

Jordan Burns Wheels for Wellbeing participant and handcyclist, Wigan

FOR A LONG TIME, Jordan says, cycling felt like something he had left behind. The last time he remembers being outside on a cycle, he was “about 10 years old”. Now 30, he wanted to try something different. He wanted to get out, build fitness, and find a form of exercise that felt achievable.

That chance came through an organisational session with Be Well Wigan through Wheels for All. There, Jordan was able to try a power-assisted handcycle made available through Cycling UK’s Inclusive Cycling Experience.

“I just wanted to try something different,” he says. “When I came on the bikes, it was a different experience. It got me outside doing physical activity, which was really good.”

At first, the change was simply in showing up and having a go. Then it became about progress. Before the sessions, Jordan could manage two laps of the 400-metre track at Robin Park on a standard handcycle. With the power-assisted handcycle, “I’m doing at least 10 laps in the Wheels for All session,” he says.

That steady routine became part of a bigger goal. Jordan



Jordan had used stationary handcycles but hadn't actually cycled for about 20 years

Jordan's trike

Bike: Tomcat Electric Flare (tomcatuk.org), loaned.

Price: from £5,984

Key features

- The electric assistance has helped him train more consistently, build stamina steadily, and extend what feels possible session by session.
- The handcycle setup suits track riding, giving him a stable, predictable place to practise and grow in confidence.
- The availability of the trike has been a practical stepping stone between first try-outs and setting bigger goals.



was training for a 40-mile charity challenge to raise money for motor neurone disease. He completed the challenge on a stationary hand bike, covering 40 miles in 4 hours 5 minutes. The outdoor sessions on the assisted handcycle were a vital part of building endurance and confidence.

“I used the power-assisted trike as part of my training,” he says. “If I didn’t have it, I think I’d have struggled to push through the training.”

On the day of the challenge, Jordan had plenty of support around him. Teammates from Wigan Warriors wheelchair rugby came down, along with his family. But he completed the miles alone, proving to himself that he could set tough goals and meet them.

The benefits have not been solely physical. Jordan talks about the effect on his mental wellbeing, and about feeling part of something again. “Being back on the bike

is great,” he says. “It’s helped my mental health, and coming into the sessions is helping [me get into] the community and [with building] another set of friendships as well.”

What keeps him motivated is the sense of liberty the e-trike provides. “It gives me freedom,” he says. “It makes me want to push myself and see what else I can do.”

Jordan is already thinking about what comes next. He is keen to try new equipment, including an ICE handcycle, and has set his sights on an ambitious challenge. He wants to complete seven marathons in seven days at Robin Park to raise funds for MND.

“I want to inspire people,” he says. “I want it to be like a family fun day sort of atmosphere.”

Jordan’s advice to anyone in a similar position is simple: try it; start small; then keep showing up. The right cycle and the right support, he says, can open doors you did not know were there. →

Adaptive cycle try-outs

Trying an adaptive cycle is often the quickest way to find out what will work for you. Cycling UK’s award-winning Inclusive Cycling Experience (ICE – not to be confused with the trike manufacturer, Inspired Cycle Engineering) supports people to try a range of adapted cycles in a welcoming setting,

with guidance to help match the right cycle to the rider and the trips they want to make. Options can include recumbent trikes, handcycles and other adapted cycles, plus practical adaptations.

If ICE sessions are not available in your area, there are other organisations that can help you explore adapted cycling. These include Wheels for Wellbeing in London,

Edinburgh ABC in Edinburgh and Get Cycling CIC in York, as well as local inclusive cycling hubs and Cycling UK groups across the UK.

The ICE project team is awaiting longer-term funding decisions, so details may change. But Cycling UK also shares guidance and signposting to help you find opportunities to try adapted cycles near you. cyclinguk.org/inclusive-cycling-experience