for circumnavigating the world on a bike, Lady Mary (Lord Lieutenant) and Lady George