



Forth coming Cycling events:

Fix your own bike workshop sessions

Bring your bike along to our fully equipped workshop and have the use of a work bench bike stand plus specialist tools and qualified advice.

(£5 fee applies and please call to book as spaces are limited)

Date / time: 21st, 26th, 28th May and 4th June 17.00 to 19.00 h

Venue Bikes Revived, 10 Portland drive, Merstham Surrey RH1 3HY

Family Cycle Saunter

Cycle ride and quiz with team prizes for all ages. Take a leisurely ride around Nutfield Marsh nature reserve, using mostly cycle route 21 (Please call to book a space)

Date: 25/5/15 10.00 to 15.00 hrs

Starts and finishes from Bikes Revived, 10 Portland drive, Merstham Surrey RH1 3HY

Bike security tagging

Surrey police have kindly offered to tag bikes that come into the project, for free!

Date / time: 28th May 17.00 to 19.00 h

Venue Bikes Revived, 10 Portland drive, Merstham Surrey RH1 3HY

Free Bike MOT and Tune up

Bring your bike along to the sessions below for a safety check and get your gears and brakes tuned up. (Please note this is run a first come first served basis)

Venues and time:

18th May Merstham station 06.30 to 10.30 h

23rd May Neighbourhood watch event Canada Hall

Battlebridge Lane

Merstham Surrey RH1 3LH



Forth coming Cycling events: Cont.

Health , Well being and Nutrition sessions

Wellbeing sessions including nutrition, head neck and shoulder massage with healthy eating “samples” supplied by Women's Institut

Date / time: 22th May 10.00 to 14.00 hrs & 28th May 17.00 to 19.00 h

Venue Bikes Revived, 10 Portland drive, Merstham Surrey RH1 3HY

Schools out - Cycle a smoothie

Create a smoothie using our smoothie bike and learn about maintaining energy levels naturally (Call 01737 668422 to book a place)

Date / time: 26th May 14.00 to 16.00 h

Venue Bikes Revived, 10 Portland drive, Merstham Surrey RH1 3HY

For information on the project and its aims or how you can contribute

www.bikesrevived.org.uk

or call in to the workshop at 10 Portland Drive, Merstham, RH1 3HY

Supported by :

