

## Louise & Family, E-Velo & Raleigh Cargo



Louise is in a care home and was first brought to Pedal Power by her carer to keep her active as her health and physical agility began to decline. Louise is now a wheelchair user, so her husband Richard continues the weekly sessions using the e-velo, our wheelchair accessible cargo trike.

He told us that they had enjoyed cycling manual bikes, and now the e-velo enables them to continue to enjoy cycling, keep fit and enjoy the freedom, fresh air, and views of the river.

**“Without the use of the e-velo I would not be able to take Louise out, it has enabled us to both enjoy cycling and keeps me fit. Pedal Power is an inspiration to all disabled people and their carers, we are able to be in a normal situation and not feel embarrassed. The atmosphere at Pedal Power is wonderful and is the highlight of our week.”**

And it's become a family affair! Having had some training from our experienced staff, their daughter, Elizabeth is now able to join her parents on the weekly cycle rides with her young

family, using our Raleigh e-cargo bike, enabling three generations to cycle together rain or shine!

**“I was a tad nervous to use the electric bike at first, but with instruction from the wonderful staff I was able to start slow and learn the bike with ease and I have never looked back. I have two small children aged five and two and a dog, plus my 68-year-old dad and my mum in a wheelchair and we are able as a family to all ride together which is incredible. We love the staff, the community, the joy we get from coming here has helped us immensely.”**



**PedalPower**  
the cycling charity for all  
yr elusen seiclo i bawb

