



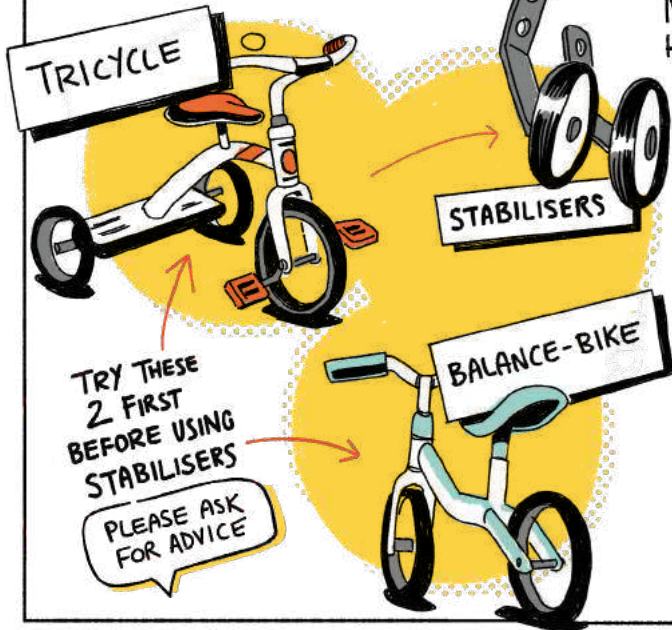
Limbformation

CYCLING TOPTIPS

FOR
CHILDREN + YOUNG PEOPLE



FIRST WHEELS:

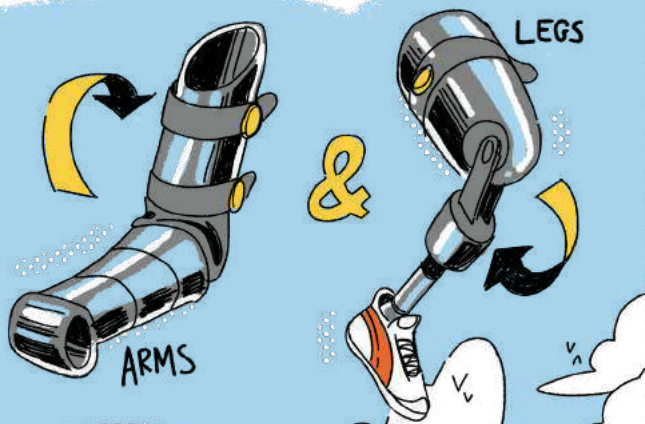


NOW BEFORE YOU
HIT THE ROAD...



... PRACTICE ON SOFT
GROUND AND SAFE AREAS
(LIKE PARKS OR CLOSED ROADS)
UNTIL YOU FIND YOUR BALANCE

SPEAK TO YOUR
REHABILITATION TEAM ABOUT:



... AND SEE IF YOUR
LOCAL LIMB-CENTRE
CAN IMPROVE THE
FITTING FOR YOU



FUNDING:

CONTACT **Limb POWER**
FOR FUNDRAISING IDEAS AND TO LEARN
ABOUT ANY AVAILABLE GRANTS



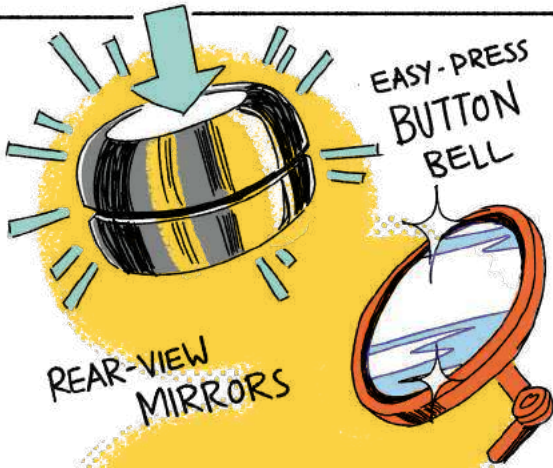
YOUR LIMB-CENTRE CAN
HELP WITH THIS TOO!

BIKE SHED WORKSHOP

THERE'S LOADS OF EXTRA MODIFICATIONS THAT CAN MAKE CYCLING EASIER, SAFER AND MORE COMFORTABLE ...



CAN HELP YOU FIND INCLUSIVE BIKE SHOPS



REAR-VIEW MIRRORS

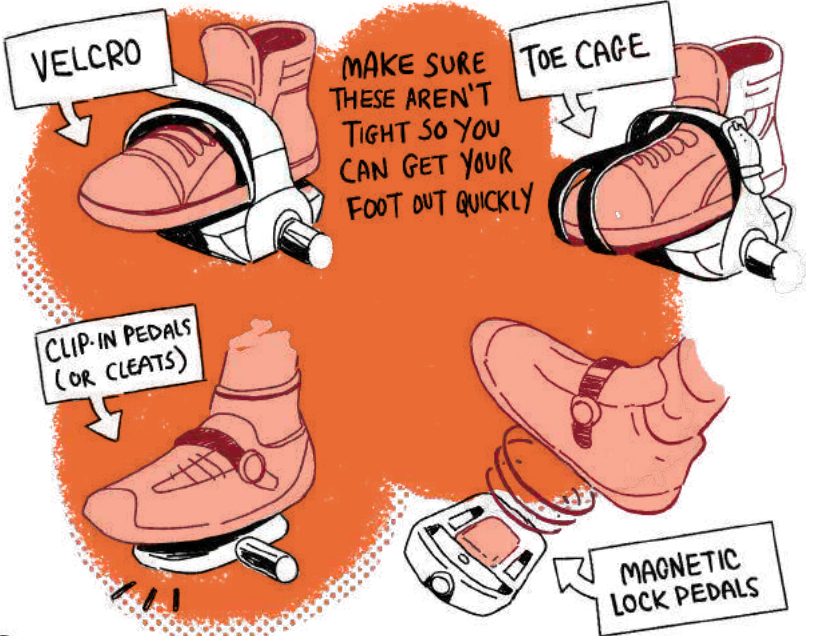
EASY-PRESS
BUTTON
BELL



BRAKES CAN BE MOVED TO YOUR PREFERRED HANDLEBAR SIDE

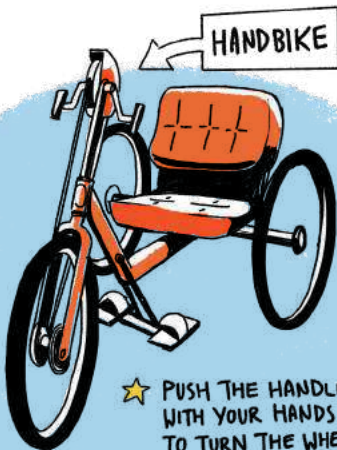
KEEPING YOUR FEET ON THE PEDALS

MAKE SURE TO PRACTICE WITH SOMEONE HOLDING THE BIKE



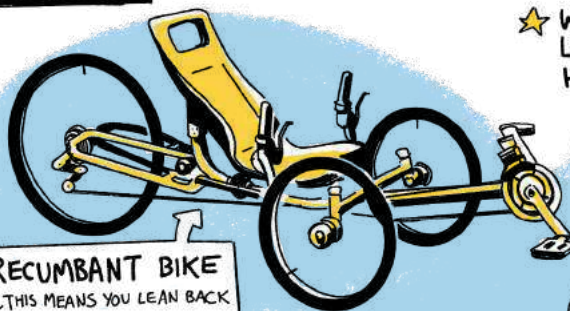
MAKE SURE THESE AREN'T TIGHT SO YOU CAN GET YOUR FOOT OUT QUICKLY

SOME ADAPTED BIKES THAT ARE AVAILABLE



HANDBIKE

★ PUSH THE HANDLES WITH YOUR HANDS TO TURN THE WHEELS



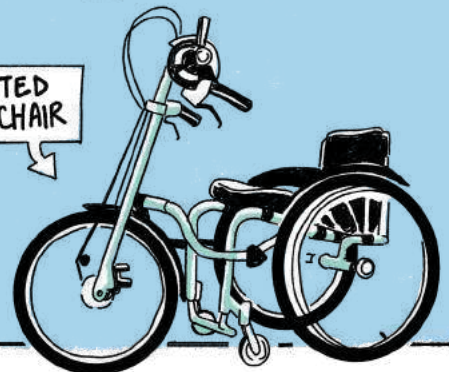
RECUMBANT BIKE
THIS MEANS YOU LEAN BACK

★ WITH THIS BIKE THERE IS LESS PRESSURE ON YOUR HANDS AND BACK

★ IT'S MORE LIKE SITTING IN A CHAIR!

ADAPTED WHEELCHAIR

★ THE HANDLES AND FRONT WHEEL CLIP ONTO THE WHEELCHAIR FRAME



THERE ARE 50 'WHEELS FOR ALL' CENTRES ACROSS THE UK WITH SPECIALLY ADAPTED BIKES AND TRAINED LEADERS

FINDING PLACES TO RIDE



WWW.
BRITISH CYCLING.ORG.UK/
GO-RIDE

HERE YOU CAN FIND LOADS OF HELP AND SUPPORT. THEY CAN ALSO HELP YOU JOIN COMPETITIONS, RACES AND CYCLING CLUBS...

...THERE'S OVER 350 GO-RIDE CLUBS, SO FOLLOW THE LINK TO FIND YOUR NEAREST ONE



DID YOU KNOW, MOST OF THE GREAT BRITAIN CYCLING TEAM STARTED OUT IN GO-RIDE CLUBS!



BIKEABILITY HAVE TRAINING COURSES YOU CAN JOIN. YOU WILL NEED TO BRING YOUR OWN ADAPTED BIKE AND LET THEM KNOW ABOUT YOUR LIMB-DIFFERENCE

A FEW REASONS WHY...

CYCLING IS SO GOOD



MAKE FRIENDS
MEET OTHERS WHO ALSO LOVE CYCLING!



FAMILY TIME
YOU CAN ALL USE BIKES TO GO ON AN ADVENTURE TOGETHER



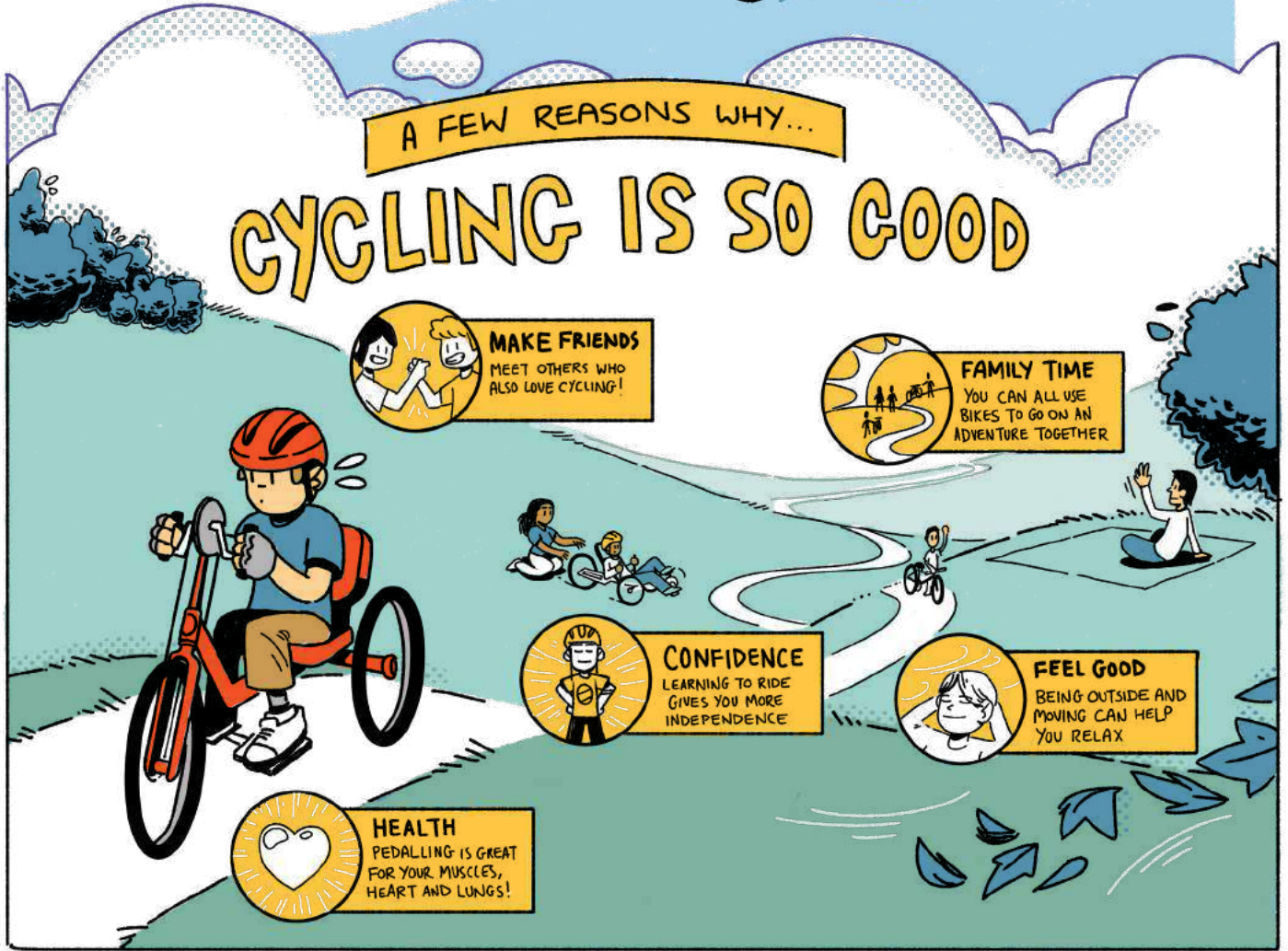
CONFIDENCE
LEARNING TO RIDE GIVES YOU MORE INDEPENDENCE



FEEL GOOD
BEING OUTSIDE AND MOVING CAN HELP YOU RELAX



HEALTH
PEDALLING IS GREAT FOR YOUR MUSCLES, HEART AND LUNGS!



PEOPLE YOU CAN CONTACT FOR HELP



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