

Physical activities and healthy living

Cycling

| Activity | Ages | When | Where | Accessibility | Contact |
|---|----------|-----------------------------------|---|---|--|
| <p>Cycle Confidence Training Free 1:1 cycle training for adults; learn to ride, build confidence or discover your local area.</p> | 18+ | To be arranged with instructor | Locations across North Somerset | <input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above | <p>Tess 0117 353 4580</p> <p>tessa@lifecycleuk.org.uk</p> <p>https://www.lifecycleuk.org.uk/cycle-training</p> |
| <p>Cycle Confidence Sessions (including e-bike) These activities are free of charge for initial sessions. We have a great range of adaptive bikes, so can welcome people with disabilities and additional needs.</p> | All ages | Open 7 days a week 10am to 4pm | Strawberry Line Cycle Project Yatton Railway Station BS49 4AJ | <input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above | <p>Sally Wilcock 07983 816 426</p> <p>strawberrylineprojects@gmail.com</p> |

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| <p>Cycle Minded These activities are free of charge for initial sessions. We have a great range of adaptive bikes, so can welcome people with disabilities and additional needs.</p> | All ages | Open 7 days a week 10am to 4pm | Strawberry Line Cycle Project Yatton Railway Station BS49 4AJ | <input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above | Sally Wilcock 07983 816 426 strawberrylineprojects@gmail.com |
| <p>Cycling for Fitness These activities are free of charge for initial sessions. We have a great range of adaptive bikes, so can welcome people with disabilities and additional needs.</p> | All ages | Open 7 days a week 10am to 4pm | Strawberry Line Cycle Project Yatton Railway Station BS49 4AJ | <input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above | Sally Wilcock 07983 816 426 strawberrylineprojects@gmail.com |

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| <p>E-Bike Cycle Confidence Free 1:1 cycle training for adults with e bikes; build confidence and discover your local area. Loan bikes available from North Somerset council</p> | 18+ | To be arranged with instructor | Locations across North Somerset | <input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above | <p>Tess 0117 353 4580</p> <p>tessa@lifecycleuk.org.uk</p> <p>https://www.lifecycleuk.org.uk/cycle-training</p> |
| <p>Family Cycle Confidence Training Cycle training for families to help build confidence and plan routes in your local area.</p> | Family session must have 1 adult and up to 5 other participants | To be arranged with instructor | Locations across North Somerset | <input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above | <p>Tess 0117 353 4580</p> <p>tessa@lifecycleuk.org.uk</p> <p>https://www.lifecycleuk.org.uk/cycle-training</p> |

Get Active in North Somerset

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| <p>Group Cycling Instructor led indoor cycling classes, perfect for beginners to serious cyclists.</p> | | <p>Mondays: 9.30am to 10.15am 5.30pm to 6.15pm</p> <p>Tuesdays: 6.15am to 7am</p> <p>Wednesdays: 9.30am to 10.15am 7pm to 7.45pm</p> <p>Thursdays: 7am to 7.45am 12.30pm to 1.15pm</p> <p>Fridays: 7am to 7.45am 5.45pm to 6.30pm</p> <p>Saturdays and Sundays: 9am to 9.45am</p> | <p>Parish Wharf Leisure Centre Harbour Road Portishead BS20 7DD</p> | <p><input type="checkbox"/> Blind / visual impairment</p> <p><input type="checkbox"/> Deaf / hard of hearing</p> <p><input type="checkbox"/> Learning disability / difficulty</p> <p><input type="checkbox"/> Mental health condition</p> <p><input type="checkbox"/> Autistic spectrum disorder</p> <p><input type="checkbox"/> Physical impairment</p> <p><input type="checkbox"/> All of the above</p> <p><input type="checkbox"/> None of the above</p> | <p>01275 848 494</p> <p>https://www.placesleisure.org/centres/parish-wharf-leisure-centre/</p> |

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| <p>Guided Rides These activities are free of charge for initial sessions. We have a great range of adaptive bikes, so can welcome people with disabilities and additional needs.</p> | All ages | Open 7 days a week 10am to 4pm | Strawberry Line Cycle Project Yatton Railway Station BS49 4AJ | <input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above | <p>Sally Wilcock 07983 816 426</p> <p>strawberrylineprojects@gmail.com</p> |
| <p>Inclusive Cycling Skills Sessions 6-week courses to develop your cycle skills and confidence</p> | | Wednesdays 10am to 2pm | Strawberry Line Cycle Project Yatton Railway Station BS49 4AJ | <input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above | <p>Sally Wilcock 07983 816 426</p> <p>strawberrylineprojects@gmail.com</p> |

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| Indoor Cycling Instructor led classes, perfect for beginners to serious cyclists | 16+ | Mondays: 6pm Wednesdays: 6.30am and 7.05pm Fridays: 6.30am | Strode Leisure Centre Clevedon BS21 6QG | <input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above | Becky Hobbs 01275 879 242 Beckyhobbs@pfpleisure.org www.placesleisure.org |
| Two's Company Tandem cycling for visually impaired | 8 to 80 years | Most weekends between March and October. | Rides are around the Bristol area – not North Somerset | <input checked="" type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above | Amy Emerson 0117 353 4580 tandemrides@lifecycleuk.org.uk www.lifecycleuk.org.uk |