

MAY 2025

Volunteer

## NEWSLETTER 2.



Cycling is enjoyed by all , whatever their ability!

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

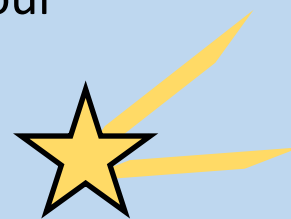
### OUR NEWS...

We have been providing monthly **off-site** sessions

Our new **container** has arrived on-site

Find out about our upcoming **Cream Tea Run** event

Introducing our **STAR of the MONTH.**



Diary dates - including **track closures**



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



## Off-site sessions

North Solihull

Did you know we have been busy offering off-site sessions?

In January, we began running **two off-site sessions** in the north of the borough, once a month. The morning session at Merstone School and the afternoon session at North Solihull Sports Centre. It is fantastic that these have been accessed by so many and are becoming more popular. Our aim is to increase the frequency of our current on-site sessions *and* provide more off-site locations, however, for this to become reality, we really **NEED more willing volunteers**.



Service users during an afternoon session in April  
at North Solihull Sports Centre

Can you spare a few hours to support people in your community?

If you are interested in becoming a **volunteer**, please email us at:

[solihullwfaenquiries@gmail.com](mailto:solihullwfaenquiries@gmail.com) or pop down and see us during our regular sessions, where we will be pleased to welcome you.

**We need you to help us, help others.**



## [ Our new arrivals ]

On 11th April, we took delivery of much needed additional storage. Thanks to Arthur for arranging the purchase and delivery of our new container.

Now we can store more bikes!



Thanks to Graham for selling our trailer, which was no longer required. The proceeds went towards the cost of the new container purchase.

**Welcome to our new volunteers, Meena and Neil.** Thank you both for the hours you have already given in support of us all. It is wonderful having new people joining us to support our expanding service and we are always in need of more. DBS Checks are in place for existing and new volunteers.

We have been having record numbers of service users attending our daytime sessions. It is wonderful to know word is spreading about the service SWFA provide. We are in the process of purchasing additional bikes, so it's a good job we have the extra secure storage in place.



# Cream Tea Run

3rd August 2025

This was an extremely successful event last year, raising over £700 for SWFA.



**Solihull Cycling Club** is holding its annual cream tea run on **Sunday 3rd August** and has again nominated Solihull Wheels for All as the beneficiary of the fund-raising on the day.

See you at **Luddington Village Hall** from **10:30am to 12:30pm**



Please see the flyer for the Cream Tea Run overleaf for further information.



Solihull Cycling Club  
Cream Tea Run  
3rd August 2025



The Solihull Cycling Club cream tea run is on Sunday 3rd August from 10:30 to 12:30 at:

Luddington Village Hall, Luddington Road, Luddington, Stratford-Upon-Avon,  
CV37 9SD

All are welcome, we will have coffee, tea and cakes so please drop in and join us.

We are fund-raising in support of Solihull Wheels for All, a local charity providing inclusive cycling for people of all abilities. All money donated will be used to fund sessions or to purchase specially adapted bikes to ensure that everyone can ride. Please donate what you can, we will have collecting tins or you can use Just-Giving via the URL or QR-Code below.

For more information on the charity please refer to their web-site

[www.solihullwheelsforall.org](http://www.solihullwheelsforall.org)

or their Facebook page

[www.facebook.com/solihullwheels](https://www.facebook.com/solihullwheels)

**Thank for your support and have a good ride!**

**Interested in volunteering with Solihull Wheels for All?**

Please speak to the team on the day, email them on [solihullwfaenquiries@gmail.com](mailto:solihullwfaenquiries@gmail.com)  
or go along to one of the sessions



[justgiving.com/campaign/scc-cream-teas-2024](https://justgiving.com/campaign/scc-cream-teas-2024)







## Star of the month

### Meet Barney

Determination and success go hand in hand for 5 year old Barney.

Barney and his parents, wanted to find somewhere safe and supported to enable him to confidently ride a bike. He came along to his first Monday evening session at the beginning of May, and within weeks, with the use of one of our adapted trikes, he has gone from strength to strength in confidence, ability and mileage. He has been very determined and has worked his way up to cycling 2.5 miles in the rain! He's very eager to improve further and always has a huge smile on his face.



### Feeling inspired by Barney?

Come along to one of our sessions where one of our qualified instructors can support you on your cycling journey at your pace and ability, whether you're a complete beginner or you've lost confidence, we are here to help you achieve within a safe environment. No need to book, you can just turn up and have a go. We also have a range of adaptive bikes ranging from two wheeled bikes to tandems, tricycles, social side by side bikes, side by side hand bikes and wheelchair transporter bikes. We also have electric machines, including a rickshaw. Additionally, we provide helmets.

### Our sessions are:

Mon: 10:30am -12.30pm and 6pm - 7pm and Wed: 10:30am -12.30pm

For private sessions and general enquiries please contact us directly by email at:

[Solihullwfaenquiries@gmail.com](mailto:Solihullwfaenquiries@gmail.com)



## Diary Dates and Notices

**Thank you** to all of you who support the charity, whether as a volunteer or as a service user. We couldn't continue this without you.

## Track Closures

### School event days

June 4th, 9th, 11th, 23rd, 25th, 30th,  
July 7th, 9th & 14th

No **MORNING** sessions on these dates.

All **EVENING** sessions will continue as normal.

### Track resurfacing

The running track will close for resurfacing on 14th July for an estimated 6 weeks. We are looking for alternative locations to continue providing at least some sessions during this period, with the most likely option being the car park adjacent to the track. We will provide further updates as we hear more.

**QUIZ NIGHT** | Date to be confirmed, we are looking towards the end of July.

**CREAM TEA RUN** | Sunday 3rd August from 10 - 12pm at Luddington Village Hall.

Our **morning open sessions** are becoming extremely busy, particularly during the middle period from 11:00 to 11:45.

This means that service users may have to wait for a wheelchair carrier, two-person bike or tricycle (including Tomcats).

We are purchasing more specialised bikes, but delivery times can be measured in months. To reduce the pressure and wait time for the adapted bikes, please avoid the peak times and come towards the start or end of the sessions, if you can.

During especially busy times, we may have to ask riders to relinquish bikes to allow someone else to have a turn. Our aim is to give everyone an opportunity to ride.

As always, thank you for your understanding.

For the latest information please follow us on Facebook [www.facebook.com/solihullwheels](https://www.facebook.com/solihullwheels) or refer to our webpage [www.solihullwheelsforall.org](http://www.solihullwheelsforall.org)