



## PEOPLE MOVING FORWARD

### Shifting Gears Roadmap

#### Spring

Get your own bike



#### Summer

Cycling lessons, group rides



#### Autumn

Bike Care + Repair, Velotech, Cycle Trainer, Ride Leader



#### Winter

Work placement



*Timings are subject to change due to Covid restrictions and places are limited.*



[thebikestation.org.uk](http://thebikestation.org.uk)

**Shifting Gears gives you the opportunity to get your own bike and make cycling part of your life.**

You can get cycling lessons to learn how to ride or to build up your confidence.

If you want to learn how to look after your bike we'll have classes to show you the basics.

In the summer we will organise group rides so you can get out and explore the local area.

If you fall in love with bikes, we can offer you more advanced training and maybe even paid work.

### You choose how to get involved

**If you just want a bike, we will set you up to ride.**

But if you want to develop your skills, meet other people or gain qualifications, you can apply to join our classes and rides too.

### How to get a bike and join other activities

**Shifting Gears is open to people referred by our partner organisations and spaces are limited.**

To join the programme get in touch with the organisation or group that introduced you to Shifting Gears.

Your contact will explain the next steps.