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**Cover photo:** Ivor Washbrook on his Tomcat Fizz trike (see p26). By Sarah Washbrook



## From the editor

All cycles are mobility aids. They enable us to travel faster and further than we would on foot, and to have more fun while doing it. All cycles are tailored to meet individual needs, whether that's as simple as saddle height or as complex as a hand-cranked e-trike.

But while almost everyone can enjoy cycling, would-be disabled cyclists face a unique barrier: not knowing that the cycle or adaptation that they need even exists. People won't be what they don't see.

That's why projects like Cycling UK's Inclusive Cycling Experience are so important. Likewise the work done by organisations such as Wheels for Wellbeing. Don't take my word it: read the accounts in the 'Three wheels good' article (p26), and watch the video flagged on p4. This is life-changing stuff.

Years ago, I interviewed the late George Longstaff, who did a lot of adaptive cycle building. He told me he was once selling a bespoke tandem to a fussy, able-bodied couple while also showing a disabled boy his first tricycle. "Have a look around the tandem and let me know if it's not perfect," he had said to the couple. "I'm just sorting out this lad's trike."

The boy began pedalling independently for the first time in his life. He was overjoyed. His parents had tears in their eyes. George was smiling.

"Excuse me, Mr Longstaff," came a voice. "This cable-end cap has two indentations. The others all have three."

George grabbed his cable cutters, crimped the end cap, and said "There you go." Then he went back to dealing with the lad whose life had changed forever.

**DAN JOYCE**  
Editor




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