

## Free Adult Cycling Sessions come to Cheshire East



Councillor Suzie Akers-Smith, Lee Malkin Everybody Sport and Recreation, Annette Cormack Community Recycle Cycles

Adult Cycling sessions including Learn to Ride and Commuter Confidence sessions to launch April 2022 in Crewe and Macclesfield with Everybody Sport and Recreation.

Cheshire East Council Strategic Transport team has recently received funding from the Department for Transport's Capability Fund. They have used this funding to commission Everybody Sport and Recreation, alongside Community Recycle Cycles, to deliver a number of Active Travel initiatives including an Adult Cycle Training programme, a bicycle award scheme and an Active Travel promotion scheme in local schools and businesses.

Lee Malkin, Sports Development Manager at Everybody Sport and Recreation shares

*"Our Learn to Ride sessions allow adults to ride on their own for the first time or cycle more confidently. Paced at your level in a traffic free space we develop control and handling skills."*

*We will also be delivering Commuter Confidence sessions which will help you fully develop your cycling skills to ride with confidence on roads with more traffic or more complex road junctions/layouts.”*

If you don't own a bike but would like to access the training, or if you are bringing your own bike and it is in need of maintenance, please let Everybody Sport and Recreation know, as they are working with Community Recycles Cycles who might be able to provide you with a bike and helmet if you don't have one or ensure your own bike is safe.

Annette Cormack , Director at Community Recycle Cycles CIC shares

*“Some of our customers have expressed concerns about getting back on the roads as they may not have ridden a bike for quite a number of years. So to know that Everybody Sport and Recreation are offering free adult cycling training sessions as part of this project is a great addition. As part of this joined up working approach, we will provide local people with a safe bike, the confidence to ride on the roads and the opportunity to participate in a bespoke cycle maintenance course making sure a flat tyre is no reason for packing that bike away!”*

Councillor Suzie Akers-Smith, Cycling and Walking Champion for Cheshire East Council, understands the need for training and building confidence for first time cyclists and for people to take it up having not cycled for years. Suzie shares:

*“The training sessions provided by Everybody Sport and Recreation will further enable people to get on their bike being active. I am particularly keen to encourage more women to ride a bike, but unless they have the confidence to do so won't try it. These training sessions will provide the confidence needed to ride a bike in traffic by taking primary position and the more people who are seen cycling, it will encourage other people to cycle.”*

To be eligible for the Adult Cycling sessions/Bike Scheme you must be:

- 18+ years old
- Living within Cheshire East or access work/education within Cheshire East
- Looking for a new way to travel to work or education

Sessions will be taking place from April 2022 in Crewe and Macclesfield, booking is essential as places are limited, if you would like to find out more or to make a booking, please visit: <https://everybody.org.uk/adult-cycling-training/> or email [activetravel@everybody.org.uk](mailto:activetravel@everybody.org.uk)