

Cycle Assist Programme

Saturday 4th February

Exploring the Disability Cycling Movement



Programme at a glance



Activity	Location	Time
Dr Bike (Drop-in) Is your bike not working how it used to? Come see Andrew from Broom Wagon Cyclery who will run a FREE bike health check!	Outside	9:30 - 13:30
Kate Ball from Wheels for Wellbeing - Talk and discussion (Booking required) Equity in active travel: Every journey, every time	HO.60	10:15 - 10:55 & 13:00 - 13:50
Led Ride to Kenilworth Greenway (Booking required)	Meet Outside	10:20 - 12:00
Culture Cycle (Booking required) Come and express your views on disability cycling through the medium of art	HO.58	11:05 - 12:30 & 14:00 - 15:30
Accessibility in South Coventry Focus group (Paid Opportunity - Booking required) Would you like to be an active voice in making change to South Coventry?	HO.61	11:05 - 12:30 & 14:00 - 15:30
Access Cycle Showcase (Drop-in) Interested in alternatives to standard bicycles?	Outside	12:00 - 13:00
Cycle Skills (Booking required) Take the opportunity to learn today, with our trained instructors and adapted cycles	Outside	13:10 - 14:10 & 13:20 - 15:30

Other Spaces

Networking Space Atrium

Interested in learning more about disability cycling? Want to join volunteer opportunities in Active Travel or interested in a future career? You'll find the answers here from a variety of our partners.

Quiet Space (Drop-in all day) Room HO.64

Please feel comfortable to use this room if the event day is becoming overwhelming. The quiet room will be managed by a member of the event team, and we have a Mental Health First Aider on site.

Catering by Canley Pop up café (Outside)

Dr Nor's famous pop-up Noodle bar returns to campus! Get your FREE LUNCH for the event.

Vegan and Gluten free options available



Site Plan



Dr Bike

9:30-13:30 Outside

Is your bike not working how it used to? Come see Andrew from Broom Wagon Cyclery who will run a FREE bike health check!

He will carry out an 'M' check on all bikes, which is an 11 point safety check up for your bike

Small tune-ups will be done on site and anything further can be diagnosed and reported back to you



'M' Check is an 11 point safety checklist

Kate Ball from Wheels for Wellbeing

Equity in active travel: Every journey, every time
Room HO.60

10:15 – 10:55 & 13:00 – 13:50 (repeat session)

Kate Ball, Campaigns and Policy officer for Wheels for Wellbeing will be talking about how infrastructure, social structures and attitudes currently disadvantage Disabled people. We'll look at simple changes that are needed to enable everyone to make the journeys that they want and need to – and at how better active travel access for Disabled people will bring benefits to everyone.

Kate has worked for better active travel access and environmental improvements in Derby and Derbyshire for many years. She is one of the Cycling UK 100 Women in Cycling 2022 and her family are the Bikeability Family of the Year 2022.



Kate Ball

Led Ride to Kenilworth Greenway

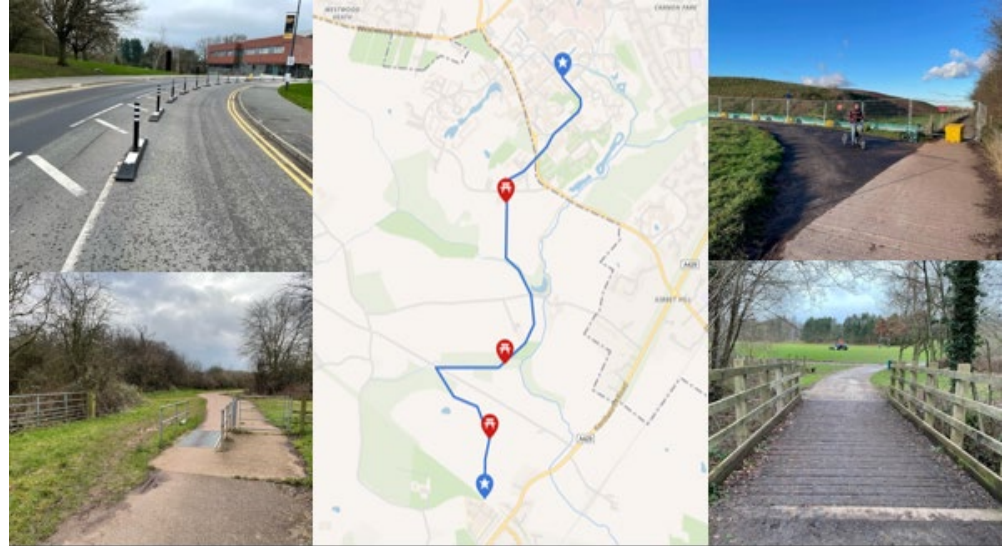
10:20 – 12:00 Meet Outside

Join a community ride along the National Cycle Network looping between University campus and Kenilworth Greenway. New and experienced cyclists welcome. Assistive and adapted cycles available. Back in time for lunch!

Under 18's will need parents/guardians permission

If you would like to wear a helmet, please bring one

Approximate length: 4.5 miles on off-road tarmacked track



This ride will be at a gentle pace and mostly traffic-free, along the National Cycle Network route 52, through campus towards Kenilworth and back.

All types of cycle are welcome.

Rest stops are marked as red benches on the map above – please bring your own refreshments.



To find out more,
please contact:
ruth.cumming@sustrans.org.uk

Culture Cycle

11:05 – 12:30 & 14:00 – 15:30
Room HO.58

Come and express your views on disability cycling through the medium of Art

Warwick Institute of Engagement in partnership with Sustrans, are offering two sessions of guided art workshop

We will be making stained 'glass' panels that will come together to create a bicycle



Culture Cycle

Accessibility in South Coventry

Focus Group

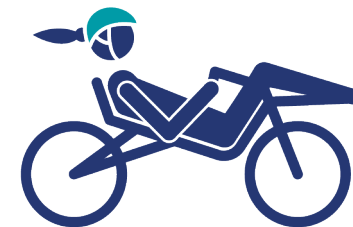
11:05 – 12:30 & 14:00 – 15:30

Room HO.61

Would you like to be an active voice in making change to South Coventry?

Earn a £20 Voucher for sharing your views on how to improve accessibility for disabled cycling

You will be asked to share your views in a structured focus group, answering questions and discussion ideas.



Access Cycles Showcase

12:00 – 13:00 Outside

Interested in alternatives to standard bicycles?
Could you use cycles as a mobility aid?

Midland Mencap will be presenting alternatives
with the opportunity to get hands on with
Tricycles, Handcycles, e-bikes and recumbents.



Cycle Skills

13:10 – 14:10 & 13:20 – 15:30 Outside

Interested in learning to ride for the first time?
Take the opportunity to learn today, with our
trained instructors and adapted cycles.

Spaces limited to 10 per session.

If you would like to wear a helmet, please
bring one

Under 18s will need parents permission.



Ruth will be leading our sessions

Sustrans is the charity making it easier for people to walk and cycle.

We connect people and places, create liveable neighbourhoods, transform the school run and deliver a happier, healthier commute.

Join us on our journey.

www.sustrans.org.uk

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