



Thyme Cottage
19 High Street
Silverton
Exeter
EX5 4JD

14th May 2013

Dear Elected members,

RE: Paignton Velodrome vote.

My name is Tom Pales. I run a small, independent business called Freetrike. Freetrike offers cycle coaching for people with disabilities living in and around Devon. The service uses specialist equipment and relies on the traffic-free National Cycle Network paths to deliver achievable, one-to-one coaching on their doorstep. I would strongly support any venture that would enhance cycle facilities in Torbay and enable inclusive cycling to take a more prominent place in this part of Devon.

My client base consists of individuals who are often house-bound or rely on mobility aids due to their disabilities. I currently have clients who have had strokes, traumatic amputations and Cerebral Palsy. With a little help, they have been able to get out, re-engage with their local communities and undertake regular exercise, which is good for both their physical and mental health. This has also had a positive impact on their carers.

Currently I only have one client in Torbay, a young man with Cerebral Palsy. The only safe, off road cycling in Torbay is along Paignton seafront, between the months of May to Sept. This poses significant restrictions to those individuals who are motivated and who wish to change their circumstances, by getting out and cycling.

I want to extend my service to individuals in the Torbay in region. The velodrome would offer an invaluable opportunity to a small but significant group of individuals in this region.



If you want any further information I would be very happy to meet with you. You can also find further information on my website, www.freetrike.co.uk and there are clips of clients utilising the Drakes trail, Tiverton canal, Exe Estuary trail on YouTube, under the heading of Freetrike.

Yours sincerely

Thomas Pales