

## R Community

Through [Cycling UK's Community Cycling Club programme](#), social enterprise R Community has been able to provide accessible cycling activities in the local community.

The social enterprise [R Community](#) is based at St Denys in Southampton, with the aim of providing day-care facilities and activities for people with learning and physical disabilities. When the group started, the centre was at risk of being closed due to cuts within Southampton City Council. In order to keep the facility up and running, the centre managers Gill and Claire set up R Community and took over the running of the centre. They provide lots of activities for their users, including woodwork, music and art classes. One activity is cycling - from a previous collaboration with the charity Sustrans, R Community owned three adapted bikes. However, in the handover from Southampton City Council they lost their cycle trainer and a lot of the associated paperwork, such as risk assessments.

The group became involved with Cycling UK's Community Cycling Club programme to help revitalise their cycling project. Through Cycling UK's support, they were able to give staff and volunteers training on how to run an adapted bike session and produce risk assessments for each participant. They were also able to go to adapted cycling facilities, such as Cycles4All in Eastleigh and PedALL in the New Forest.

However, not all their users could get involved in cycling as they had a limited range of bikes. Using some of their Community Club grant, R Community hired some bikes for users to try out and ended up finding a recumbent that the taller people could use. After Cycling UK were able to put in a bracket to place sports equipment in and make some more floor space in their storage facility, they were able to get a new bike in place.



Purchasing the bike was down to the hard work of one of R Community's employees Andrea, who ran her first ever 10K race in the Moors Valley Run. She was able to raise over £1,000! This was more than enough to purchase the new recumbent and to enable more of the service users to experience the pleasures of cycling, improving both their fitness and their coordination skills.

