

Parkinson's UK Edinburgh Branch

Cycling Pilot Programme

At the Edinburgh ABC (All-ability Bike Centre)

Bangholm Outdoor Centre

The City of Edinburgh Council, 23 Craighall Gardens, EH6 4RJ

Tuesdays, 18th April for 12 weeks, 11am to 12noon



It is well recognised that people with Parkinson's who may have difficulties with walking, balance and tremors can very often become stable when riding a bike. The ABC facility has a large safe cycling area and access to the well-paved cycle paths network. It offers people the chance to get cycling, whatever their ability or background, using **adaptive cycles** that accommodate a very wide range of physical abilities.

The Parkinson's UK Edinburgh Branch is running a pilot programme for Members with Parkinson's. There are 6 places for riders and cycles will be available for participants to use. Care-partners are welcome to attend. **Julie Hooper**, Physiotherapist, will be the facilitator and other volunteers will be available to help. The sessions are **free** but we do ask that participants complete a feedback form at the end of the 12 weeks.

To book for the pilot programme or to find out more, please contact David Glover from ABC, david.glover@cyclinguk.org and copy Julie, jehooper@hotmail.co.uk. David can also be contacted by 'phone on 07500 069357.

www.edinburghparkinsons.org