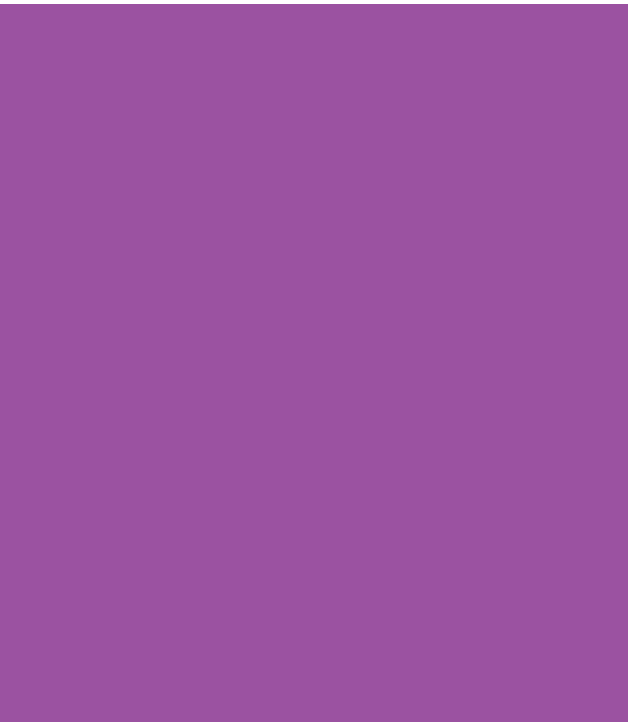


# Impact Report 2025



Disability Sheffield  
Centre for Independent Living

# Welcome to our 2025 impact report!

2025 saw further challenges for Disabled People and people with long term health conditions in the UK. With benefit reforms looming and cuts to public services, many continue to be squeezed between rising costs and shrinking support.

Amid these pressures, a more hopeful shift is occurring - an increasing recognition that mobility for Disabled People must go beyond piecemeal fixes and address **pan-disability, pan-modal** needs across walking, wheeling, cycling, public transport and multimodal journeys. **The freedom to travel and to take part in physical activity are vital pillars of independent living for Disabled People.**



Sheffield Cycling 4 All is proud to be one of the projects actively offering solutions to support independent living - helping make cycling not just possible, but a genuine choice for Disabled People. With two major funding bids secured in 2024, last year saw us step into an exciting new stage of our journey. 2025 was full of firsts and milestones:

- **More ways to ride** – for the first time, we offered four different types of cycling: park, closed circuit, off-road and road. This gave our cyclists the chance to choose what suits them best, while also offering pathways to grow skills and confidence.
- **Our first ever 7-day week of cycling** – an incredible marker of just how far we've come, and how strong the demand for inclusive cycling is across our community.
- **Working towards change at a systemic level** – with our new steering group and more focus on community advocacy, we're working to ensure the voices of our cyclists drive change on a societal level.

We're excited to keep growing, keep adapting, and keep working so that every Disabled Person in South Yorkshire has the freedom to choose to cycle – when, where and how they want.

# Foreword from Ken Talbot

## Handcycling Land Speed Record Holder

When I first contacted Sheffield Cycling 4 All, I was simply looking to test a handcycle before making a big investment. What I found was an organisation that embodies what inclusive cycling should be about.

From the moment I arrived at Parkwood Springs, it was clear that SC4A doesn't do "token access". The trails were genuinely accessible, varied, challenging and fun — **no barriers, no compromises, just great riding** in a setting that makes you forget you're minutes from a city centre. Whether you're experienced or just starting out, there's space to build confidence, push yourself, and enjoy being on the trails.

Equally important was the people. The knowledge, care and enthusiasm from the staff and volunteers transformed a short test ride into a memorable day of riding and connection. **SC4A isn't just about cycles — it's about possibility, independence, and creating experiences people want to come back to.**





## Foreword from Sally

SC4A cyclist and Steering Group member

We love cycling! Inclusive cycling goes beyond simple mobility; it represents access, dignity, and a sense of belonging. I have been attending for almost three years now, and as someone who uses a wheelchair and cycles with support from a carer, being able to participate in SC4A cycling sessions at Hillsborough Park has significantly benefited both my physical and mental health and wellbeing. Breathing fresh air, spending time outdoors, and engaging in routine exercise has helped strengthen my legs, improved my fitness, and given me greater confidence and independence. It's also a lot of fun!

SC4A inclusive cycling helps validate the experiences of disabled people, making sure everyone feels welcome, acknowledged, and valued. Accessibility shouldn't be an afterthought—it is fundamental for creating environments where people of all abilities can take part equally.

Serving on the steering group this first year has given me an opportunity to share my lived experience, influence decision-making, and advocate for the group on a broader level. A lot has been accomplished this past year and I look forward to future opportunities for the team.

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# Sheffield Cycling 4 All

**Sheffield Cycling 4 All is a Disability Sheffield project.** We provide opportunities for Disabled People and people with long-term health conditions to cycle, and enjoy all the benefits that follow.

## Wellbeing

We support wellbeing and reduce social isolation by offering regular sessions in a welcoming, group setting. We promote greater self-esteem and confidence by demonstrating that it is possible for anyone to cycle.

## Health

We support better strength, stamina and mobility by providing opportunities for people to get outside and enjoy cycling. We help people get active, or stay active for longer.

## Environment

We reduce congestion and improve air quality by enabling cycling as a mode of transport. We support connection with nature and the local environment by providing opportunities to be outside in green spaces all year round.

## Community

We strengthen our community by encouraging people to get involved in the running of the project. We foster connections between people who share the experience of living with disability and/or health conditions, thus widening access to support.

**For over 16 years we have been running regular cycling sessions in Hillsborough Park and at events across South Yorkshire. We also run an e-cycle loan scheme, and campaign across the region to secure better infrastructure, support and recognition for the disabled cycling community.**

**Here are some highlights from 2025...**

## Our impact:

# Promoting Wellbeing

Our cycling sessions improve mental wellbeing, confidence and independence. We demonstrate that it is possible for everyone to cycle.

**100%** of our cyclists say being involved in SC4A has contributed in a positive way to their mental wellbeing

**82%** of our cyclists say being involved in SC4A has contributed in a positive way to their independence



Pat has a plan to borrow an electric Easy Rider from our loan scheme but wants to build her confidence in the park first. 'I chased away a couple of demons today' she said with a smile after her first session cycling with us in Hillsborough Park

## Our impact:

# Supporting healthy lifestyles

Cycling improves physical fitness, strength and mobility, supporting healthy lifestyles and enabling people to stay active for longer.

Disabled People are almost twice as likely to be physically inactive compared with those without a disability due to a lack of options and opportunities, and compounded by economic inequalities.

With **50% of our cyclists coming at least once a week**, taking part in our cycling sessions goes a long way to helping people access the physical activity we all need.\*

**"With only one leg I find that walking is a bit of an effort and is rather slow. The great advantage of the trike is that it means that I can get proper exercise. I can easily get around town and sometimes go out into Derbyshire."**

Michael, cycle loanee

**97% of our cyclists say being involved in SC4A has contributed in a positive way to their physical health.**



\*Government guidelines recommend at least 2.5 hours of physical activity for adults per week.

## Our impact: **Improving our environment**

Our work contributes to a healthier planet and creates a better and more enjoyable lived environment for us all.

Disabled People tend to be more reliant for day-to-day travel on private car hire and taxis. By increasing the number of people who can cycle, we reduce this reliance.

Choosing cycles over cars means safer streets and roads, more **space for children to play**, improved air quality, and better **connection with nature**, our **local area** and **communities**.

**"Cycling supports my mood, energy and independence. It makes local travel easier and less exhausting, and reduces reliance on taxis or public transport (which often still leave me with difficult last-mile access)."**

Chella, cycle loanee and Steering Group member

**65% of our cyclists didn't cycle before coming to SC4A.**

## Our impact: **Building our community**

SC4A is a place to come and share what is happening in your life. Our friendly group setting enables people to develop friendships, widen social and support networks, and bond over a shared love for cycling.

**79% of our cyclists say being involved in SC4A has helped them to get to know new people.**

With over 15 years' operating from Hillsborough Park, we are embedded in the local community and actively work to build a better local environment for everyone.

**86% of our cyclists say being involved in SC4A has improved their sense of community.**



## Our work:

# Cycling sessions & rides

We continue to run regular pan-disability and condition-specific cycling sessions throughout the week at Hillsborough Park, and this year we offered new evening and Saturday sessions to expand our reach to those in the 9-5 routine!

In 2025, we...

- supported over 1,500 individuals (900 cyclists and 600 carers) at our cycling sessions
- welcomed over 400 new cyclists and 270 new carers
- had on average 60 cyclists and 40 carers each week

**70%** of our cyclists didn't know cycling was possible with their disability or health condition before coming to SC4A

**95%** of our cyclists say being involved in SC4A has improved their confidence and 88% say it has improved their skills in cycling

**93%** of our cyclists say being involved in SC4A has improved their access to cycles that work for them



"After my brain injury I thought my cycling life was over, SC4A showed me I was wrong"

In 2025 we expanded to offer new types of cycling in different locations:

- **We launched South Yorkshire's first inclusive off-road cycling hub in Parkwood Springs**
- **We ran a series of closed-circuit cycling sessions at Herringthorpe Playing Fields in Rotherham**
- **We trialled park cycling sessions at Concord Park in north Sheffield**

**"The [Visually Impaired Pedallers] ride last night was incredible. It really has awakened something in me that has been sleeping for some time. Thank you for all you do and all the people you help, it means more to people like me than you think."**

Steven from Sheffield Royal Society for the Blind.



Our work:

## Parkwood Springs inclusive trail cycling

In spring 2025 we were proud to launch South Yorkshire's first ever inclusive off-road cycling hub at Parkwood Springs.

We believe everyone should have the chance to enjoy the benefits of cycling in nature.

We use stable, comfortable e-assist cycles that make cycling more accessible for a wide range of physical and sensory needs. We have options for gentle trails in nature and downhill adrenaline cycling for those that want it!

In 2025 we delivered 55 led rides at Parkwood Springs with a total of 114 attendances. Everyone who started cycling with us at Parkwood has returned.



**"I joined SC4A to ride their Maddiline RaceX E handcycle at Parkwood Springs on a warm September day. The landscape blends post-industrial features with wild vegetation, and the views were amazing. Each stop we were surrounded by bees and insects. The whole place felt intoxicating in the sunshine."**

Richard

# Rotherham track cycling Sessions

In spring/summer 2025 we ran our first track-based inclusive cycling sessions at Herringthorpe Athletics Stadium thanks to funding and partnership from Rotherham Metropolitan Borough Council.

We had nearly 100 cyclists and 44 carers attend across the 6 sessions.

The consistent turnout and repeat attendance from participants attending both independently and as part of a group reflect a strong appetite for inclusive cycling in Rotherham.

**"When you are cycling you feel the wind in your hair and everything just feels ok."**

Sam & Julie, Herringthorpe session cyclists

In 2026, we hope to secure funding to set up a permanent base at the site. Watch this space...!



**94% would come to more sessions in the future**

**100% would recommend SC4A to people they know**


## Personal story: **Richard**

In 1998, Richard's life changed dramatically when he broke his back in a sports car accident, resulting in paralysis from the chest down (T5/6). A full-time wheelchair user since then, he discovered handcycling during a Back Up multi-activity course.

"I love something that challenges me, it doesn't matter what it is, but it's great if it's a physical challenge."

He is most at home in the outdoors. Before his accident, he enjoyed canoeing, mountaineering, and rowing – and he has been a keen hand cyclist since 2000.

Richard was introduced to SC4A in 2025 by Jack Sims from Adaptive Sports, who suggested we might have a handcycle suitable for him. He came to Parkwood Springs to try to handcycle at an off-road session and then borrowed it as part of our loan scheme.



**"I love something  
that challenges  
me"**

**"I have been blown away by the kindness and thoughtfulness of everyone I have come into contact with at SC4A. It was brilliant that I was trusted to borrow a bike to test ride it at home over a weekend, and then take it again on another weekend in Northumberland. This generosity has really helped me understand if that bike will work for me."**

Richard has since secured a place in a major off-road cycling event. He is chuffed that SC4A has offered him the use of the same bike for the event — and proud to represent us by wearing our logo during the ride.

**"Honestly – cycling is my therapy – my escape. I knew this was the case from when I first sat on a hand bike a year or so after my accident. Using a wheelchair full time can be a real challenge at times – not just physically, but mentally. However – no matter the weather (in fact sometimes, the worse the weather the better) – when I'm on my bike it's a release for me, a re-set somehow. On top of that it's played a big hand in keeping me healthy (physically and mentally) over the last 27 years since my accident."**

**Richard plans to keep cycling "until I can't anymore."**



Our work:

## Our e-cycle loan scheme

We are proud to run a free e-cycle loan scheme which supports more Disabled People to experience cycling as a mobility aid with all the independence, freedom and confidence this brings.

In 2025 we set up a dedicated storage base, expanded our fleet to meet a wider range of needs and offered more one to one support to our loanees in building confidence and route planning. The cost of e-cycles remains a huge barrier to cycling, so we also now provide one-to-one support for all our loanees on accessing funds to purchase. This year, we successfully supported two loanees with funding bids so that they could purchase their own cycles.

**"I wouldn't have bought my own Tricycle or enjoy the pleasure of cycling if it hadn't been for your loan scheme, thank you all very much for all your help and encouragement."**





In the last year **24 people** loaned one of our e-cycles, **6 of whom** went on to buy their own.

In addition to working with individuals, we have also loaned cycles to different organisations and companies across Sheffield and the Peak District to increase access to our equipment.

We are passionate about making information available, wherever you are. Check out our very popular video series reviewing the different e-cycles we have available [www.youtube.com/@SheffieldCycling4All](https://www.youtube.com/@SheffieldCycling4All)

All the information about our cycle loan scheme & the cycles we have available can be found at: [www.sheffieldcycling4all.org/cycle-loan](https://www.sheffieldcycling4all.org/cycle-loan)

## Personal story:

# Samad and our cycle loan scheme



Samad has lived in Sheffield for over 40 years post spinal injury. He enjoys knitting, carpets, woodwork, electrics, metalwork, and loves being outdoors. He also enjoys developing practical equipment. Notably he developed prototype rowing and cycling exercise machines to facilitate combined lower and upper limb exercises for Disabled People. He would still be interested to develop these ideas if somebody provided a workshop facility.

**“When I was younger, I used to do a lot of swimming. I would still go if someone was interested and could get me in and out.”**

Day to day, Samad uses a manual wheelchair, which causes discomfort and makes long distances or uneven terrain difficult. This limits his ability to travel, socialise, access green spaces, and exercise independently. He began coming to SC4A in Hillsborough Park nearly 10 years ago.

“I was looking for somewhere to cycle for exercise. I tried the gym – they had lots of cycling stuff but no adaptations like pedals with straps for me to use.

Cycling is very good for me – it reduces my diabetic sugar levels, tones my legs, and reduces cramping in my arms. When you are physically happy, you can be emotionally happy."

Through SC4A's Loan Scheme, Samad borrowed the Triride so he could ride when and where he chose.

"Being able to just pop to Weston Park and cycle around when you have time. It's about freedom and choice. For the period I had the trike it was very useful for my daily exercise and activities which contribute a lot to my well-being and health."

He's used the handcycle in Manchester, around Ladybower, and even to get to Waitrose. However, transport access is inconsistent: Samad has been denied access to the Supertram due to unclear rules, leaving him to ride home. Parking is also a challenge, and he advocates for secure indoor cycle parking in public places.

After loaning the Tri-Ride three times, Samad partnered with SC4A to apply for funding to buy his own. Ownership provides reliable, independent access to exercise, errands, and social life, improving both physical and mental health. It supports long-term condition management, cardiovascular fitness, and strength, while also boosting wellbeing through outdoor activity and connection with nature. In poor weather, it can be used indoors as a stationary cycle.

In August 2025, we received the wonderful news that DTD charity decided to fund Samad's Tri-ride!



## Our work: **Campaigning & advocacy**

We work proactively alongside our cyclists to secure better infrastructure, support and recognition for the Disabled cycling community across South Yorkshire.

**64% of Disabled cyclists find cycling easier than walking**, but face barriers on the roads, in parks and out in the countryside due to poor infrastructure.

### **In 2025, we...**

- Supported a cyclist to successfully lobby for an accessible cycle hangar outside her house
- Worked with the local council to ensure accessibility of paths and trails at Parkwood Springs for non-standard cycles
- Collaborated with inclusive cycling organisations to influence national and regional cycling, walking and wheeling strategies
- Established an online community for Disabled cyclists in Sheffield and surrounding areas to support peer advocacy and reduce barriers to cycling
- Met with cycle hire scheme companies in Sheffield to advocate for improved accessibility

**This work ensures Disabled People with a wide range of needs and lived experiences have a direct route into influencing policy and infrastructure, ultimately making South Yorkshire a more accessible place to cycle for everyone.**

**“SC4A has made cycling possible and realistic for me as a disabled rider. Their practical support, advocacy, and liaison meant I didn’t feel alone asking for adjustments. That backing helped me keep momentum, navigate pushback, and stay confident enough to challenge barriers. With secure, close-to-home storage now in place, I can cycle more regularly and spontaneously.”**

Chella, SC4A cyclist and Steering Group member



## Our work:

# Outreach & engagement

Our proactive outreach and engagement work aims to change the wider narrative on disabled cycling and make our services known to as many people as possible.

We receive visits and referrals from nearly 180 organisations across South Yorkshire, and we support many more by raising awareness of inclusive cycling and its benefits.

In 2025 we had visits from GPs, local councillors, cycling organisations and many more.

**"Thank you again for your extremely helpful feedback. It really did influence our decision and our delivery will be better because of it! keep up the amazing work, you're an inspiration for us!"**

Adrian Ellis – Community Developer  
for British Cycling in Leeds

In the last year we took our inclusive cycling activities to **6 community events**, directly **supporting nearly 400 people to cycle** and we gave **talks on inclusive cycling reaching a further 50 people**.



# Our Steering Group

Our cyclists get involved as much as possible; from supporting peers in sessions, to sitting on interview panels, giving talks, or riding routes and carrying out accessibility reports for local authorities.

In January 2025 we set up a Steering Group to make the voice of our cyclists more central to our decision-making. The group currently has four members who all bring different skills and experiences.

Collectively they have agreed a first terms of reference for the group, given feedback to staff on project progress, and represented SC4A at various external meetings.

**Individually they have pursued different areas of interest including:**

- **outreach in NHS services,**
- **bringing together Disabled cyclists with disabled walkers and wheelers and mobility scooter users, and**
- **campaigning on better infrastructure and visibility.**

We are so grateful to have them all on board and looking to recruit more members in 2026!



## Our volunteers

Our incredible team of volunteers support our project in a variety of ways, depending on their needs, skills and preferences. Over 50% of our 20 regular volunteers have lived experience of disability and long-term health conditions, and some started their journey cycling at our sessions.

### Volunteer profile:

## Lucy

Lucy started volunteering at SC4A in April 2025. Living in Hillsborough, she'd seen the SC4A cyclists in the park for years. When her dad Chris was diagnosed with brain cancer, she hoped to bring him for a ride, but he didn't live in Sheffield. He loved cycling and would have loved SC4A.

"I never got the chance to do it with my dad, but I can share the joy of cycling here with people like him.





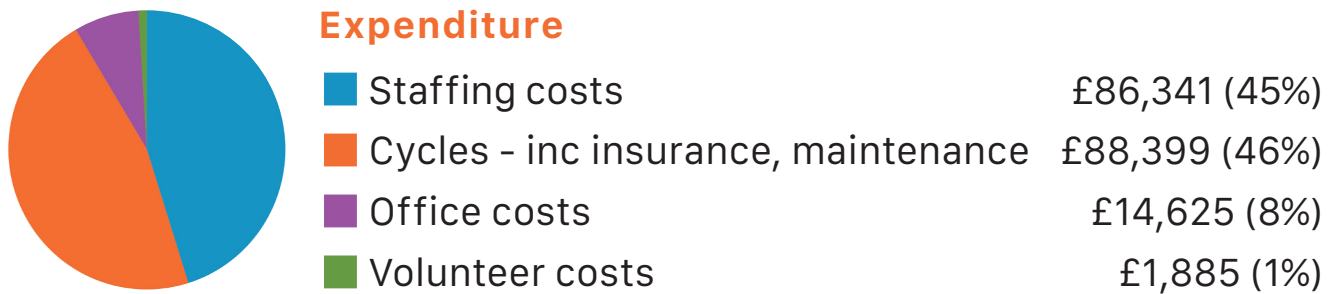
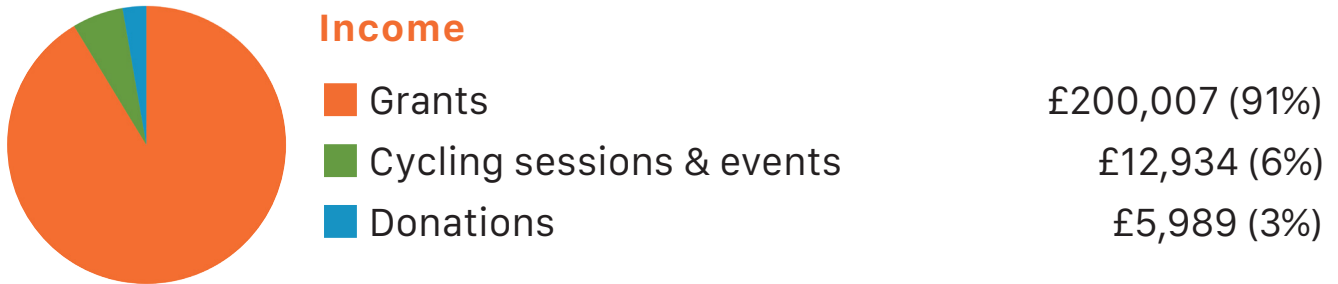
**I feel like I'm getting as much as I'm giving at SC4A. I'm meeting new people, it's totally different to my day job. I usually just sit at a computer and think about things – this is physical, social, a nice mix.**

**Volunteering at SC4A is perfect for a part-time working parent. It fits around school drop-off and pick-up, you don't have to be super fit (but you will get fitter), and you'll make new friends who are all really cool. It's a nice way to get a different perspective on life."**

**We are always looking for more volunteers so please get in touch if you are interested!**

# Our finances

In 2024-25 SC4A generated funding of £218,930 and spent £191,250.



The majority of our income came from the National Lottery Reaching Community Fund and Motability Active Travel Grant, with further support from other smaller grants, events, donations and cycling session income.

All funding received has been vital in ensuring that we can continue to be here for our community. We would like to thank all donors, funders and cyclists for supporting us.

## Supported By



# Get involved

There are so many ways you can help our project keep thriving! Go to our website [www.sheffieldcycling4all.org](http://www.sheffieldcycling4all.org) or get in touch for more details [info@sheffieldcycling4all.org](mailto:info@sheffieldcycling4all.org)

## Cycle with us!

Are you, or anyone you know, disabled or have a long term health condition? Find out how amazing cycling can be at our cycle sessions & rides or by loaning a cycle from us.

## Join our online community!

A WhatsApp group for Disabled People and those with long-term health conditions in Sheffield and nearby who cycle - for mutual support, sharing experiences and building connections. Text or WhatsApp 07565 695 296 to join.

## Volunteer!

From supporting cycling sessions to admin, we have a range of roles to suit different abilities and needs.

## Fundraise & donate!

Set yourself a challenge, be it organising an event or going on an adventure, and raise money for our project. We also appreciate donations, big or small, one-off or by standing order. Or you can leave SC4A a gift in your will.

## Join the conversation!

Work in planning? Run a cycle shop? Part of a community group? Invite us and our cyclists to spread awareness in your communities about inclusive cycling.

## Change the conversation!

Help change the narrative that Disabled people can't or don't cycle by using inclusive cycling imagery and language. Wheels for Wellbeing's comprehensive guide is great place to start!

[www.wheelsforwellbeing.org.uk/our-campaigns/campaigning/guide/](http://www.wheelsforwellbeing.org.uk/our-campaigns/campaigning/guide/)



## Contact us

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## Follow us

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