



BACK IN THE SADDLE (with your kids)

- Are you a parent who would like to cycle with your kids?
- Are you nervous about getting back on your bike after a while?

We are offering FREE parent and child cycling training in Chiswick from September.

The first courses will run over four Saturdays from 15th September 2018.

Lessons include safety, courtesy, tips and road awareness.

15, 22 Sept

2 hour classes for adults on confidence-building & safety

29 Sept, 6 Oct

2 hour classes for adults and their children aged 7yrs+ together

The courses will be fun and safe.

A prize for all children who complete the course.

Free Dr Bike in Chiswick on 8th September to get your bike ready.

If you would like to find out more or sign up please email training@hounslowcycling.org

Trainers are accredited with the Department of Transport, fully insured, with DBS. All equipment can be supplied (tabards, helmets and bikes if necessary).

BACK IN THE SADDLE

Back in the Saddle is our exciting new training course for parents and children, targeted at parents who lack experience or confidence cycling but who would like to cycle with their children.

The course has 4 sessions, the first one starts on 15 September in Chiswick. More courses should be programmed later and in other locations in the borough. See our website <http://hounslowcycling.org/training> for more details and contact us on training@hounslowcycling.org if you are interested in taking part in the course.

HOUNSLOW BIKING BELLES

The Hounslow Biking Belles is the new name for the women's cycling group which meets every Tuesday evening at the Hounslow Civic Centre on Lampton Road. The group has grown out of the free adult cycle training sessions held each week on Wednesdays and Saturdays with the aim of teaching adults to cycle, or to improve their proficiency.

July's numbers were over 200 attendees. The route changes from week to week and runs from April to the end of September. Participants range in age from teens, to ladies in their seventies. If you would like to give it a try, don't worry if you don't have a bike. The scheme includes provision of free bikes, helmets and high-vis jackets, so there really is no excuse! There is no need to register, just come along! For full details of cycle training offered in Hounslow, go to www.hounslow.gov.uk/getonyourbike



EVENTS AND RIDES

We have the following events and rides coming up.

Time and Date	Event	Location
12:00 – 6:00pm Sunday 2 September 2018	Brentford Festival	Blondin Park
12:45pm Saturday 22 September 2018	Open House London Ride	Turnham Green station
1:45pm Saturday 6 October	Discover West London Ride	Brentford Market Place
4:45pm Saturday 27 October	Halloween Scary Ride	Brentford Market Place
1:45pm Saturday 24 November	Christmas Lights Extravaganza Ride	Brentford Market Place
1:45pm Saturday 29 December	Mince Pie Burner Ride	Brentford Market Place

KEEPING IN TOUCH

A reminder of our monthly meetings on the last Thursday of the month. Check-out our website for the venue: <http://hounslowcycling.org/current-activities/meet-us>