



NO LIMITS CYCLING General Information for Participants March 2016

WHAT IS NO LIMITS CYCLING?

No Limits Cycling is a cycling project, run by Live Active Leisure and based in Perth and Kinross, to get people who find cycling difficult or impossible, due to a lack of suitable equipment, opportunity or support, on a bike and experiencing the benefits it gives you.

We have been running 1 day a week for over a year, using bikes borrowed from a national project called Blazing Saddles. But we are building a fleet of bikes of our own to be based in Perth and Kinross full time.

We will be launching our new sessions on WEDNESDAY 20TH APRIL 2016. Our launch event is on SATURDAY 30TH APRIL.

WHO IS IT FOR?

Anyone really but our bikes are suitable for people with disabilities, [balance/mobility issues](#) and older people.

HOW DOES CYCLING BENEFIT PARTICIPANTS?

You don't have to be Chris Hoy or Laura Trott to be good at cycling and to get as big a smile! Cycling can improve:

- Strength and cardio fitness
- Balance and Co-ordination
- Breathing and circulation
- Mental wellbeing
- Focus and concentration

It can also give:

- Social opportunities
- Independence
- A sense of satisfaction

And most importantly of all give participants a lot of FUN.

WHAT BIKES ARE AVAILABLE?

We currently have

- Adult tricycles
- Side by side bike
- Folding bikes/ Adult balance bikes

- KMX's (low 3 wheel bikes)

By May we will have

- Tandem tricycle
- Easy side by side bike
- Handbike

Later in the year we will have:

- A bike for a wheelchair user
- Tandems
- Another side by side bike
- Children's tricycles

WHERE ARE THE BIKES?

The Bikes are currently based at Bell's Sports Centre on the North Inch in Perth. All our sessions are currently based on the North Inch. However we intend to take the bikes out to communities, schools, care homes and centres in the future.

WHEN ARE THE BIKES AVAILABLE?

Currently there are different sessions running. The number of sessions will build up over the coming year. Get in touch for more information.

Sessions are either for

[Individuals – come and have a try on one of our Open sessions or come regularly](#)

New groups – have to be pre-booked and usually run as a 6 week block with an experienced member of staff or a volunteer.

Existing groups - who have already done some cycling and have trained leaders.

Sessions running:

Wednesday morning 10am - 12 for new groups – run in 6 week blocks

Wednesday afternoon 1 – 3pm NHS Physiotherapy team for Adults with Learning Disabilities

Thursday evening 6pm one Social ride for anyone and everyone. Use of our bikes or bring your own.

1st Saturday of month 10 – 12 Individuals – open to everyone.

Anytime though pre-booked [for existing groups who have a trained leader](#)

WHAT HAPPENS IN A SESSION?

What we might do in a session will depend on the group and abilities of those participating. It might involve:

- Just having a go on a range of bikes cycling on the paths near Bells Sports Centre
- Learning cycle skills
- Playing games
- Going for a longer ride on paths
- Working towards a qualification

All participants will get a 'passport' at the end of their block to show others what they are able to do and which bikes they prefer.

HOW MUCH DOES IT COST?

Individuals LAL Concession Activity Charge £3.40 for up to 2 hours including fitting. Includes bike, helmet and fluorescent vest.

Existing groups £20 for group of 8 (approximately). This is for 2 hours including fitting time.
Includes bikes for all, helmets and fluorescent vests. It is essential you have a trained leader with you.

New groups (or those who need a leader)
£25 for group of 8 (approximately). This is for 2 hours including fitting time.
Includes qualified leader, bikes for all, helmets and fluorescent vests.

Payment can be made on the day to Bells reception or by invoice to your project or organization.

HOW DO YOU TAKE PART?

1. If you would like to use the bikes, you need to get in touch with us. Phone Emma Burtles on 07881 991176 or email emmaburtles@phonecoop.coop.
2. You would then complete a booking form and let us know more about your or your group.
3. You would then arrange to make payment – either in cash to the Bells reception on the day or by invoice as a group.
4. We can then book you in for 1 or a block of sessions.
5. You turn up and ride. We will supply helmet, fluorescent vest and bike. We have bikes for carers too.

VOLUNTEERING and TRAINING

We are building a team of trained volunteers, and staff from local organisations and projects. They are all trained as Bike Ride Leaders and are gaining experience through working with groups.

Volunteers can take on various roles including:

- Bike Ride Leader
- Mechanic

- Bike Buddy

We can offer training so please get in touch if you are interested in this, either as a volunteer or member of staff of a relevant organization.

FUNDRAISING

These bikes are expensive and we are busy trying to raise money for more bikes. We are planning various fundraising events. If you can help please get in touch.

EVENTS

We are having a range of events throughout 2016.

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| April | Volunteer update session – date to be confirmed. |
| 30 th April | No Limits Cycling Launch – Superhero Day/ Fundraising Event
10.30 – 1pm try out session and Circuits of the North Inch with Quiz, treasure hunt. Prize for best dressed superhero. |
| Early June | Fairview School summer fayre. Bike Try out event. |
| June | Demo at Care Home Olympics. |
| September | Sponsored cycle weekend. |

CONTACT

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