

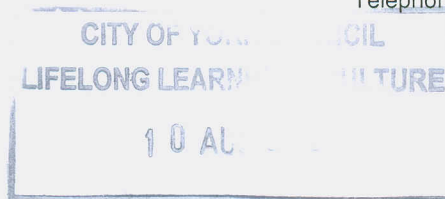
York Hospitals

NHS Foundation Trust

Children's Occupational Therapy Service
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Paul Ramskill
City of York Council
Sport and Active Leisure
18 Back Swinegate
Swinegate Court
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7 August 2009

Dear Paul

Thanks very much to you and the Cycling City team for your support for our cycling skills course for children with balance and co-ordination difficulties. The course was a great success, and the New Earswick and District Bowling Club was a brilliant venue that really contributed to the success of the course. It provided a big, safe, comfortable and friendly place for the children to work on their skills and Andy Webster, the manager, the staff and club members were all so welcoming. Thank you for paying for the accommodation on the Monday.

All the children worked hard and made excellent progress. At the start of the course, we had just one child who could pedal for short distances independently, 6 who couldn't pedal independently at all without stabilisers, and one who hadn't yet learnt to pedal his bike, with or without stabilisers.

At the end of the four-session course we had 4 children who could pedal independently, riding around corners and in and out of cones, using brakes without prompting and showing increasing awareness of other people, effectively at Level 1 cycling proficiency.

We also had 2 children who could pedal independently along straight routes, needing a little support when turning corners, and making good progress with use of brakes and their awareness of others.

One child (who only attended for two days) learnt to pedal (without stabilisers) with a just little support from one person instead of a lot of support from two. And

one child had learnt to pedal his bike, to steer and to apply his brakes confidently and appropriately whilst using stabilisers on his bike.

I think everyone would agree that was pretty significant progress! The children's and the parents' faces said it all really! They were beaming from ear to ear!

Thanks again,

Best wishes,

Madeleine Kay

Madeleine Kay
Senior Paediatric Occupational Therapist