
Community Cycling Programmes at Moredon Sporting Hub



Limitless Cycling

- Mondays & Thursdays 10:00 – 12:00
- Inclusive cycling for adults with disabilities/long-term health conditions using adapted cycles
- Formerly Wheels for All (since 2008)
- Successfully building community, now 10 months at MSH and attendees doubled.
- 35-45 participants per session (winter!)
- 30+ adapted cycles
- 10 regular volunteers
- 60+ disabled people per week are physically active because of this programme

"I can't remember the last time I saw him smile like that"
(Ros's feedback after her husband's first Limitless session, having been referred by GWH Stroke Team)





Ladies' Learn to Cycle & Rusty Riders

- Every Tuesday between 11-12. New session to Swindon (now running for 9 months)
- 50+ women have learned to ride a bike or improved their confidence
- 80% BME population
- Working with SBC Migrant Heath Team & Medaille Trust (Modern Slavery victims)

"Thank you very much for all your effort. Cycling has become my new hobby. I couldn't ride before but now I can. Soon I will be riding to work and college which will save me walking time and bus money!"



Limitless Family Cycling

- Saturdays 2- 3.30pm & School Holidays
- Inclusive cycling for SEND families (new session to Swindon)
- Providing a safe space for families to cycle together & inclusive learn to ride support
- Supported 15+ SEN children/teens in learning to ride a bicycle
- 8 regular volunteers



LIMITLESS

DISABILITY & PARA CYCLING PROGRAMME



Emma Tischer recommends **Limitless Swindon**.

1 November at 20:43 · 🌐

This is my sons new happy place

He says that riding the bikes here makes him happy 😊

The helpers are lovely

It's something the whole family can do safely

And with a child with additional needs, this isn't always do able

It's got us through the half term

Very happy to have this happy place !

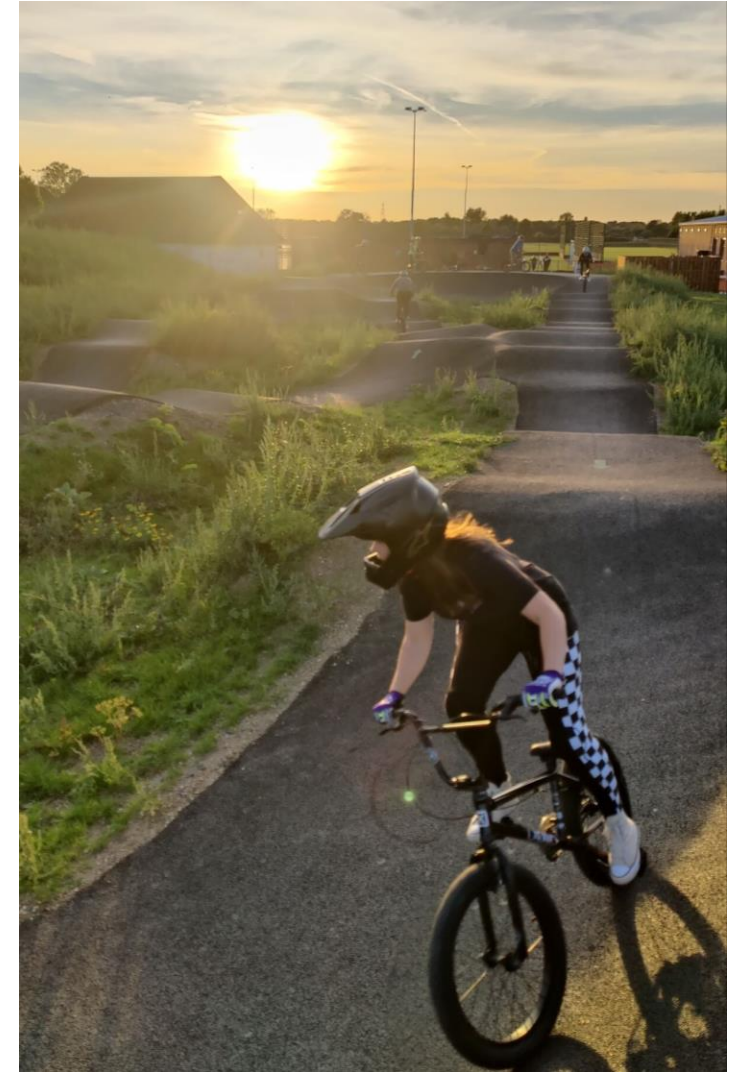
Kid's Learn to Cycle & Next Steps Confidence sessions

- Ditch the Stabilisers, SEN Ditch the Stabilisers & Next Steps Confidence sessions – every school holidays
- 400+ children aged 3-13 have learned to ride or improved their confidence
- Average age 6-7
- Very popular – sessions normally fully subscribed



BMXercise & Wingz

- BMXercise session for women & girls (Mondays' 6-7pm)
- Wingz inclusive BMX for SEN kids (Wednesdays 5-6pm)
- Aim to decrease health inequalities & increase diversity of track use



A photograph of four children wearing helmets and riding balance bikes in a park. A large, multi-colored umbrella (rainbow) is open over them. The child on the left is a boy with a green helmet featuring a dinosaur design, wearing a light blue t-shirt. Next to him is a girl with a red helmet and a pink t-shirt. Then a boy with a dark helmet featuring a Spider-Man design, wearing a red t-shirt. On the right is a girl with a red helmet and a red t-shirt with a dinosaur graphic. They are all smiling and looking towards the right. The background shows a brick building and some outdoor furniture.

Other Programmes and Sessions

- Whizzy Wheelers balance bike sessions for tots
- Family cycling
- Pedal & Pastries for over 60's
- Knobbly Tyres kid's MTB sessions
- CV Mini Racers, PACVelo & Peloteens (kid's clubs)
- Sanctuary cycling sessions for migrant families

Going Forward

- Working to make grant-funded projects sustainable in the long-term
 - Quarterly meetings to update on programmes & grant spending
 - Party @ The Pump Track and more coached BMX sessions for children
 - 1:1 and small group sessions to help teens learn to ride (particularly focused on SEN young people)
 - Additional Limitless sessions (e.g. afterschool/ evening)
 - Women's skills sessions (e.g. Bikeability/ MTB etc)
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