Our year in pictures – having fun on wheels
It has been another successful year for the Marlow Wheels for All project. We have over 60 children & adults registered as members & new cyclists joining most weeks as word gets around that the project can help make cycling accessible to all.

With more cycles soon to arrive we hope to be able to accommodate even more people at our weekly sessions.

The growing team of volunteers have done a fantastic job encouraging, supporting & just helping to make the wheels go around, with a smile!

The charity would also like to acknowledge the very generous support from various organisations & individuals who have made donations. Their kind support is very much appreciated by all involved.

These include;

The members of Marlow Riders Cycling Club
Saddle Safari Cycles
The friends & family of Rod Woodland
Marlow Round Table
Waitrose Community Matters - Marlow

We would also like to thank Active in the Community, Serco & the Bisham Abbey National Sports Centre for their continued support for the project.
As part of our ongoing development programme we have been asking parents & families to tell us how the project has helped them. This is a selection of what they have told us.

Name of child / young / person attending Marlow WFA
Alexander Cooper (Ally)

Name of person completing form - Tara Cooper
Age of child / young person - 17
Please state your relationship to the child / young person attending Marlow WFA
Mother

1. How long has your child / young person been attending WFA sessions?

2 years

2. Can you tell us what were the main reasons that you chose to attend the cycling sessions?

Ally really enjoys riding a bike and it is a fantastic way for him to get some exercise in a safe environment. He will engage with the activity really well and is highly motivated to ride the bike. The physical activity is so good for him physically and mentally and it’s great fun too.

3. We are often told by parents that their child / young person [and other family members] enjoy the cycling sessions & we are keen to know if their physical and mental well-being has improved since he/she has been attending WFA Sessions? Please do include details of any positive changes you have seen in their behaviour and physical ability plus any new skills they may have acquired?

I have noted that Ally is in a much better humour when he has access to really good regular physical activity. He is more animated and doesn’t indulge in any of his anxiety driven repetitive behaviours whilst at the cycling session. Furthermore, he has a lifelong bowel problem which the exercise definitely helps with. Plus, he sleeps better and it helps to keep his weight down.

4. Do tell us (if at all) how the cycling session have impacted upon you and your family? For example, think about relationships with siblings, respite care for the family, providing independence for the child.

It is always lovely quality time to come and ride the bikes at Bisham. Ally enjoys interacting with the volunteers in order to help set up and put the bikes away. It is really good for him to be involved and carry out simple tasks and take responsibility for putting the bikes away.

5. We appreciate that sometimes these cycling sessions are not for everyone – if that’s the case, then please tell us why? n/a
Can’t think how it could be improved........

6. Please give an example as to how WFA staff and volunteers have provided support and assisted with your child’s development?

Volunteers have helped Ally’s confidence and broadened his horizons. Allowing him opportunities to engage independently of career or mum and get involved with the set up / tidy up. Also offering him new opportunities to try a two-wheeler and coaching and encouragement.

7. How do you think the skills that your child has developed can help him/her in the future?

It is a really great activity and a wonderful thing to do on a Saturday.

Name of child / young / person attending Marlow WFA
Lewis & Dylan Taylor
Name of person completing form - Elinor Taylor
Age of child / young person - Both 10
Please state your relationship to the child / young person attending Marlow WFA
Mother

1. How long has your child / young person been attending WFA sessions?

Since Easter 2018

2. Can you tell us what were the main reasons that you chose to attend the cycling sessions?

To learn to cycle and be able to help others learning to cycle too.

3. We are often told by parents that their child / young person [and other family members] enjoy the cycling sessions & we are keen to know if their physical and mental well-being has improved since he/she has been attending WFA Sessions? Please do include details of any positive changes you have seen in their behaviour and physical ability plus any new skills they may have acquired?

Dylan is very chuffed to be cycling independently. Lewis has then been jealous, but does actually want to start too. Fantastic balance already, but he can respond badly to too much attention.

4. Do tell us (if at all) how the cycling session have impacted upon you and your family? For example, think about relationships with siblings, respite care for the family, providing independence for the child.

As above. Dylan is gaining his independence, Lewis needs a bit more work, but will get there too.
5. We appreciate that sometimes these cycling sessions are not for everyone – if that’s the case, then please tell us why? - N/A

6. Please give an example as to how WFA staff and volunteers have provided support and assisted with your child’s development?

Inspiration to cycle

7. How do you think the skills that your child has developed can help him/her in the future?

Independence, fitness, sense of freedom

8. Do you have any other comments or feedback with regards to the sessions we run at Wheels For All?

Hope to see you in Spring time!

Name of child / young / person attending Marlow WFA
Louise Corbett

Name of person completing form - Geraldine Corbett
Age of child / young person - 8
Please state your relationship to the child / young person attending Marlow WFA
Mother

1. How long has your child / young person been attending WFA sessions? - 18 months

2. Can you tell us what were the main reasons that you chose to attend the cycling sessions?

Recommended by healthcare professional. Louis has low muscle tone and cannot ride a regular bike.

3. We are often told by parents that their child / young person [and other family members] enjoy the cycling sessions & we are keen to know if their physical and mental well-being has improved since he/she has been attending WFA Sessions? Please do include details of any positive changes you have seen in their behaviour and physical ability plus any new skills they may have acquired?

He is more active generally and much stronger. He’s very happy to do an activity that he sees his peers doing.

4. Do tell us (if at all) how the cycling session have impacted upon you and your family? For example, think about relationships with siblings, respite care for the family, providing independence for the child.

It’s been really lovely attending the sessions and having an activity that both my kids really enjoy. I never thought I’d spend time cycling around in the sunshine with Louis. Brilliant!
5. We appreciate that sometimes these cycling sessions are not for everyone – if that’s the case, then please tell us why? n/a

6. Please give an example as to how WFA staff and volunteers have provided support and assisted with your child’s development?

All the staff and volunteers are extremely helpful, friendly and knowledgeable too. They cultivate a lovely atmosphere at the sessions.

7. How do you think the skills that your child has developed can help him/her in the future?

Louis is more active and more confident as a result of trying new things and learning new skills.

8. Do you have any other comments or feedback with regards to the sessions we run at Wheels For All?

Keep up the good work! You’re doing a wonderful thing...

Name of child / young / person attending Marlow WFA
Sophie Beam
Name of person completing form – Paul Beam
Age of child / young person - 20
Please state your relationship to the child / young person attending Marlow WFA
Father

1. How long has your child / young person been attending WFA sessions?

2 years

2. Can you tell us what were the main reasons that you chose to attend the cycling sessions?

Sophie enjoys cycling, and wanted to improve. It also got us all outside more.

3. We are often told by parents that their child / young person [and other family members] enjoy the cycling sessions & we are keen to know if their physical and mental well-being has improved since he/she has been attending WFA Sessions? Please do include details of any positive changes you have seen in their behaviour and physical ability plus any new skills they may have acquired?

While the mantra, ‘you can do anything you set your mind to’ is not 100% true, we have been surprised at how well Sophie has done given the right support (thank you!) and equipment (thank you, again!). For someone like Sophie isolated from so many things we consider normal, to be able to push the boundaries and do what would have been thought impossible (a quadriplegic peddling a cycle) has been a delight to all. Seeing her wide grin as she cycles is reward enough. We have seen Sophie’s coordination and general fitness improve gradually over time as she gains muscle memory.
4. Do tell us (if at all) how the cycling session have impacted upon you and your family? For example, think about relationships with siblings, respite care for the family, providing independence for the child.
It's been something to look forward to on the weekends. It also led to other things, such as participating in the Superhero Tri for the past two years, which we never would have considered doing without your encouragement and support.

5. We appreciate that sometimes these cycling sessions are not for everyone – if that’s the case, then please tell us why? - N/A

6. Please give an example as to how WFA staff and volunteers have provided support and assisted with your child’s development?
You're always so cheerful and helpful ... and friendly. Nigel and Matthew have been untiring in both working on adaptations to enable Sophie to participate, and in helping steer the cycle for her as she pedals around the circuit. Adaptations include working out how to strap her wheelchair’s seating system to the cycle, how to fasten her feet to the pedals, and how to keep her knees from knocking as she pedals. When Sophie broke the adapted foot plates, it was, 'Not to worry, I'll fix it,' and you did!

7. How do you think the skills that your child has developed can help him/her in the future?
What price can you put on gaining confidence and being encouraged to overcome the impossible? We have no idea what the future holds for Sophie, but she goes into the future confident that there are people like you willing to enable and encourage her on her way, both practically and emotionally.

8. Do you have any other comments or feedback with regards to the sessions we run at Wheels For All?
I wish we could be there every week. Thank you!

Name of child / young / person attending Marlow WFA
Toby Roche-Biddle
Name of person completing form - Emma Roche
Age of child / young person - 8
Please state your relationship to the child / young person attending Marlow WFA
Mother

1. How long has your child / young person been attending WFA sessions?
Since July 2018
2. Can you tell us what were the main reasons that you chose to attend the cycling sessions? It is a good opportunity for Toby to practice pedalling, and to get used to steering.

We like Toby to be outside and active, and he seems to enjoy it too.

3. We are often told by parents that their child / young person [and other family members] enjoy the cycling sessions & we are keen to know if their physical and mental well-being has improved since he/she has been attending WFA Sessions? Please do include details of any positive changes you have seen in their behaviour and physical ability plus any new skills they may have acquired?

Toby certainly seems to enjoy the sessions, and his pedalling and steering skills have improved.

3. Do tell us (if at all) how the cycling session have impacted upon you and your family? For example, think about relationships with siblings, respite care for the family, providing independence for the child.

It has given us an opportunity to do something altogether. Toby’s grandparents even came along and enjoyed cycling with him round the estate.

5. We appreciate that sometimes these cycling sessions are not for everyone – if that’s the case, then please tell us why? – N/a

6. Please give an example as to how WFA staff and volunteers have provided support and assisted with your child’s development?

The staff and volunteers are all very friendly and helpful, and give lots of encouragement. However, we do tend to manage Toby by ourselves most of the time.

7. How do you think the skills that your child has developed can help him/her in the future?

We hope that Toby will be able to use a tricycle independently in the future, so that we may go for cycle rides as a family.

8. Do you have any other comments or feedback with regards to the sessions we run at Wheels For All?

A big thank you to everyone for their time, energy and enthusiasm. I’m very impressed as well with the range of tricycles, bicycles and the tandems. I think the side-by-side tandems are a great idea and so much more sociable than front to back ones. Also, the location at Bisham Abbey sports centre is lovely, and great that there is the café and toilet facilities.

We look forward to doing more in 2019

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