

Wellness Wheels

Using cycling as a health and recovery intervention for adults



What is Wellness Wheels



Wellness Wheels is a structured physical activity intervention delivered by Bikeworks for adults living with health conditions and disabilities.

It is designed for people who require planned, supported engagement, where cycling is being used as part of health, recovery and condition-management, rather than as an open participation activity.

Sessions are closed, booked and structured, with appropriate support and planned progression built in from the outset.



Newham - Coming Soon



Launching February 2026

Wellness Wheels will be delivered at Queen Elizabeth Olympic Park, with weekly sessions on Mondays, running morning and afternoon.

Referral and booking information will be shared in mid-January.

For further information: all.ability@bikeworks.org

Subject line: Wellness Wheels

"It wasn't just turning up and seeing how it went, there was a clear plan for what I was working towards."

- Participant

"It's a structured option we can refer into, where goals are clear and progress is worked on over time."

- Referrer



Who Wellness Wheels is for



Wellness Wheels is a structured physical activity intervention delivered by Bikeworks for adults living with health conditions and disabilities.

It is designed for people who require planned, supported engagement, where cycling is being used as part of health, recovery and condition-management, rather than as an open participation activity.

Wellness Wheels is intended for adults who:

- are living with long-term health conditions or disabilities
- would benefit from a structured, supported physical activity intervention
- require specialist instruction and access to appropriate cycles

Participation is referral-led, with an initial assessment built in.



How Wellness Wheels works



Wellness Wheels operates as a structured, time-bound physical activity intervention, with measurable outcomes agreed at the outset.

Participation is referral-led, through health and adult social care, as well as condition-specific organisations working alongside clinical teams.

Each participant begins with an initial assessment, which establishes baseline measures and agrees goals. These provide a clear framework for what the person is working towards over the course of delivery.

Sessions take place once a week at Bikeworks' Inclusive Cycling Hub, located at the accessible Queen Elizabeth Olympic Park.

Progress is reviewed regularly against agreed goals, with week-by-week tracking over an agreed time period.



Delivered by experts



Our instructors and specialist cycles are at the heart of how this work is delivered.

Delivered by Bikeworks' trained instructors, experienced in working with adults living with health conditions and disabilities.

Instructors deliver in a structured, goal-led way, appropriate to health and rehabilitation contexts, and are confident supporting people with a wide range of physical needs.

Delivery is supported by access to Bikeworks' range of specialist cycles and adaptations, enabling adults to take part in a way that is appropriate and effective.

This enables goal-led delivery with the right expertise and equipment in place.



Adult health and social care



Wellness Wheels is intended to connect with professionals working across adult health and social care, including:

- Primary care and PCN-linked roles
- Secondary care and specialist services
- Adult social care teams supporting people living with long-term health conditions

It also connects with condition-specific organisations, such as those supporting people living with neurological conditions or cancer, who work closely with clinical teams and treatment pathways.

If you would like to discuss whether Wellness Wheels is an appropriate referral option, please contact us.



Why Bikeworks



Wellness Wheels is delivered by Bikeworks, harnessing 20 years' experience of delivering inclusive cycling at scale.

Each year, Bikeworks delivers over 50,000 cycling experiences, supporting more than 4,000 disabled people and people living with health conditions to access cycling for physical and mental wellbeing.

Wellness Wheels is available to Newham residents, with weekly sessions at Queen Elizabeth Olympic Park, home to Bikeworks' inclusive cycling hub.

Sessions take place in a well-connected park setting with public transport access and free parking.

Come and Join Our Journey

www.bikeworks.org.uk

