

## Men on Wheels is Back!!



- Riders to come and join us!
- Experienced Volunteer riders to help us!



27<sup>th</sup> April – Leatherhead

11<sup>th</sup> May – Elmbridge

18<sup>th</sup> May – Epsom

This project is aimed at men, to help improve physical health and emotional well-being, and help form social networks.

**Our Ride Leader will be leading these 'Men on Wheels' rides on the above dates, with more ride date to come during the year. There will be other events going on throughout the year also, including bike maintenance courses, mental health first aid courses and additional ways to improve your health.**

The group size will be no larger than 10 people and the route will be at a starters level.

- You do not need any equipment as this will be supplied, but if you wish to bring your own bike that's great.
- The ride will be Fun and a chance to get out meet new people.
- You do not need to be an athlete, or clad yourself with Lycra (unless you want to).
- Don't be put off by anything, give it a go and see what you think.
- If you are interested, please contact us to book your place as places are limited

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