

Ridewise

'Cycling for All'



Who we are

We are part of a charity that encourages people to use more sustainable and active forms of travel. We concentrate on cycling activities so everyone can have fun cycling, get fitter, save money and be safer when cycling

What we do

We train people to cycle on their own or in groups and also to look after their bikes. We lead group cycle rides. We manage and run events where we can provide novelty bikes to get people having fun and bikes suited to people with all types of disabilities.

We run great leisure activities but can also help you **stay healthy** and with **work and training**.

What's new or different?

We run a regular programme especially for people with all kinds of disability. We develop programmes that are right for the people who use them. Many instructors have autism awareness training.

Who is it for?

Anyone who would otherwise find it hard to use regular cycle training and activities.

How to find out more

Who to contact?

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Website

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Some of the things we do:

- A monthly open fun cycling event for people with learning, mental and physical disabilities
- A bike maintenance course for a group with mental health problems
- A cycle instruction course for teenagers with special educational needs
- Individual cycle training sessions for people with Autism or Downs syndrome
- Tandem training for those with sight disabilities.

