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EcoLocal Cycling

Organisation details

Description of activity

EcoLocal's Adult Inclusive Cycling project offers cycling to everyone in a safe and supportive off road place.....whether it is on two, three or four wheels! Sessions are inclusive, welcoming all abilities with a wide range of cycles so you can learn and enjoy the benefits of cycling and getting healthy exercise!

Many cycles are accessible for those with disabilities. Friendly cycle instructors will help you take it at your own pace and there are opportunities to get involved in socialising and helping with sessions - why not ask about helping out as a 'trackside supporter'?

Cycling sessions run weekly on Mondays, Wednesdays and Thursdays 10am-12noon on the athletics track at the David Weir Leisure Centre and are for adults and those aged 14+.

Sessions run in the sun and rain! If there is snow or heavy frost they may have to cancel - please phone to check.

Sessions do not run on Bank Holidays

Contact details

Telephone

020 8404 1522

Email address

cycling@ecolocal.org.uk

Website

<http://www.ecolocalcycling.org.uk/>

Address details

Building name

David Weir Leisure Centre (Sutton Arena)

Address 1

Middleton Road

Town

Carshalton

Postcode

SM5 1SL

Accessibility

Accessible building

Yes

Accessible toilets

Yes

Parking facilities

Yes

Staff have specialist training

Yes

Please enter any further details about your accessibility / specialist support

Adapted cycles and two wheelers enable everyone (aged 16+) to have a go – including people with disabilities, those recovering from injury or may otherwise have difficulty in participating in cycling. Cycle instructors will help you select the cycle that is right for you.

The Duet: This bike is suitable for wheelchair users and those with restricted mobility. The participant can sit at the front and carers or relatives can cycle at the back.

The Velo Plus: This cycle enables participants using a wheelchair who find it difficult to transfer out of their wheelchair to take part. The wheelchair can be rolled on to the cycle's platform and locked in place.

Visit the website to see the full range of cycles and trikes on offer.

Availability details

Days and times of activity / opening

Monday	from	to	10 - 11am: informal inclusive cycling sessions for those aged 14+ who would like an opportunity to learn to ride, regain cycling confidence, improve cycling skills, socialise and get gentle exercise in safe off-road environment 11am – 12noon: everybody is welcome, but from 11am we cater for groups of adults with a disability. we have cycles suitable for all disabilities click here for details.
	10:00	12:00	
Wednesday	from	to	10 - 11am: informal inclusive cycling sessions for those aged 14+ who would like an opportunity to learn to ride, regain cycling confidence, improve cycling skills, socialise and get gentle exercise in safe off-road environment 11am – 12noon: everybody is welcome, but from 11am we cater for groups of adults with a disability. we have cycles suitable for all disabilities click here for details.
	10:00	12:00	
Thursday	from	to	10 - 11am: informal inclusive cycling sessions for those aged 14+ who would like an opportunity to learn to ride, regain cycling confidence, improve cycling skills, socialise and get gentle exercise in safe off-road environment 11am – 12noon: everybody is welcome, but from 11am we cater for groups of adults with a disability. we have cycles suitable for all disabilities click here for details.
	10:00	12:00	

When is the activity or service available

All Year Round

Does a parent / carer need to stay on premises during activity

Yes

Is there a cost for this service or activity

Yes

Please provide further details

Each participant pays £4 per session (cash only accepted). Carers are free.

Taking part if you are a child or young person with additional needs or a disability.

How can a child or young person with SEND take part in this activity

Sessions are inclusive, welcoming all abilities with a wide range of cycles so you can learn and enjoy the benefits of cycling and getting healthy exercise!

Many of our cycles are accessible for those with disabilities.

Age range

Age of users

From 14 years to 99 years

Location Map