

Case Study



All Ability Club Volunteer

Name: Maria

Lives in: Hackney, London

"I am doing what I like- I consider myself very lucky as I was employed for most of my life. Now that I am retired I have the luxury to do this."



Maria likes to be active and enjoys the opportunity of **helping "the ones who need it most"**. Maria has been supporting the Bikeworks All Ability Clubs for more than three years as a volunteer. Before joining Bikeworks she volunteered with SENSE, and organisation running activities for people with visual impairments.

"Being a regular volunteer makes a person feel closer to other people, as though they are sharing their daily life. In Bikeworks I found the team so close - it's like a family."

In her role as an All Ability Volunteer Maria welcomes club users and helps get them comfortable on an adapted cycle of their choice before they go for a ride with their family or carer.

"I ask them if they would like to have a go. If they have never cycled before we can offer a tricycle as it helps with balance issues and provides an opportunity to focus on steering and pedalling."

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Wheelchair platform cycles and 4 person cycles are among the cycles available at the clubs.



All Ability Cycling clubs are free to access and open to all. People of all ages, abilities and experience levels can use cycles of all shapes in a welcoming and inclusive environment. Regular clubs take place in several locations across London and most clubs operate on a drop-in basis so you can simply show up on the day to take part. Check our website for details.

Volunteering opportunities are available at some club locations: register your interest using the 'Volunteer' button.

To find out more email all.ability@bikeworks.org.uk