

# Get Active in North Somerset

## Physical activities and healthy living

### Cycling

Activity	Ages	When	Where	Accessibility	Contact
<b>After School Cycle Club</b> This free weekly cycle group for young people with additional needs or neurodiversity is a great way for young people to get outdoors, exercise and make friendships.	8 to 19 year olds	Wednesdays 4pm to 6pm (February to October)	The Strawberry Line Project Yatton Railway Station Yatton BS48 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  <a href="mailto:strawberrylineprojects@gmail.com">strawberrylineprojects@gmail.com</a>  <a href="http://www.strawberrycycles.com">www.strawberrycycles.com</a>
<b>Cycle Confidence Training</b> Free 1:1 cycle training for adults; learn to ride, build confidence or discover your local area.	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	Tess 0117 353 4580  <a href="mailto:tessa@lifecycleuk.org.uk">tessa@lifecycleuk.org.uk</a>  <a href="https://www.lifecycleuk.org.uk/cycle-training">https://www.lifecycleuk.org.uk/cycle-training</a>

# Get Active in North Somerset

## Physical activities and healthy living

Activity	Ages	When	Where	Accessibility	Contact
<b>Cycle Confidence Sessions (including e-bike)</b> 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.	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  <a href="mailto:strawberrylineprojects@gmail.com">strawberrylineprojects@gmail.com</a>
<b>Cycle Confidence Support</b> 1:1 support for people with disabilities, additional needs or enduring conditions to develop confidence and skills in cycling. Our project has a wide range of bikes, including adaptive bikes.	16+	7 days a week by prior arrangement via email	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  <a href="mailto:strawberrylineprojects@gmail.com">strawberrylineprojects@gmail.com</a>

# Get Active in North Somerset

## Physical activities and healthy living

Activity	Ages	When	Where	Accessibility	Contact
<b>Cycle Minded</b> 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.	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  <a href="mailto:strawberrylineprojects@gmail.com">strawberrylineprojects@gmail.com</a>
<b>Cycling for Fitness</b> 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.	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  <a href="mailto:strawberrylineprojects@gmail.com">strawberrylineprojects@gmail.com</a>

# Get Active in North Somerset

## Physical activities and healthy living

Activity	Ages	When	Where	Accessibility	Contact
<b>E-Bike Cycle Confidence</b> Free 1:1 cycle training for adults with e bikes; build confidence and discover your local area. Loan bikes available from North Somerset council	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	Tess 0117 353 4580  <a href="mailto:tessa@lifecycleuk.org.uk">tessa@lifecycleuk.org.uk</a>  <a href="https://www.lifecycleuk.org.uk/cycle-training">https://www.lifecycleuk.org.uk/cycle-training</a>
<b>Family Cycle Confidence Training</b> Cycle training for families to help build confidence and plan routes in your local area.	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	Tess 0117 353 4580  <a href="mailto:tessa@lifecycleuk.org.uk">tessa@lifecycleuk.org.uk</a>  <a href="https://www.lifecycleuk.org.uk/cycle-training">https://www.lifecycleuk.org.uk/cycle-training</a>

# Get Active in North Somerset

## Physical activities and healthy living

Activity	Ages	When	Where	Accessibility	Contact
<b>Group Cycling</b> Instructor led indoor cycling classes, perfect for beginners to serious cyclists.		<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>	Parish Wharf Leisure Centre Harbour Road Portishead BS20 7DD	<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 type="checkbox"/> All of the above <input type="checkbox"/> None of the above	01275 848 494  <a href="https://www.placesleisure.org/centres/parish-wharf-leisure-centre/">https://www.placesleisure.org/centres/parish-wharf-leisure-centre/</a>

# Get Active in North Somerset

## Physical activities and healthy living

Activity	Ages	When	Where	Accessibility	Contact
<b>Guided Rides</b> 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.	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  <a href="mailto:strawberrylineprojects@gmail.com">strawberrylineprojects@gmail.com</a>
<b>Inclusive Cycling Skills Sessions</b> Cycle skills and confidence building for people living with disabilities, additional needs and long term health conditions.		Drop in on Wednesdays 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  <a href="mailto:strawberrylineprojects@gmail.com">strawberrylineprojects@gmail.com</a>

# Get Active in North Somerset

## Physical activities and healthy living

Activity	Ages	When	Where	Accessibility	Contact
<b>Indoor Cycling</b> 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 <a href="mailto:Beckyhobbs@pfpleisure.org">Beckyhobbs@pfpleisure.org</a> <a href="http://www.placesleisure.org">www.placesleisure.org</a>
<b>Learn to Ride Lessons</b> 1:1 lessons for children and young people with additional needs or neurodiversity to learn to ride a bike	0 to 25 year olds	Saturdays and other days by arrangement	The Strawberry Line Project Yatton Railway Station Yatton BS48 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 <a href="mailto:strawberrylineprojects@gmail.com">strawberrylineprojects@gmail.com</a> <a href="http://www.strawberrycycles.com">www.strawberrycycles.com</a>

# Get Active in North Somerset

## Physical activities and healthy living

Activity	Ages	When	Where	Accessibility	Contact
<b>Spin and Core</b> Indoor cycling class focused on endurance, strength, intervals, intensity, recovery on bikes, followed by core exercises strengthening abdomen and back	14+	Wednesdays 6am	Worle Centre 58 New Bristol Road Weston-s-Mare BS22 6AQ	<input checked="" type="checkbox"/> Blind / visual impairment <input checked="" type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input checked="" type="checkbox"/> Mental health condition <input checked="" type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	01934 886 111  <a href="mailto:enquiries@worle.org.uk">enquiries@worle.org.uk</a>  <a href="http://www.worle.org.uk">www.worle.org.uk</a>
<b>Two's Company</b> 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  <a href="mailto:tandemrides@lifecycleuk.org.uk">tandemrides@lifecycleuk.org.uk</a>  <a href="http://www.lifecycleuk.org.uk">www.lifecycleuk.org.uk</a>