

## Come on Bristolians! It's time to give your bike some TLC

Thursday 21 June, 2018

People living in Bristol are being urged to **fall in love** with their bikes again as part of a national drive by the cycling charity, Cycling UK.

Cycling UK has pledged to get at least 25,000 people back into cycling nationwide by the end of the summer as part of its **Big Bike Revival** project.

Bristol-based charity **Life Cycle UK** is lending a hand by putting on events at **The Life Cycle Hub** (located in the carpark of Horfield Prison, Cambridge Road, Bristol, BS7 8PS).

Anyone can turn up and receive a free bike check-up or purchase one of Life Cycle's professionally refurbished bikes at an affordable price.

The service is open for adults and children so the whole family can get involved.

**The Hub will be open from 9:30 – 1:30 on the following Saturdays:**

**30<sup>th</sup> June; 14<sup>th</sup> July; 21<sup>st</sup> July; 28<sup>th</sup> July.**

The aim is to encourage the 42% of the population who own a bike but never use it to rediscover the joy of cycling.

**James Scott, Cycling UK's Director of Development said:** "We've found that people sometimes just need that extra helping hand to build cycling into their lives and that's where we're here to help.

"Often people tell us they don't use their bikes because they either lack the confidence or skills, or their bike needs a bit of tender loving care.

"Our events in Bristol aim to tackle those barriers and encourage everyone to join and learn again to enjoy the ride."

Last year, Big Bike Revival events around the country reached more than 64,000 people, fixed around 1,600 bikes and helped around 18,500 take up cycling as a regularly activity.

This year, the project is aiming to reach more people and restore more bikes.

**Chrissie from the Life Cycle Hub, said:** "We're so excited to offer this fantastic opportunity for FREE, thanks to the Big Bike Revival. So, if your bike could do with a bit of TLC, bring it to us and we'll help you get things moving again..."

"If you don't own a bike, you can purchase a refurbished one at a very reasonable price. We have a fantastically varied selection of kids' and adults' bikes, so come and have a browse!"

Cycling is not only fun, but has proven and profound health, social and environmental benefits. Only 17% of people in Britain cycle at least once a week, despite 25 million people owning a bike.

The Big Bike Revival runs from 4<sup>th</sup> May until 28<sup>th</sup> July. You can find full details on the website [www.cyclinguk.org/bigbikerevival](http://www.cyclinguk.org/bigbikerevival)

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