



FREE support to help you cycle locally

For adults who are beginners, improving, or returning to cycling

- Learn to ride and build confidence
- Join short rides and explore local routes
- Pick up maintenance tips and repair skills
- Get bike checks and safety advice

**Improve your wellbeing and save money
Come along, meet new people, bring a friend**

24 JULY 9-13h: Free DrBike event

29 JULY 13-17h: Free Learn to Fix Your Bicycle event

31 JULY 10-13: Free Bike Ride event

at Severn Beach Village Hall

Delivered by: Lawrence Weston Bike Hub