



Wheels for All Salford

Fun healthy cycling activities for adults and children with disabilities and differing needs, through the use of specially adapted cycles.



Wheels for All Salford

Fun healthy cycling activities for adults and children with disabilities and differing needs, through the use of specially adapted cycles.

Sessions
Cleavley Athletics Track
Blantyre Street,
Winton
M30 8HY

Thursdays	Fridays	Saturdays
	Term time: 10-3pm	Term time: 10-12pm
Holidays: tbc	Holidays: 10-3pm	Holidays: 10-12noon



Sessions
Cleavley Athletics Track
Blantyre Street,
Winton
M30 8HY

Thursdays	Fridays	Saturdays
	Term time: 10-3pm	Term time: 10-12 noon
Holidays: tbc	Holidays: 10-3pm	Holidays: 10-12 noon



NEW! get Active Fun and Learn Cycling at Cleavley Track-
Why not book to visit with your group, club or School
Find out about and try different and special cycles as well as bicycles.
Any group, mainstream and special schools can visit.
Just £3 per participant – accessible cycling so all class/group members can join in.
Book now as places are limited.
minimum number booking applies – day/date by arrangement



NEW! get Active Fun and Learn Cycling at Cleavley Track-
Why not visit with your group or School
Find out about and try different and special cycles as well as bicycles.
Any group, mainstream and special schools can visit.
Just £3 per participant – accessible cycling so all class/group members can join in.
Book now as places are limited.
minimum number booking applies – day/date by arrangement



Come join us for a whole lot of cycle fun!

For more information please call Hermine Briffa, on **01925234213** or **07704167085** or email cp@cyclings.org.uk www.cyclings.org.uk
Find us facebook and follow us on twitter
<https://www.facebook.com/WheelsForAllSalford>
Cycling Projects Charity No.1003309

Come join us for a whole lot of cycle fun!

For more information please call Hermine Briffa, on **01925234213** or **07704167085** or email cp@cyclings.org.uk www.cyclings.org.uk
Find us facebook and follow us on twitter
<https://www.facebook.com/WheelsForAllSalford>
Cycling Projects Charity No.1003309

Thoughts on our cycle sessions

Make 2014 the year you get back on a bike or learn to cycle!

Find out about and try different and special cycles as well as bicycles.

Meet up and catch up with friends and colleagues (carers and participants)

Safe off road cycling on the athletics track

No need to be able to cycle to join in

•
Just £3 per participant – accessible cycling so all can join in.
•

As well as cycling on the athletics track, you can use the special adapted cycles and bicycles with your family and friends in Winton Park during your session. Trained cycle leaders can help you progress and there is a wide range of cycles for one and two people, including a **wheelchair transporter** so participants can stay in their own wheelchairs

You can bring snacks or lunch and enjoy a pedalling picnic on sunny days, or enjoy a warm drink indoors in the café area.

Fully accessible changing/showering facilities.

Families meet up with friends and relatives and enjoy cycling together. Make new friends, learn new skills and enjoy keeping fit together.

Volunteers are needed to help with cycle sessions, welcome and chat with participants, brew up etc! Could this be you?

Everyone else – all welcome – just £3 per person (carer comes free)

Thoughts on our cycle sessions

Make 2014 the year you get back on a bike or learn to cycle!

Find out about and try different and special cycles as well as bicycles.

Meet up and catch up with friends and colleagues (carers and participants).

Safe off road cycling on the athletics track.

No need to be able to cycle to join in

•
Just £3 per participant – accessible cycling so all can join in.
•

As well as cycling on the athletics track, you can use the special adapted cycles and bicycles with your family and friends in Winton Park during your session. Trained cycle leaders can help you progress and there is a wide range of cycles for one and two people, including a **wheelchair transporter** so participants can stay in their own wheelchairs.

You can bring snacks or lunch and enjoy a pedalling picnic on sunny days, or enjoy a warm drink indoors in the café area.

Fully accessible changing/showering facilities.

Families meet up with friends and relatives and enjoy cycling together. Make new friends, learn new skills and enjoy keeping fit together

Volunteers are needed to help with cycle sessions, welcome and chat with participants, brew up etc! Could this be you?

Sounds like fun? Get in touch! 07704167085

Everyone else – all welcome – just £3 per person (carer comes free)