

# Balanceability Ballynahinch Spring 2019



## Background

The CYPSP Down Locality Planning Additional Needs Sub-group made up of partners from Autism NI, Parent Action, Barnardos, SEHSCT, Mencap, SureStart, NMADDC, Early Years, Co Down Rural Community Network and Downpatrick Autism Family Support Group recently hosted a **Learn to Cycle** 6 week **Balanceability** Course at Edengrove Church Ballynahinch.

The **Balanceability Course** was run as the result of the expressed need of Children and Young People with Additional Needs living in the Down area.

Greg Massey from '**Cycle Revolution**' facilitated the course with the support of parents, to promote independence participants were encouraged to use their own bicycle, the small group progressed in balance, spatial awareness, confidence and cycling ability over the 6 weeks, this evidence informed programme proved excellent for children with additional needs, feedback from Children and Parents was very positive.

## Find Out More:

For more information on the role of the CYPSP Down Locality Planning Group please visit [www.cypsp.org/locality-planning-groups/down-locality-planning-group](http://www.cypsp.org/locality-planning-groups/down-locality-planning-group)

## Contact Us:

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## CYPSP's Strategy for NI High Level Outcome Contributions

All Children experience improved wellbeing including Children with additional needs

All Children and Young People live in safety and stability

All Children and Young People Learn and Achieve

## Contributing to the Newry Mourn and Down Community

All people in Newry Mourn and Down enjoy good health and wellbeing

All people in Newry Mourn and Down fulfil their lifelong potential



Balanceability Ballynahinch Spring 2019  
Greg taking off the pedals for the first session.

## How much did we do?

- Led and delivered by the Down LPG sub-group on additional needs
- Promoted and advertised the event across the Down locality area using local community groups, social media and word of mouth
- Regularly communicated with parents/carers during the course to identify any concerns and or answer queries
- 13 children commenced the course, 12 children completed, certificates and medals were awarded on completion of course.
- Room hired from Edengrove Church Ballynahinch



## How well did we do it?

- . Provided a bespoke opportunity for children and young people with additional needs to learn how to cycle
- Engaged with parents/carers to provide a range of supports
- Each participant noted their enjoyment at each week of the course
- Parents/carers commented that the venue was quiet, spacious and accessible for all
- Parents/carers commented that they felt more encouraged to support their child to learn how to ride a bicycle at home



## Is anyone better off?

- Greater awareness of the Down LPG amongst local community groups due to the promotion of event
- Parents/carers of attendees felt encouraged to continue to support their children beyond the completion of the course
- Contributed towards better physical and mental health amongst participants
- Developed increased confidence , self-esteem, independence and greater resilience through a supportive and safe framework.



Brightly coloured pebbles used to promote balance

## Is anyone better off?

We have been trying for years and my son was frustrated at his progress. After attending the sessions he can now ride his bike very well.

The venue was perfect

the guy taking the course was very good and patient and able to cope with children of mixed abilities.

The course was amazing

Greg worked wonders with those boys!

I rate the event very highly. It was successful, inclusive and held in a nice environment

The class size was just right

It took him a couple of weeks, but now my son loves cycling!