

Joanna's story

Joanna received one to one cycle lessons with instructor Dilys through our free cycle confidence programme and is now cycling for the first time in her life. Here's her story...

"During my adult life I tried to learn how to ride a bike but I couldn't due to fear and not having the expertise to do it on my own. When I learned about Dilys and what she does and how I could have cycling lessons for free funded by the council, I couldn't feel any happier than I did.

I spent many years having people saying "It's easy! Try it! You just hop on the bike and you ride!" or "You won't be able to ride a bike! You're too old!" Or "Wait until you fall!"

Well I started my first lesson back in July 2020 and I was very excited to be able to start this journey of learning but I was also scared of falling or hurting myself.

Dilys is the most amazing, calm and caring person. She made it all so easy and was so understanding. She reassured me that I would not get hurt. She always said I could do it and I did. I am now able to ride a bike. Not 100% confident to ride it in the road but I have done it on my own in the Common and around where I live.

Finally after so many years of not being able to achieve a goal I have made it! I can ride a bike and I had a great instructor. And this would have not been possible if not for these funded lessons provided by the council. I appreciate it so much!"