

September 2025

Volunteer

# NEWSLETTER 3.



Cycling is enjoyed by all , whatever their ability!

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

## OUR NEWS...

In partnership with  
**Everyone Active**

Off-site sessions at  
**Park View**

Another successful  
**Cream Tea Run**

Introducing our next  
**STAR** of the MONTH  
and our new  
**SPOTLIGHT** on who?



New Volunteer - Our Thanks To... - Diary Dates - Track News



# Solihull Active Partnership



Working together through the Community Champions Scheme

## Solihull Wheels for All named as Community Champion

A groundbreaking scheme supporting local heroes through leisure facilities in **Solihull** has announced its first recipient: **Solihull Wheels for All**, a project offering inclusive cycling opportunities for people with disabilities or limited mobility.

The initiative, aimed at boosting community engagement in cycling, will now benefit from access to **Tudor Grange Leisure Centre**, operated by **Everyone Active** in partnership with **Solihull Council**.

**Everyone Active's Community Champions** programme recognises individuals and projects making a positive impact in areas such as health, wellbeing, inclusivity, and the environment. By supporting Solihull Wheels for All, the scheme hopes to raise awareness and foster stronger local connections.

"We're thrilled to support a project that's changing lives in Solihull," said **Alex Fuoco-Lang**, Everyone Active's contract manager. "Solihull Wheels for All truly embodies the spirit of community."

**Gary Christian**, Chair of Solihull Wheels for All, added: "We're proud to continue our partnership with Everyone Active, which began in 2019."

**Cllr Tony Diccico**, Solihull Council cabinet member for public health, said: "Their work to make cycling accessible to all is inspiring. Congratulations on becoming our Community Champion."

Solihull Wheels for All is now eligible for the **Everyone Active Champions Awards**, which celebrate projects transforming lives across the UK.



## Off-site sessions

### PARK VIEW

Missing our TG sessions?  
Come to our Park View sessions.  
Mon and Weds 10:30am - 12:00pm

While access to Tudor Grange Track is temporarily unavailable due to resurfacing works, we've been running our morning sessions at **Park View Day Centre** in South Solihull.

These have been a great success, supporting our regular groups along with the **Green Acres Physical Service**. A variety of adapted bikes - including wheelchair bikes and trikes - were available, ensuring everyone could take part.

We've also held **occasional sessions** at our **North Solihull site**, which have also been very well received.

Thanks to the dedication of our volunteers, many service users have been able to continue enjoying inclusive cycling, during this period.



One recent attendee :-)

**Park View Day Centre, Monkspath Hall Road, Solihull. B91 3LU**

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.



# Cream Tea Run



**Solihull Cycling Club** held another successful Cream Tea Run at **Luddington Village Hall August** .

**With the help of SWFA volunteers, the collection raised an amazing £495!**

**Well done to everyone involved in organising and supporting this event.**

**£495** raised





## Star of the month

### Meet Tomasz

Always willing, always smiling, Tomasz is one of our youngest volunteers.

TOMASZ

Tomasz first joined SWFA many years ago as a service user and has since become a valued volunteer. During our recent Cream Tea Run event, Tomasz showed just how dedicated and persuasive he can be - no one could say no to him! He took charge of the donation bucket, **respectfully encouraging contributions** with warmth and charm.

Thank you, Tomasz, for your fantastic efforts - we truly appreciate everything you do and look forward to you supporting our next fund raising event.

### Feeling inspired by Tomasz?

We could not run our sessions without our wonderful volunteers. We provide 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. Maybe like Tomasz, you could take our wheelchair users out on one of our bikes.

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.**



Thank you

**A New Volunteer and another  
New Bike**

### **Welcome Paul Dean– A Valued New Volunteer at SWFA.**

We're delighted to welcome **Paul**, who joined **SWFA** as a volunteer in recent months. Since coming on board, Paul has quickly become a **great asset to the team**. His positive attitude, reliability, and willingness to get involved have made a noticeable impact across our activities.

We're lucky to have him as part of the SWFA community and look forward to all that lies ahead with Paul on the team. **Thank you for your dedication and support!**

### **THANK YOU TO...**



A big **thank you to Alan** for building this trike for our service users to enjoy. Alan declared "It is a very good machine and very easy to build."

Great teamwork — and happy riding to everyone who gets to enjoy these bikes!

**Thanks to Neville, our Silver Trike #37 is Back on the Road!**  
It has had new forks fitted, been road tested, and is now ready for use again.



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**Gary**

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



## **Spotlight On: Gary Christian, Our Trustee.**

This month's spotlight is on someone with a background in mechanical engineering, who spent much of their career in the automotive industry before moving into logistics in 2000. He officially 'retired' in 2016, but certainly hasn't slowed down!

A keen leisure cyclist, Gary enjoyed riding with friends and even joined the Solihull Cycling Club for a couple of years. However, with availability limited to Tuesdays, the regular 60+ mile rides proved a bit too much!

In 2019, after spotting a Solihull Wheels for All session while cycling through the park, he decided to get involved. Since then, volunteering has been both fun and incredibly rewarding.

### **Other activities include:**

Childminding the grandchildren

Volunteering at the Family and Civil Courts in Birmingham, supporting people through court processes

Running (though, he admits, he'll never catch Joe! :-)

Walking and hiking — particularly in the Lake District and Yorkshire

We're grateful to have such passionate and dedicated people as part of our team! Thank you for all you do, Gary.



## Diary Dates and Notices

### Tudor Grange Track Re-Opening Update

We know you're eager to get back on the track - and so are we! The **re-opening** is taking a little longer than expected, but it's **almost complete**.

We'll share the official date on our **FB page** and **website** as soon as it's confirmed.

Thanks for sticking with us!

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.



Cerebral Palsy National Athletics - 6th Sept -  
Warwick university

British Blind Sport at 50 event - 19th Oct -  
Tudor Grange leisure centre

Include Me Games - 27th Oct -



Joe delivered a Disability Inclusion training session with Access Sport on Tuesday, 19th August. Here are a few key takeaways from the session:

**Take an individualised approach with each service user. Keep instructions clear and concise. Consider providing a quieter area that service users can access if needed.**

**QUIZ NIGHT** - TBC. We are looking towards the end of October.

**MINCE PIE RUN** - 7th Dec - TBC  
10am - 12:30pm at Lowsenford Village Hall.