



**Wheels
for All**

Tendrining

Our Vision |

Is an environment where everyone can cycle on a regular basis regardless of their age or ability and can weave it into lifestyle forever

Our Mission |

Is to promote inclusive cycling through a range of successful community engagement programmes that give people the opportunity to cycle on a regular basis

With each activity our staff and volunteers offer their unrivalled help, support, and guidance to our participants/carers, together we are one step closer to achieving an environment where everyone can cycle on a regular basis regardless of their age or ability and can weave it into lifestyle forever.

Our Riders

6 Month Overview:

15 Independent Riders

50% were totally inactive prior to receiving their bike.

90% live within the most deprived neighbourhoods of Clacton and Jaywick Sands.

Participant age range : 13 to 80 years of age.

60% are 60+ years of age.

All of the participants have different motivations for using an adapted bike, however all of them said they wanted to use the bike for health benefits. 2 individuals said they thought the mental health benefits will be most significant for them.

All of the 60+ participants had enjoyed cycling in their youth but had not cycled in the past 5 years or more, their previously positive experience of cycling had created an emotional connection to wanting to cycle again.



Our Riders |

Dan said: 'I've just received this awesome trike, due to my health issues I never thought I'd get to ride again! Wheels for All Tending have assisted me to get my trike. I can get on and off easily which I couldn't do on a conventional bike, I can reach the pedals, and I'm able to easily adjust the handlebars and seat. It gives me freedom again which I never thought I'd be able to get.'



Percy's Progress



November : Receives cycle, bespoke set up with WFA Tendring.

January - February : Four 1-1 supported rides in local area with a WFA Tendring ride leader.

March: Cycles independently to a WFA 'Green Arrow' pop-up monthly social in Clacton.

April: Takes part in the opening of Clacton to Jaywick Cycle Path event.

Wheels for all Tendring

Total no. of bikes distributed: 17

Essex County Council Researcher Observations:
February 2023 Dashboard

There is enthusiasm around the project. Participants proudly share their progress with the staff, going as far as notifying them about their latest trips.

There is strong synergy between Essex Pedal Power and Wheels for All in Clacton and Jaywick: the two gazebos stand next to each other, and participants of both programmes enjoy being outdoors and riding together.

The staff are supportive and actively encourage participants to share their experiences and feelings.



What's the word on social?

Tweet



Kirsty Clarke
@kirstyc81



Inclusive delivery =
Meeting people where they're
at ✓

Understanding needs ✓

Engaging ✓

Removing barriers ✓

..... and have fun

..... keep having fun

[@WfACharity](#) [@ActiveEssex](#)

Kirsty is the Activity Alliance, Director of Innovation and Business Development. We were pleased to welcome her as a volunteer at our Clacton and Jaywick Sands pop-up hub.



Our Hubs | Safe Places to Cycle



#WeRideTogether

Our Hub Riders

Shorefields School Hub - 4 weeks test and learn

Target audience Disabled people aged 7-25 and their families, friends, carers.

9 Disabled riders, 19 throughput

7 Family members supporting and riding, 13 throughput

2 WFA coaches and **2** WFA volunteers.

What worked well?

Scheduled 45 minute sessions for 2 participants at a time to allow coaches to get to know the participants better and understand their needs. Allowing sufficient space for individuals requiring more support with control and coordination.

The same riders returning at the same time for 2 consecutive weeks.



The first 6 months

2 WFA Tending active hubs

2 WFA Tending prospective hubs

78 Volunteer hours

40 1-1 sessions facilitated

1 WFA National Accredited Leader Training Course , 12 Tending participants

75 new adapted cycles funded and to become available as required

£2,190 additional funding from Essex Cycle Grant Scheme to support safe cycling.

The next 6 months

- **Set up** the Wheels for All Harwich Hub.
- **Continue** sessions at Shorefields Hub.
- **Support** sessions at Sailship CIC Hub.
- **Feasibility study** of Clacton Seafront Hub.
- **Recruit** sessional workers and volunteers.

|

