



April 2026 **NEWSLETTER 5.**

Cycling is enjoyed by all , whatever their ability!



Safe Environment | Qualified Instructors | Bikes Provided | Ideal for Beginners

OUR NEWS...

“Highly Commended”
success for us.

Community Champions

Why inclusive cycling
matters

**Paralympian Simon Richardson
MBE shares why**

STAR of the MONTH

Meet Annie



SPOTLIGHT on who?

Another great Volunteer...

Volunteers - WE WANT YOU - Our Thanks To... - Diary Dates



Solihull Wheels For All is a charity registered in England and Wales, charity number: 1181993.

We're delighted to announce that **Solihull Wheels for All** has received a **Highly Commended** award in the *Outstanding Community Project* category at the **Everyone Active Sporting Champions Awards 2026!**



This fantastic recognition celebrates the project's ongoing commitment to making cycling truly inclusive, supporting people of all ages and abilities, including those with restricted mobility.

Last year, we were named **Community Champions** through Everyone Active's scheme, delivered in partnership with Solihull Council, helping to further strengthen our impact locally. With access to facilities at Tudor Grange Leisure Centre, our service has been able to expand opportunities and reach even more people.

Working alongside day centres, community care groups, and special educational needs schools, Solihull Wheels for All continues to open up cycling for those who might not otherwise have the chance.

As trustee Alan Thomson explains: *"We've built up a large fleet of adapted cycles - people who can pedal, pedal and those who can't use our hand-propelled machines."*

We're also proud to share that this achievement has attracted media attention, with coverage from both [BBC News](#) and the [Solihull Observer](#). Select the links to view.



“The Freedom to Ride: A Community Making Cycling Possible for All”

By Simon Richardson MBE



Having heard about the incredible work of Solihull Wheels for All, I felt compelled to share just how important initiatives like this are.

“The therapeutic benefits of cycling are enormous - offering both physical strength and the freedom to simply enjoy the ride.” Simon Richardson MBE.

It is a pleasure to congratulate the volunteers and Trustees of Solihull Wheels for All on the tremendous work they do in providing opportunities for disabled and vulnerable people to enjoy cycling.

From personal experience, I understand how challenging it can be to overcome disability and find ways to stay active, particularly on today’s busy roads. The support offered by initiatives like this is invaluable. The therapeutic benefits of cycling are significant - not only for physical health, but also for mental wellbeing - offering a chance to relax, focus, and simply enjoy the freedom of riding.

Taking that first step can require real courage and determination, and having a safe, welcoming environment in which to begin is often crucial. I remember how much I relied on the support of my coaches at Welsh Cycling in the lead-up to the Beijing Paralympic Games.

I recognise the same spirit of encouragement and dedication in the work you do.

I am delighted to add my praise for your efforts in helping people of all abilities experience the joy and benefits of cycling. Although I regret that I am currently unable to travel due to my progressing disability, I would very much welcome the opportunity, should it become possible, to join you for a few laps of the Tudor Grange track.

In the meantime, as my recovery progresses, I would be grateful to receive a copy of the Solihull Wheels for All newsletter so I can continue to follow your inspiring and impactful work.

Your Community Award is richly deserved - please keep those wheels turning.



Simon Richardson MBE

Welsh Paralympian and double gold medallist at the Beijing Paralympic Games in 2008, where he also won silver. Following a life-changing accident, he became a leading figure in para-cycling and now champions inclusive sport and rehabilitation through cycling.

Star of the month

ANNIE

- ◆ Determined
- ◆ Resilient
- ◆ Confident



At just three years old, Annie is already making a big impression. One of our newest service users, she has shown incredible determination, confidence, and a real drive to succeed - proving that a love of cycling can start very early.

Having never cycled before, Annie first joined us during the Easter half-term holidays, when she came along with her mum, who was supporting another service user. Taking the opportunity to give Annie a try on some of the bikes too, it quickly became clear that she was a natural.

Despite only attending a handful of sessions so far, Annie has taken to the balance bike with ease and enthusiasm - showing not only great ability but also a real sense of speed and control.

Her mum describes her as a “typical little girl- but one who keeps everyone in line and likes to win,” and we think that perfectly sums up Annie’s spirited personality and determination.

We can’t wait to see how Annie continues to grow and develop on her cycling journey...she’s certainly one to watch!

**Why not give it a go like Annie - come along, have fun,
and discover what you can achieve!**



Paul B

We're shining a spotlight on another of our Volunteers to give you a glimpse into the people who help run and support Solihull Wheels for All.



Spotlight On: Paul Bailey, one of our wonderful VOLUNTEERS

Paul became involved with SWFA through his friendship with former trustee, Paul Robinson, who introduced him to the organisation. Although he had planned to join in 2020 after retiring, the Covid pandemic delayed his involvement until 2022.

Paul spent his career working in financial services and the legal sector, eventually working alongside fellow volunteer Paul "Deano" Dean at Irwin Mitchell Solicitors in Birmingham.

In his younger days, Paul was a keen footballer, but he hung up his boots some years ago. These days, he can often be found on the tennis courts at the Blossomfield Club in Solihull, where he serves as Club Secretary and captains the Men's 5th team—"only because they don't have a 6th team," he jokes. This connection has also been beneficial to SWFA when organising social events.

Paul also enjoys cycling, although he modestly admits that a 20-mile ride is about his limit these days.

Paul says, *"I really enjoy volunteering at SWFA. It's incredibly rewarding to give something back to the community. Seeing the pleasure our service users get from their visits to Tudor Grange is a joy, and the camaraderie among volunteers helps every session run smoothly, no matter how many people attend."*

CONSIDER VOLUNTEERING TOO - CONTACT US:



SWFA members have been busy actively supporting some recent community events. Our presence has enriched our knowledge and provided the public with

On Sunday 19th October, we were present at Tudor Grange Leisure Centre in support of British Blind Sport's **'Festival of Sport'** event. We chatted to several organisations and many potential service users. We would like to extend our appreciation to **Simmie** who created Braille leaflets in support of SWFA.



Inclusive Multi-Sport Festival!



We attended Access Sport's Inclusive **Multi-Sport Festival** on Sunday 9th November at King Edwards VI Handsworth School for Girls.

It's always insightful to see what other community events provide.

Gary and Joe attend the **Include Me Games 2025** event, held at north Solihull Sports Centre back in October 27th. It is a FREE event (usually annual) for people with disabilities and health conditions to try inclusive sports like archery, boccia, basketball, and more, plus connect with support services.



JOIN OUR VOLUNTEER TEAM

solihull
WHEELS
FOR ALL

CAN YOU SPARE SOME TIME TO SUPPORT OUR SERVICE USERS?

WHO WE ARE.

We provide *inclusive cycling opportunities* for people of all abilities, including those with disabilities or limited mobility. Our aim is to make the joy and freedom of cycling accessible to everyone.



WHAT WE OFFER VOLUNTEERS.

- Flexible commitment – no obligation to attend every week
- A welcoming and supportive environment, focused on promoting fun and enjoyment
- Full training provided



WHAT WILL YOU BE DOING?

- Helping set up and pack away equipment
- Assisting service users with helmets and bike use
- Encouraging and engaging with participants
- Option to ride alongside with service users
- Completing a compulsory DBS check



HOW TO GET INVOLVED.

- Download our volunteer form [here](#).
- Email your completed form or any questions to: solihullwfaenquiries@gmail.com
- Visit our website: solihullwheelsforall.org.uk
- Find us on Facebook: facebook.com/solihullwheels

SESSION TIMES MON & WED: 10:30—12:30 at TUDOR GRANGE.
MON (BST ONLY): 6PM—7PM

everyone
ACTIVE

COMMUNITY
FUND

COMMUNITY
CHAMPIONS

Diary Dates and Notices



In addition to SWFA, we actively promote and support a range of other services available to our service users across the borough and beyond, helping you to access a wider range of resources. We provide off-site cycling sessions too. See our Facebook page for up-to-date details.



3 DAYTIME SESSIONS CANCELLED AT TUDOR GRANGE - DUE TO SCHOOL SPORTS USE. Evening sessions WILL continue as usual.

Wednesday 13th May | Monday 18th May | Wednesday 20th May

DAYTIME SESSIONS WILL BE HELD AT PARK VIEW

WELCOME OUR NEW Give Friendship
VOLUNTEERS
GARY H & Help Inspire PAUL W

Gary joined us at the end of March and also belongs to, and rides with a cycling club.

Paul's daughter is one of our service users and inspired Dad to volunteer. Thank you.

Our sessions:

Tudor Grange Leisure Centre
Monday's 10:30-12:30pm and 6pm - 7pm
Wednesday's 10:30-12:30pm.

Solihull Cycling Club will hold their next Cream Tea Run at **Luddington Village Hall** Sunday 2nd August .

With the help of SWFA volunteers, we will aim to beat last year's amazing amount raised - £495!

We hope many will come along to support this annual event.



Please note: our daytime sessions get extremely busy. We recommend arriving nearer the beginning of the session to avoid waiting.

We would like to thank ALL our Volunteers and Service Users.