

bike 4 life

a cycle hire  
and training  
project  
for families



the wheel thing

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The fun cycling sessions are for parents and children aged 8–16 year olds. The project aims to teach people how to cycle, to cycle safely, and have fun!

This project is available for both parents and children who can cycle and those who cannot cycle.

## How do I get involved?

The cycle sessions take place on Saturdays at Southfields, Battersea and Roehampton. We provide cycles, helmets and training at each session. Or you can have training on your own bike if you would like to.

Contact us on 020 8812 7614 or [getactive@wpct.nhs.uk](mailto:getactive@wpct.nhs.uk).

Wandsworth Primary Care Trust is part of the Change4Life movement. In order to maintain a healthy weight we need to both eat well and move more. Many families are making changes that will help them live healthier and longer lives. Visit [www.nhs.uk/Change4Life](http://www.nhs.uk/Change4Life) or call 0300 123 4567 for more information.