



Bike Minded

Well-being through cycling

Cycling is a great way to improve your fitness, well-being and confidence

Come and join us on friendly, relaxed group rides

All abilities welcome!

All rides are free and lead by a trained ride leader.



“Bike Minded has helped my health and well-being, feeling more connected with nature and the environment, plus getting fitter”

“Taking part in Bike Minded has really been like a journey back into society. I had felt so excluded from it before”

If you would like to join a ride or find out more visit: www.lifecycleuk.org.uk

Life Cycle UK

start cycling • keep cycling • love cycling

Call: 0117 353 4580

Text: 07584 324 470

Email: bikeminded@lifecycleuk.org.uk

 facebook.com/LifeCycleUK

 [@LifeCycleUKteam](https://twitter.com/LifeCycleUKteam)



What We Offer

Exercise, company and enjoyment

Whether you have never been on a bike before or are an experienced cyclist keen to ride with others and explore new places...
come and join us!

We offer:

- Friendly group rides suitable for all ability levels
- 1-1 cycle training from our experienced instructors
- A low cost bike through our bike recycling scheme
- Learn bike maintenance skills to help keep you on the road

You can help support our charity by:

- Making a donation
- Volunteering your skills
- Donating your unwanted bike to us to be recycled

The Bike Minded project is funded by



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