

Edinburgh All-ability Bike Centre

Edinburgh All-ability Bike Centre is a project run by Cycling UK jointly funded by Transport Scotland and The RS MacDonald Charitable Trust with support from the City of Edinburgh Council's Outdoor Learning



Edinburgh ABC is based at the City of Edinburgh Council's Bangholm Outdoor Education Centre and offers people the chance to get cycling whatever their ability or background using a range of adaptive bikes as well as standard solo bikes and tandems. The project primarily aims to benefit children and adults with disabilities, older people who haven't cycled for a long time and people who have never cycled before.

Edinburgh ABC promotes the wide range of benefits that come from cycling, which include:

- becoming more active
- improved physical health
- mental wellbeing
- increased confidence
- boosting self-esteem
- feelings of independence
- the opportunity meet new people
- participating in a safe, fun and popular activity

Edinburgh ABC
we are cycling
UK
The national charity

TRANSPORT
SCOTLAND
COMHAIL ALBA

THE RS MACDONALD
CHARITABLE TRUST

Get involved!

There are many ways to get involved with Edinburgh ABC:

- **Participant** - there are many opportunities to start your cycling journey. Whether you would like to ride with your family or meet new people, gain new skills and confidence cycling, the Edinburgh ABC can help.
- **Organisations** - Edinburgh ABC provides your clients and staff with a new and exciting experience. We can work together to enable riders to learn new skills and gain the benefits of regular cycling activity whilst your staff also gain skills and will also have the opportunity to gain a nationally recognised Cycle Ride Leader qualification.

Volunteer roles include, under the supervision of a qualified leader:

- Assisting people on and off bikes
- Making adjustments to bikes to suit individuals
 - Buddying riders on two seater bikes such as tandems and side by side trikes
 - Riding/walking alongside riders on solo bikes/trikes
- Assisting people to learn to ride for the first time
 - Assisting to maintain the adaptive bike fleet
- Promoting the work of Edinburgh ABC at events

Valued volunteers will have the opportunity to gain nationally recognised qualifications:

- Cycle Ride Leader
- Outdoor Emergency First Aid
- Bicycle Mechanic

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