



Swindon's Community Cycling Programme at Moredon Sporting Hub

Becky Cox

Who are we?

- MSH opened in July 2024, run by Central Swindon North Parish Council
- Set up inclusive cycling programme- to support people to cycle who may not be able to otherwise.
- People want to cycle & be active but there are barriers to this: need right support, right equipment & right environment.
- Initially set up through grants from National Lottery, Sport England & British Cycling.
- 20+ regular volunteers supporting programmes
- Main sessions: Disabled adults, SEND school groups, learn to cycle sessions, SEND families



[Swindon sports hub gets more disabled and young people cycling - BBC News](#)

Limitless Cycling Programme

Since relocating the *Wheels for All* disability cycling programme from the County Ground (formerly run by Swindon Borough Council) to MSH, the programme has seen significant growth and year-round sustainability:

- Expanded **community and social opportunities**
- **Attendance has more than doubled** compared to the previous venue
- Average year-round attendance increased from **as low as 8 participants in winter** at previous venue to **38 participants consistently** at MSH
- **Maximum attendance increased from 25 to 46 participants**
- Volunteer base has grown to **12 active volunteers**, strengthening programme delivery and support
- Overall, the programme is now more resilient, inclusive, and consistently attended throughout the year.
- <https://www.facebook.com/reel/688468281018086>



BBC Points West – February 2026

Inclusive Cycling at MSH

Since July 2024:

- 700+ people with known disabilities have joined cycling sessions
- 310 disabled adults and 480 young people
- 25 SEND school groups and disability groups
- 100+ SEND young people have learned to ride a bicycle



Giving the Extra Support

Tilly (8) and Amelia (9) were unable to cycle before this summer holidays. Both have additional needs.

They joined our SEND learn to cycle, Limitless family and girls' cycling sessions.

Tilly has learned to ride a bicycle. She now has her own bike and is excited that she can now take part in Bikeability in Year 4 of school!

Amelia has learned to ride a trike, now has her own, and is now enjoying cycle rides with her dad.

"Without these sessions our girls would not be cycling, we are so grateful . Tilly and Amelia have both developed a love of cycling and it's done wonders for their confidence too"

(Tilly & Amelia's parents)



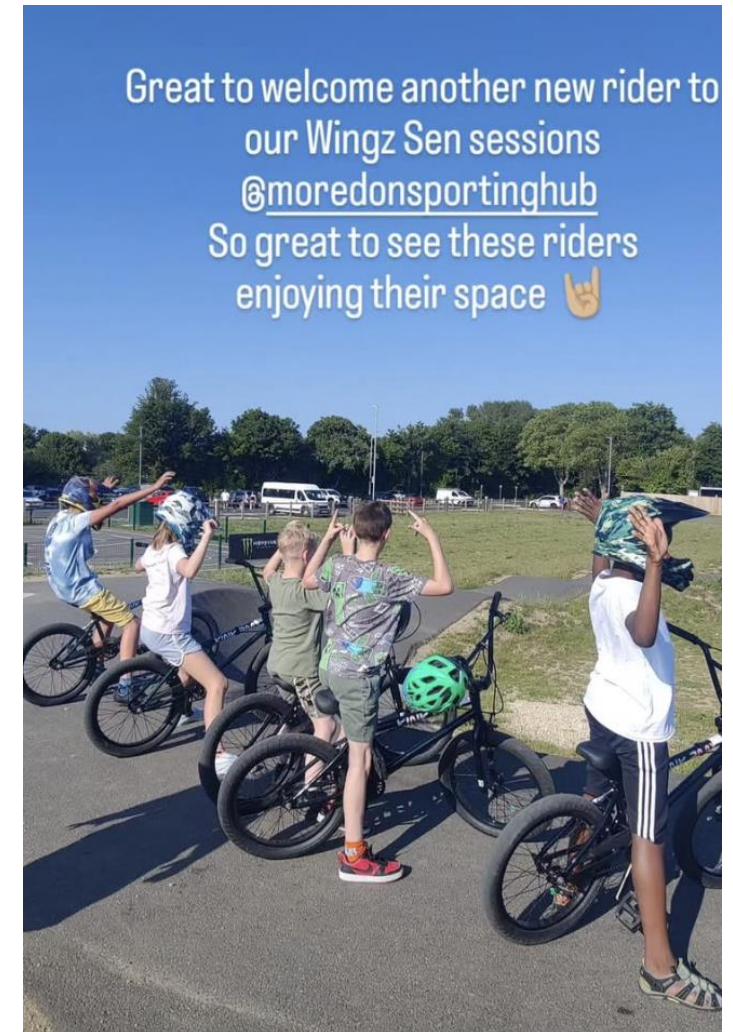
Learn to Cycle Sessions

Over 100 women and 1200 children have learned to cycle & improved their skills through our Ditch the Stabilisers, Ladies learn to cycle and family cycling sessions!



Cycling Sessions

Session Name	Session Description/Target Audience
Limitless Adults	Disabled adults - adapted cycles
Limitless Families	SEND families - adapted cycles
Ladies Learn & Rusty Riders	Women & girls, ethnically diverse communities
Family Cycling	Children & families (step up from learn to ride and other sessions).
Kid's learn to ride	Primary age children
SEN learn to cycle	Under 16 SEN
Kid's next steps cycle skills	Primary age children
Intro to MTB	children 6-16
Intro to MTB girls only	girls 6-16
Intro to pump track	children 6-16
Intro to pump track (girls only)	girls 6-16
Wingz BMX	SEND children 6-16 - BMX
BMXercise	Women & girls - BMX
Ride with Confidence	Women
Sanctuary cycling	Ethnically diverse communities, women, children
SEND school sessions	Disabled children - using adapted cycles
Whizzy Wheelers balance bikes	Balance bike sessions for pre-schoolers (aged 2-5)
PACVelo	road cycling sessions for 5-11years olds
Peloteens	road cycling sessions for 12-16year olds



Funding & Sustainability of Programme

Grants:

- Recent successful £15k grant from Openwork Foundation towards cycling sessions for disabled people
- Awaiting news on £15k grant application to Sport England's movement fund (women & girl's project) & £2.5k grant application to The Big Bike Revival (Free bike repairs & cycle training)

Long-term plan to support programme:

- Asking other Parish Councils to pay towards the Cycling Development Officer role to ensure continuation of this highly impactful Swindon-wide programme.



How can you help?

- Sharing flyers & spreading the word!
- Come along to see a session
- Volunteer at events such as the Cyclothon
- Share ideas of what you'd like to see
- Support grant applications



Upcoming Events

spokes women

Calling all cycling sisters...

Join other like-minded girls and women for a day of female-focussed riding, bike handling skills and a group ride.

**Sunday 21 June
Moredon Sporting Hub**

- 10am-11am Girls aged 10-14
- 11am-12pm Girls aged 14-18
- 12pm-1pm Indoor stretch & yoga
- 1pm-3pm Women 18+
- 1.30pm-3pm Breeze Ride

Join us afterwards for drinks and snacks, chat, connection and sharing stories.

Scan the QR code for more information and to sign up

£5 per person

Supported by



CYCLOTHON

Moredon Sporting Hub

Sunday 26th July 2026 9:30 am - 4 pm

Join the fun! Take part in this inclusive Cyclothon organised by the Rotary Club of Swindon North & Thamesdown, raising funds for Limitless Swindon. Supported by Swindon Cycles.

 Standard & adapted bikes available to borrow

 Minimum £25 sponsorship

Open to all ages and abilities—come ride for a great cause!

Scan the QR code for more info and entry forms



Get in touch:

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