

ALL ABILITY AND ALL INCLUSIVE CYCLING CONFERENCE INFORMATION:



All Ability & Inclusive Cycling Conference 2012



Friday 27th April 2012

Newquay Sports Centre

All across the UK, there are many people who deal with debilitating problems of various sorts ranging from mental health issues and learning difficulties to physical disabilities. But they should never be excluded, rather encouraged to participate and that is what we are aiming for here .. Cycling not only improves one's health but also gives participants that all important sense of inclusion.

Yeoman Way, Tretherras Road, Newquay, TR7 2SL

Hosted by:

CycleAbility



Supported by:

Cornwall Sports Partnership



ALL ABILITY AND ALL INCLUSIVE CYCLING CONFERENCE INFORMATION:

08.45-09.15	Registration and Tea/Coffee	
09.15-09.25	Welcome by Vin Cox	Vin Cox
09.25-09.30	Introduction/Short film	Wendy Creed
09.30-09.45	Ethos of new conference structure	Wendy Creed
09.45-10.00	Being Martin (Symonds)	Short Film
10.00-10.30	Ride to Recovery	Graeme Willgress
10.30-10.55	All Inclusive Bikeability	Emma Downey
10.55-11.10	Comfort break/Light refreshments	
11.10-11.45	Workshop 1: [1] Wheels for Wellbeing [2] CTC/Bike Club/UK Youth Awards	Isabelle Clement Rob Fuller
11.45-11.50	Workshop switch	
11.50-12.25	Workshop 2: [1] Wheels for Wellbeing [2] CTC/Bike Club/UK Youth Awards	Isabelle Clement Rob Fuller
12.25-14.00	Lunch break and opportunity to try out the various bikes	
14.00-14.15	Snapshot of the British Cycling Disability Workshop module	BC Representative TBA
14.15-14.45	The benefits of cycling from a physiotherapist's perspective	Chris Davies and Gabriella Todd
14.45-15.15	Workshop 3: [1] Different bikes for different conditions [2] Sustainable Travel Solutions	Rob Henshaw and Martin Griffiths Richard and Simon
15.15-15.30	Workshop switch and comfort break	
15.30-16.00	Workshop 4: [1] Different bikes for different conditions [2] Sustainable Travel Solutions	Rob Henshaw and Martin Griffiths Richard and Simon
16.00-16.45	Questions for those with experience	As per the Guest List
16.45 ONWARDS	Close – Thank you for coming .. For those who are interested, there is now more time for tryouts on the Tennis Courts (or the hall if the weather is unkind to us).	

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WORKSHOPS: These will hopefully give delegates an opportunity to discuss aspects of all ability and inclusive cycling from different angles. Not everyone is the same and there are lots of variations as to people's needs ranging from a little help due to a chronic condition such as arthritis to those who need something more specialised.

It will also mean the chance to question and share experiences with those who are already involved with the implementation of all ability cycling. Everyone will have the opportunity to do all four workshops. Please remember your business card so that you can exchange them and leave Newquay with new contacts to support you in your endeavours.

GUEST LIST: Time is limited so we have several people attending who are already involved with very successful clubs and can share their own area of expertise with you. These include Chrissy Nelson from the USA, who is a Paediatric Nurse and works with the real Patch Adams from time to time. For a full list of 'Who's Who' please see below.

COST: £75 per person, including lunch and refreshments. **Early Bird discount! Cost: £65 per person for bookings paid for before 29th February.** (N.B: Cancellation Charges apply: if notice of non-attendance is less than 7 days forfeit 50% of your ticket and 100% if it is less than 48 hours.)

BOOKINGS: Please complete the booking form overleaf and either return it with a cheque or email it if you are able to pay via BACs. All applications must be received no later than 1st April 2012 to the address below or via email to disabledcycling@cycleability.org.uk

Cheques should be made payable to **CycleAbility** and sent to:

Cycleability
3 Penair View
Truro, TR1 1XR

Tel: 07762 493662
Web: www.CycleAbility.org.uk

PAYMENT: For BACs Payments please use Sort Code 30-92-69 Account No: 20960168 or send a cheque made payable to 'CycleAbility' and send it together with the booking form to the above address.

ACCOMMODATION: There is a wide variety available if booked early enough – Please go to <http://www.visitnewquay.org> or nearby Truro at <http://tourism.truro.gov.uk>. There is also a holiday flat in [Truro](#) at reasonable rates containing 1x double bedroom and 1 x twin bedroom although the double bed can be split. There is also a secure bike area attached to the flat.

FOR DELEGATES WHO WISH TO MARKET THEIR OWN PRODUCTS: We have limited space at the Sports Centre however if you wish to have a table for your marketing materials we are able to accommodate you within reason. However please be aware there will be a small charge for this service. For more information please contact disabledcycling@cycleability.org.uk

Please also DO NOT send any equipment or materials in advance. All marketing materials must be delivered before 8.30am and removed again by 5.30pm on Friday 27th. There are limited parking facilities immediately adjacent to the area where the conference is being held.

OPTIONAL EXTRAS: On Thursday 26th April we will be offering places to those who are QUALIFIED National Standard Instructors on the British Cycling CPD Disabled Cycling Workshop. Due to having secured funding, this will be offered FREE to the first 15 people who return their conference booking forms. However this is only available to anyone who is attending the conference as a delegate. There is an option that we organise a second date on 25th April but at your own cost if all the free places have been taken up, as we anticipate these will go very quickly!

Also on Saturday 28th April 2012, we are planning on going for a family day out. Unfortunately Heartlands Cornwall in Camborne, the original venue will not be ready and the paths fenced off but subject to the weather, we will be looking at either the Camel Trail or possibly Stithians Lake.

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THE GUEST/DELEGATE LIST INCLUDES ..

- Chrissy Nelson, [foster carer extraordinaire](#) and [author of Eagle Doctor](#)
- Martin Symonds of '[Being Martin](#)' fame who relies heavily on his [Boma](#)
- Emma Downey who delivers [Bikeability in Bristol to all inclusive groups](#) and is one of the co-authors of the [DfT's Good Practice Guide for Disability Cycle Training](#)
- Graeme Wilgress just cycled [4000 miles Round Britian Ride 2 Recovery](#)
- Tim Morgan at [Mountain Trike](#)., which began life as a university engineering project to give wheelchair users a new kind of wheelchair cum handbike which he and Ed will be bringing with them for delegates to try for themselves.
- Richard Hatton and Simon Biggin from [Sustrainable Travel Solutions](#) who are also hoping to come (They lease their bikes as well as offering the potential to buy them).
- [Quest 88](#) who are bringing their bikes down for all the delegates to try out.
- You will also meet those involved with '[Wheels for Wellbeing](#)' which is a well established and successful club in the [London area](#),
- [Pedal Power](#) from Cardiff and [BikeAbility Wales](#) from Swansea
- Tom Pales of [Freetrike](#) (aka 'Freedom to Challenge Disability through Cycling') and
- Wanda Summers, of [Live Without Limits Personal Training](#) Wanda recovered from a broken back with the doctors telling her she would never walk again and Tom set up Freetrike after his father had a stroke, helping him to become mobile again.
- Mike Grisenthwaite at Cyclists fighting Cancer also plans on coming .. Check out his amazing and inspiring story at <http://cyclistsfc.org.uk/our-story>
- Chris Davis, who is a British Cycling Level 2 Coach and runs a Sports Injury Therapy practice. Chris is also an active [competitive cyclist](#) has National and European titles although top spot on the podium at the Worlds, still eludes him
- Caroline Waugh, [Community Health Champion](#) from Sheffield who has her own story
- Bob Griffin from [TomCat Trikes](#) which are pretty amazing to the point of being able to use a hoist with them and Chris Swift from [Molten Rock](#) ..
- Rob Fuller who involved with [Bike Club](#) and have an award scheme similar to that of the Duke of Edinburgh award scheme for young people to aim for.

Although Steve Garidis and Paul Robison of the [Electric Bike Network](#) in the Peak District and shortly along the River Exe are unable to attend, we will be including some information about the latest trail to be opened in Devon with the main hub at Darts Farm in the Check In pack. (Electric bikes are ideal for people with progressive arthritis or obesity problems and needs a little extra help and bikes from last year are being sold online fully maintained at good prices! The electric bikes take the stress out of cycling allowing sufferers to continue cycling as a hobby or a means of getting around.)

Unfortunately Kevin Hickman, Chair of the [ICF Forum](#) and should need no introduction to those who were at the [CTC Awards](#) is not able to confirm availability but hopes that board members will also be attending, so you will have the opportunity to discuss issues with them instead.

Phillip Darnton OBE, former MD of Raleigh and Chairman of Cycling England also has a prior engagement but is interested in what is going on so has requested he be kept in the loop. In May 2011 he was appointed [Executive Director of Bicycle Association](#) and more recently joined the board of [Challenge for Change](#).

There may be one or two others there who will be interesting to talk to but if that is the case, we will introduce them on the day - meanwhile watch this space .. any updates will appear here!



RIDE
SIDE BY SIDE

and Quest 88 working with CycleAbility to
bring ALL INCLUSIVE CYCLING to Cornwall



ALL ABILITY AND ALL INCLUSIVE CYCLING CONFERENCE INFORMATION:

Please reserve a Delegate's place at the price of £75.00 per for: (NB: The EARLY BIRD price was only valid from 24th January 2012 to 29th February 2012.)

Contact Details: Please Use BLOCK CAPITALS (Please use one form per company with additional names listed below.)		
ORGANISATION: NAME OF DELEGATE: ADDRESS: POST CODE: EMAIL ADDRESS: TELEPHONE: Please provide an Attendance Certificate: Any Special Needs or Dietary Requirements?	YES/NO (Circle one)	
We would like to bring our Marketing Materials YES/NO (Circle one)	If YES please specify requirements:	
I would like to do the CPD Workshop on 26 th YES/NO (Circle one)	NSI No:	If all FREE places are already taken up, would you like another course run on 25 th April @ £100 per person? YES/NO (Circle one)
PAYMENT DETAILS: <i>This is a ZERO VAT event</i>		
<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p><i>Please invoice me for £.....</i></p> <p><i>I attach a cheque for £.....</i></p> <p><i>I have made a BACs payment for £..... on (Date).....</i></p> </div> <div style="width: 50%;"> <p><input type="checkbox"/> <i>I attach an official invoice request (This should be on your official headed company paper.)</i></p> <p><input type="checkbox"/> <i>Made payable to 'CYCLEABILITY'</i></p> </div> </div>		
SIGNATURE:		
Names of any Additional Delegates attending the conference		

ALL ABILITY AND ALL INCLUSIVE CYCLING CONFERENCE INFORMATION:

We would like to thank everyone who has made the conference possible, specifically:



Tim Webb, Manager of the Newquay Sports and Community Centre and all his staff

Staples of Truro



that was easy.™



Quest 88 & Ride Side by Side

Atlantic FM



Wildoo courtesy of Andy Easterbrook

CV courtesy of Chris Watson who also designed and made up the car stickers and logo etc.



And of course everyone who is already involved in cycling already who will be taking time out to come here to share with you.