



Sharing the joy of cycling with all ages and abilities

BY: LOU JONES, WHEELS FOR WELLBEING

An award-winning charity in Lambeth is helping people discover they can cycle too. Lambeth talk found out more.

Cycling can seem out of reach for disabled people, or many people who are older, have health difficulties or experience mental health issues.

Brixton-based charity, Wheels for Wellbeing is working to make sure that people in Lambeth and surrounding boroughs have the opportunity to enjoy the many benefits of cycling.

They run cycling sessions at Herne Hill Velodrome where people can drop-in and use a wide range of cycles, including tricycles, tandems and handcycles.

They also take their cycles into the community to offer people the chance to cycle who might not otherwise have the opportunity, and give advice and support to anyone wishing to purchase their own adapted cycle.

◀ **Roger Lewis with Wheels for Wellbeing cycling instructor**

Walking can be difficult for Christine Scales, 56, who was involved in a serious road accident as a child, but once she gets into her favourite recumbent cycle at the velodrome she can manage up to 50 laps.

She said: “The exercise for my leg is wonderful and I love being at the track, especially as I live alone.”

One of the charity’s outreach sessions outside Tate South Lambeth Library last year gave Roger Lewis, 51, the experience of cycling again after losing his sight.

He said: “I felt an exhilarating sense of liberation as I cycled around the block on a side-by-side bicycle with an instructor. I loved feeling the wind blowing in my hair and face, and I didn’t stop smiling the whole time.”

Wheels for Wellbeing recently won a Guardian Charity Award 2013 and hopes to continue enabling more people in Lambeth to experience the joy of cycling. Please check the charity’s website to find out about their volunteer roles.

Come and try

Wheels for Wellbeing runs drop-in inclusive cycling sessions every Monday at Herne Hill Velodrome from 11am – 1.30pm. Sessions are run by qualified cycling instructors with support from volunteers. Participants pay £3 per session (one carer or supporter goes free) and can choose from a wide range of two, three and four wheeled-cycles.

Christine Scales cycling at Herne Hill Velodrome