



members to West Yorkshire's Cycle for Health programme, which is run jointly by the charity and West Yorkshire Combined Authority to engage people with long-term health conditions in cycling lessons.

With 705 people in the area seeking asylum, Paul feels there is a real need for what St Augustine's is providing. "Just as important as ensuring our community members are safe is the need to engage them in meaningful activities like cycling, which helps their health, offers free transport and means they aren't sitting alone in a hotel room," he said.

DALBY FOREST CYCLE HUB

It was a chance encounter that led Rob Brown into inclusive cycling. He had taken an accessible approach to delivering Bikeability in schools in the Scarborough area by providing bikes to enable children who didn't own one, or couldn't transport it to school, to take part. When it became clear that some children who initially refused to take part were interested but unable to ride, Rob started doing learn-to-ride sessions. Then one day, a teacher mentioned that one boy wouldn't be taking part as he was a wheelchair user. Rob was determined to find a way to include the boy, even though he had no idea what that would be.

Rob said: "It seemed so unfair that this boy would be left out while all his classmates were going out on bikes. I found a tag-along trike, which I attached to my bike, and that worked well as it helped him with balance while allowing him to pedal. I told him that I would just be the engine and would follow his commands. He loved it, and I realised that one simple thing like that could make a big difference."

Above left: This Dalby Forest Cycle Hub participant had never cycled with her daughters before
Above right and below: Dalby Forest Cycle Hub has a range of all-ability cycles, including recumbent trikes, an e-handcycle and side-by-side tandem quadricycles

Word spread and soon Rob was asked to provide cycling sessions for other children in the area with mobility impairments, gradually building a fleet of non-standard cycles and gaining experience. Around five years ago, he joined forces with local bike shop Big Bear Bikes to take on the cycle hire business at Dalby Forest, enabling visitors to the forest to hire regular or non-standard cycles to explore the miles of trails and fire roads.

"The high purchase cost of non-standard cycles means that they are unaffordable to many, so we think it's really important to offer them for hire alongside the regular mountain bikes for much the same cost. We don't know of anywhere else that does that, but it's only right to open up the forest to everyone, as everyone has the right to enjoy it."

Dalby Forest Cycle Hub CIC, which is an affiliate member of Cycling UK, now boasts an impressive fleet, with recumbent e-trikes, an e-handcycle, side-by-side tandems, a wheelchair transporter and more. As well as individuals, the adaptive cycles are open to use by groups.

"We have volunteers who take groups into the forest on the network of fire roads, as the singletrack trails are too narrow for them. It's great for social interaction, in fact we call the side-by-side tandems 'talking bikes' as they are so good for that. People love riding together and it also means they don't get lost in the forest!"



NO LIMITS TO HEALTH

Sam Henry's parents couldn't afford to buy him a bike but when he was given one by a friend at age 13, it changed his life. With that in mind, many years later in 2020, he founded No Limits to Health after a career in youth work demonstrated the difference that engaging people with the outdoors can make.