

## Barbara's story

Barbara is disabled but, with the help of her Cycle Confidence instructor, has been able to learn again to cycle and is now in the process of getting a new bike.

*"What can I say? A massive thank you for giving me my life back - for that I cannot thank you enough.*

*"Dilys is incredible and what an inspiration. With her enthusiasm I think she could teach a parrot to ride a bike.*

*"I loved it; if the peddles are in the right position it won't take me long to get back to how I used to ride a bike.*

*"I am looking forward to getting a new bike and, with the starting techniques given to me, I will get used to that.*

*"Thank you so much for everything - even my husband wants to learn now."*