**Icon

Description automatically generated with low confidence**

**What’s coming up April/May2022**

**Re-invent your wheels day**

At Sustrans Active Travel Hub, CS Lewis Square

Wednesday 6th April 11am – 3.00pm

* Book in for a free mechanical check with **Dr Bike**\*
* Register your bike with **the National Bike Register**/PSNI\*
* Come see our **Borrow a Bike** fleet
* Chat to Sustrans staff

Dr Bike (booking essential\*) here: <https://www.eventbrite.com/e/303333276997>

Bike Register (booking essential\*) here: <https://www.eventbrite.com/e/303390919407>

Diagram

Description automatically generated

Gain confidence back in the saddle with other like-minded women eager to get cycling again. 6-week programme, first week on zoom then every week at CS Lewis Square. Bikes & helmets can be provided on request.

**Starting Thursday 21st April 7pm – 9pm**

Book here: <https://www.eventbrite.com/e/292100750207>

Or

**Starting Tuesday 24th May 6.30pm – 8.30pm**

Book here: [Women into Cycling 6-week programme Registration, Tue 24 May 2022 at 18:30 | Eventbrite](https://www.eventbrite.com/e/women-into-cycling-6-week-programme-registration-305070302487)

Diagram

Description automatically generated

**Thinking about buying an e-bike?  Come and experience a traffic free session on one of Sustrans e-bikes at CS Lewis Square. Contact** [Dianne.whyte@sustrans.org.uk](mailto:Dianne.whyte@sustrans.org.uk) **to arrange a session.**

Diagram

Description automatically generated

**Unsure of how to fix a puncture, it's easy when you know how. Gain new knowledge, skills and pick up some complimentary saddle bag essentials for your journey.**

**Saturday 23rd April 10am – 12 noon, Connswater Community Centre, East Belfast**

**Book here:** <https://www.eventbrite.co.uk/e/bike-fix-basics-connswater-community-centre-registration-305076731717>