

TRAINEE CASE STUDY for Direct Support for Cycling 7:

A good confidence builder



When Grace entered a raffle on Ealing Broadway she didn't give it a second thought. A few weeks later she got a call to say she had won a bicycle. Grace collected the bike but realised she did not have the confidence to ride it and decided to book cycle training lessons.

Grace had ridden before but then got a car and, she said, 'the laziness set in and the bike was left in the shed'. She phoned CTUK via Ealing Council and arranged training in Gunnersbury Park. 'The trainer was lovely and told me I could ride nicely' she says.

'It was very satisfying to see Grace cycling, steering, stopping and changing gear by the end of the session' Nick, Grace's cycling instructor said.

Would she recommend cycle lessons? "Yes! It was absolutely excellent and a very good confidence builder".

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and a very good confidence builder” Grace**