

WSSSEN

Social Enterprise of the Month

BIKE FOR LIFE

Bike for Life was established in 2004 with the aim of providing a range of high quality cycle training services to all sectors of the local community and further afield.

In 2007 they were the first training organisation to gain Bikeability-accredited status, and in 2008 went on to become an Instructor Training Provider, accredited to train the cycling instructors who deliver Bikeability. They are also a Weldtech-accredited cycle maintenance training centre.

Training Bike for Life offer a wide range of courses for people of all ages and abilities throughout Sussex, the courses include:

- Cycle training specifically for adults at the national cycle training standard. Split into three levels of training for different abilities and needs. Their overall aim is to make you feel safe in any road situation, and to give you the skills to undertake any journey with confidence, and style.
- Training for Children and Young People, centred on the Bikeability national standard syllabus, and is divided into three levels of varying ability. It is suitable for children of all ages and abilities including those with special needs.
- Bike Maintenance - all day courses covering varying levels of maintenance depending on you needs. Private sessions can also be booked if required and can be tailored to the demand of the client.
- Strip down and rebuild training covers the complete strip down, preparation and rebuild of your bike over 2 consecutive Saturdays.

Promoting cycling Bike for Life also works with local partners in the Third Sector who all share a vision of more people cycling, more safely, more often. Locally they work to plan and deliver cycling activities that target disadvantaged and under-represented groups. They assist in stages of project delivery such as design, fundraising, publicity and monitoring and evaluation. Bike for Life are currently involved in a couple of funded projects: Bike Club, a weekly evening bike club for young people, Big Bike Weekends and the Sustrans Bike it.

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