

TRAINEE CASE STUDY for Direct Support for Cycling 7:  
Cycle training birthday present



**“...having a cycle lesson is a no-brainer ”**

Hakeem had always wanted to learn to ride a bike and last year his wife Ceyrilia booked him a lesson as a birthday present. Within two hours Hakeem was riding independently in the park.

‘I hadn’t known what to expect but really enjoyed the training. I would definitely recommend it. Now I cycle every week’ **Hakeem**

Ceyrilia had different reasons for wanting training. She been riding for a few years but wanted to build up confidence and road awareness so she could commute to work, from Ealing to Notting Hill.

‘I had been ‘beeped at’ and this had knocked my confidence. The lesson was brilliant. After 2 hours I was much more confident. With the cost of the training being so low, having a cycle lesson is a no brainer.’

Ceyrilia trained on local roads but the skills she acquired are applicable to road situations everywhere. The lesson included things she had not considered before, such as making eye contact with other road users. She has already recommended the training to other people and has booked a lesson for her best friend.

**“It’s a bit like your first driving lesson; you are afraid you will embarrass yourself but afterwards you feel great because you have learned a new skill” Ceyrilia**