

Finding Solutions  
Changing Lives

## BIKES & TRIKES

For a child or adult with additional needs an adapted bicycle or trike can give them greater mobility and freedom. For their carers it can mean they are able to join in with family activities and days out. Special needs bikes and trikes can be found in child to adult sizes with a wide range of adaptations and models available. Many of these can be built to the person's individual specifications and needs.



**These bikes and trikes can be expensive so many families seek funding to help towards the cost. Information about possible funders can be found below.**

**Disability Grants** - <http://www.disability-grants.org/grants-for-trikes.html>

**Whizz Kidz** – Whizz Kidz is a charity that helps children by providing essential mobility equipment, including recreational mobility trikes

<http://www.whizz-kidz.org.uk>

Tel: 020 7233 6600 Email: [info@whizz-kidz.org.uk](mailto:info@whizz-kidz.org.uk).

**Get Cycling** – Get Cycling is an organisation which aims to promote all kinds of cycling and events. They provide information, Get Cycling programmes, publications, promote events and have a cycling support service. They also have a bike shop in York and actively promote disabled cycling, working with special schools, community groups as well as individuals. They work closely with the Family Fund providing new and refurbished cycles.

<http://www.getcycling.org.uk>

Tel: 01904 636812 Email: [admin@getcycling.org.uk](mailto:admin@getcycling.org.uk)

### **Suppliers - Trikes and Bikes**

*Seek the advice of an occupational therapist or health professional may also be useful if you are thinking of getting a trike or a bike for a family member.*

*For more information please contact us.*



[enquiries@fledglings.org.uk](mailto:enquiries@fledglings.org.uk)  
[www.fledglings.org.uk](http://www.fledglings.org.uk)