

Would you like to try Cycling?



The Learning Disability Physiotherapy Team run cycling sessions every week in partnership with Blazing Saddles

There are lots of adapted bikes including:



a hand cycle

a tandem tricycle

a wheelchair loader



These sessions are being run on Wednesday afternoons.

Cycling has many benefits including:



Cycling builds strength and muscle tone

Cycling eats up calories so can help with weight loss

Cycling improves heart health

Cycling improves coordination and balance

Cycling is a fun and sociable activity

We have limited spaces so if you would like to apply for a 6 week block or have any questions please use the contact details below:



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