



## Cycle Recycle

Take Off is running a bicycle repair group to support positive mental wellbeing. Learn a new skill or rekindle an old one through our project, complete with five full bicycle repair stations. All levels and abilities are welcome.

The group runs weekly on Fridays 4-7pm at the Riverside Youth Centre (between Sainsbury's and Kingsmead Leisure Centre).

For any further information, please feel free to get in contact at 07939 623 374 for details, or use the contact form on our website.



A place of positivity

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Somewhere you can get support, advice and have fun

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Learn a new skill

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100% service user led

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Free to attend

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Regular attendance welcome

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