

Wheelness to Wellness



WheelNess is a programme from Cycling UK aiming to improve health and wellbeing through free access to bikes in Inverness.

WheelNess

We are looking for people who would like to try cycling to improve their health, wealth and happiness.

This might sound like a challenge, but we are here to help.

What can you expect from us?

- Personalised bike selection and fitting from a local, independent bike shop.
- Helmet, lights and a lock to help keep you and your bike safe.
- Optional led rides and maintenance workshops to build your confidence and abilities.
- Individual support throughout the programme, based on your needs.
- Help and guidance for you to continue your cycling life beyond WheelNess.

The most important part of our project is our participants. Please get in touch via the details below, we look forward to hearing from you.

Brendan Dougan – Senior Development Officer (Full Time) – Cycling UK
Tel: 07785 601612 Email: brendan.dougan@cyclingsuk.org

Fiona Johnston – Senior Development Officer (Part Time) – Cycling UK
Tel: 07887 567361 Email: fiona.johnston@cyclingsuk.org

