

Kendal Wheels

I'm a volunteer with the Kendal Wheels for All which is based at Kendal Leisure Centre and is part of the national network of the Wheels for All charity. The Kendal group has been up and running for over 3 years and I've been involved with the project, initial steering group and as a local volunteer since 2016. This group has links to Kendal Cycle Club and aims to do what it says on the tin - encourage cycling for all. We have offered 1:1 support for people who have never cycled before but would like to learn and we have a range of bikes including trikes, hand cycles, tandems and wheelchair bikes for those who can't or can no longer manage a 2 wheeled bike. I wonder whether for completeness, given all the recent publicity about cycling, a few lines on what is on offer locally could also be included in the latest circulation as there may be U3A cyclists who for various reasons would like the additional support offered by 1:1 support in learning to ride a bike or may wish to return to cycling after a stroke, other brain injury, visual deterioration, neurological condition etc.

Returning to Cycling or New to Cycling?

Would you like to learn to ride a bike, but would like 1:1 support to do this? Or would you like to return to cycling, but no longer have the confidence to ride a '2-wheeler' bike? If the answer to either question is yes and you would be interested in 1:1 support or trying a hand-cycle, tandem, trike, wheelchair bike or another adaptation, please contact me for more information.
Phone - 07734 102530 or Email - chris.shearin@btinternet.com.