The Bristol Bike Project runs weekly bike skills sessions for women from marginalised backgrounds. The sessions start at 10 am, where you will learn basic maintenance skills in a female-only environment for 2 - 3 hours. At the end of the session you will walk (or cycle!) away with a free, donated bicycle.

The scheme is available to **women** who are:
- Long-term unemployed
- Asylum Seekers or Refugees
- Persons with ongoing health problems
- Persons with learning difficulties
- In sheltered or assisted housing
- Undergoing a substance abuse recovery programme
- On probation

You can come back to the workshop and repair it when you need to for free.

**The session and bicycle are free of charge. Booking is required.**

To reserve a space or for more information, visit our website: [www.thebristolbikeproject.org](http://www.thebristolbikeproject.org) (go to ‘our workshops’ -> ‘freedom of movement')
or contact Jo: jo@thebristolbikeproject.org | 0781 217 4765