

## Getting Involved

Would you be interested in volunteering with us? We always welcome new people who want to become involved with our work - assisting at cycle sessions, looking after our bikes, fundraising - there's plenty on offer!

## Donations

Could you support BikeAbility Wales? Your donations can make a real difference to the work we can do, and if we are able to reclaim gift aid, your money can go even further. Just e-mail us, or fill in the form below, and we will send you a donation form.

- I would like information on volunteering with BikeAbility Wales
- I would like to donate to the work of BikeAbility Wales

Name

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Address

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Tel

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Email

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## Where to find us

We have two homes - our track and bike store at Dunvant, on the far side of the Rugby ground and an office at the Environment Centre. Our track at Dunvant also links to the Clyne Valley Cycle Path, giving people the option of going for longer rides.

## How can I try the bikes?

We hold several cycle sessions each week, including our Saturday Cycling club, open to everyone, which runs from 11a.m. - 1p.m. Just give us a call or visit our website. Suggested donations per session £3 Adult / £2 Child

We work with local Schools, day centres and with anyone who contacts us and wishes to ride the bikes. We also work with people with mental health needs, and with people who, for any other reason, do not have the chance to go out cycling.



**Track:** Dunvant Rugby Club, Broadacre, Killay, Swansea SA2 7RU

**Office:** Environment Centre, Pier St, Swansea SA1 1RY

Tel: Laura Bolton 07968 109145

Tel: Jackie Wildman 07974 760497

E-mail: [bikeability@ntlworld.com](mailto:bikeability@ntlworld.com)

BikeAbility Wales Limited  
Registered Charity No: 1126297 Company No: 6708913



providing cycling opportunities for everyone to enjoy!



[www.bikeabilitywales.org.uk](http://www.bikeabilitywales.org.uk)

## Where we are What we do

BikeAbility Wales was set up to enable people of all abilities to enjoy the pleasures and health benefits of cycling. We provide opportunities for anyone to ride a bike, and have a good variety of specially designed bikes which people of differing abilities can use. We are based at Dunvant Rugby club, where we have our own cycletrack, so that anyone can safely ride our bikes away from busy roads, and we welcome everyone to come and visit us.

## Our bikes

We have a variety of bicycles to suit all ages and abilities. These include:

### HANDCYCLES

The rider powers the front wheel by hand - great for someone who finds pedalling with their legs difficult, or who has co-ordination difficulties.

### TRIKES, QUADCYCLES AND GO-KARTS

Ideal for people who like the stability of a bike with more than two wheels, they come with a range of additional support for easier cycling and in lots of different sizes.



### TANDEMS

We now have several different tandems - a side by side handcycle, a side by side foot pedalled bike, and a tandem controlled by the cyclist seated at the back. These provide a range of opportunities for people who with a little bit of support, can help in pedalling a bike.

### WHEELCHAIR TRANSPORTERS AND WHEELCHAIR BIKES

These are perfect for anyone who is unable to ride a bike, but wants to participate in cycling activities.

The Wheelchair transporters in particular are excellent for those people who cannot easily move out of their own wheelchairs, really making cycling accessible for just about everyone.



"I like it. It's ever so good. I enjoy it every week and I look forward to riding every Friday. It's great for people who haven't been on a bike before and for meeting people too."

ROBERT WILLIAMS