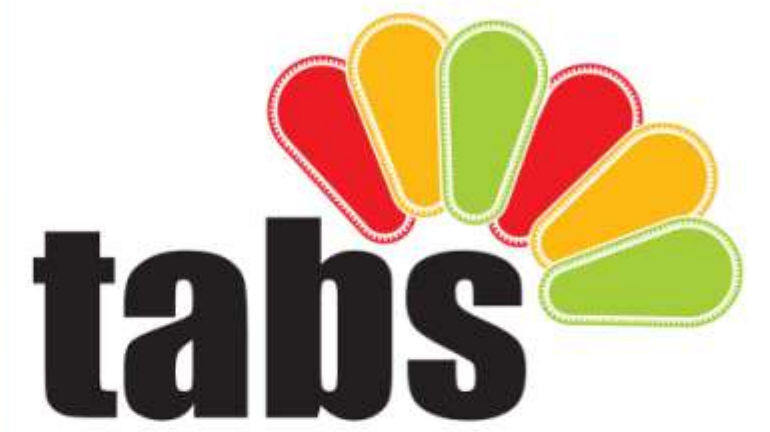


# Inclusive Cycle Training – Bristol



*“As many of our activities are community based, this gives service users the opportunity to try something different, to increase confidence, mobility and to work towards a healthier lifestyle.”*

*“We cannot stress enough how much an incredibly successful and valuable project this has been to ALL our participants – staff and students!!”*

*“The people in my group who attend the cycling sessions have developed so much skill, independence and confidence with cycling since accessing your sessions.”*

*“It is helping me get fit and meet other people.”*

*“Seeing outstanding progress and benefits for the service users we bring to these sessions.”*