

Tom's story

With the help of our free Cycle Confidence sessions, Tom has gone from unable to ride to cycling independently.

"Dilys is a great instructor; friendly, enthusiastic and straight-to-the-point. I've gone from being unable to ride at all (and anxious about trying) to riding unassisted in just three or four sessions."

"I think free lessons are vitally important for getting more people riding, which will reduce local congestion and carbon emissions (as well as getting us all a lot more active and healthy)."