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**Are you an adult with a learning disability who has always wanted to ride a bike, but**

**needed someone to show you how to ride?**

**Did you ride a bike when you were young but have not been on one since?**

**Come to our Beginners Cycling Sessions**

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**We meet every two weeks down at the Cycle Hub, Quayside, Newcastle upon Tyne NE6 1BU**

You do not need your own bike or helmet as you will be able borrow these for the session and you will be given instruction on how to ride safely.

**If you would like to take part please contact**

**Glenn Howe on: Tel: 0191 281 5541**

**E-mail:** **betterdays1999@hotmail.com**