



On holiday in France it seemed to the Erikson family that everyone was cycling except them. At home John decided to try to teach his son Ben to cycle. Ben was not impressed with his dad's teaching methods, 'You let go too soon and I crashed into a tree!' Not surprisingly, Ben didn't trust this dad to teach him after that! It was good luck therefore that John noticed two trainers at a local school and discovered that his son could get one-to-one training;

'I thought it would be very expensive to have this kind of personal training for Ben but I was amazed at the great value.' Cycle training is subsidised in Ealing which means that one-to-one lessons only cost £5 for anyone that works, lives or studies in the borough' said John.

Cycle trainer Julie said, 'In the first lesson Ben had moments of riding by himself. He just needed to believe it himself!' During the lesson John sat with a book reading, '...when I looked up 20 minutes later Ben was riding around the tennis court.'

This year when John & Ben go on holiday they'll have two bikes on the roof rack and they won't be left out when it comes to cycling.

“The trainer Julie was brilliant. I sat with my book reading and when I looked up 20 minutes later Ben was riding round the tennis court.”

