



## LIST OF PHYSICAL ACTIVITIES IN SCHEME

**Please select your town**

Backwell

Clevedon

Portishead

Weston-Super-Mare

Worle

Yatton – **Free Activities**

## Backwell

### Body Conditioning – Adults

<b>Caroline Knight</b>  <b>Wednesdays</b> 7 pm to 7.50 pm  <b>Fridays</b> 9.15 am to 10.05 am  WI Hall Station Road Backwell BS48 3QW	<b>Bookings</b>  Telephone - 07825794553  Email <a href="mailto:dizzyme@outlook.com">dizzyme@outlook.com</a>	<b>Web address</b>
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#### Additional Needs

Blind/Visual Impairment	Deaf/ Hard of Hearing	Learning Disability/ Difficulty	Mental Health Condition	Autistic Spectrum Disorder	Additional Physical Impairment
No	No	No	No	No	No

#### Description:


Low impact, not high cardio Body Conditioning for toning, strength, and bone density. Also good for mental health- We do a section on Legs, Arms then Core. Attendees need to bring a mat and water and be appropriately dressed. A PAR-Q will also need to be completed before participating.

#### Notes:

- Pre-booking is **not** required, following initial registration.
- The sessions cost £6 each.
- Session Intensity Medium

## Clevedon

### Body Weight/Cardio – Adults

<p><b>Eisey's Community Gym</b></p> <p><b>Mondays</b> 6:15 pm to 7:00 pm.</p> <p>Eisey's Community Gym 137 Old St Clevedon BS21 6BH</p>	<p><b>Bookings</b></p> <p>Booking via text or WhatsApp 07771880580</p> <p>Email <a href="mailto:training@eisentragersgym.co.uk">training@eisentragersgym.co.uk</a></p>	<p><b>Web address</b></p> <p><a href="http://eisentragersgym.com/">http://eisentragersgym.com/</a></p> 
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### Additional Needs

Blind/Visual Impairment	Deaf/Hard of Hearing	Learning Disability/Difficulty	Mental Health Condition	Autistic Spectrum Disorder	Additional Physical Impairment
Yes	Yes	Yes	Yes	Yes	Yes


### Description:

Circuit that comprises bodyweight and cardio exercises in different formats every week. Some equipment is used on occasion.

### Notes:

- Pre-booking **is** required.
- The sessions cost £6 each.
- Session Intensity Medium/High

**Boxing/Conditioning – Adults**

<p><b>Eisey's Community Gym</b></p> <p><b>Mondays</b> 7:15 pm to 8:00 pm.</p> <p>Eisey's Community Gym 137 Old St Clevedon BS21 6BH</p>	<p><b>Bookings</b></p> <p>Booking via text or WhatsApp 07771880580</p> <p>Email <a href="mailto:training@eisentragersgy m.co.uk">training@eisentragersgy m.co.uk</a></p>	<p><b>Web address</b></p> <p><a href="http://eisentragersgym.com/">http://eisentragersgym.com/</a></p> 
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**Additional Needs**

Blind/Visual Impairment Yes	Deaf/ Hard of Hearing Yes	Learning Disability/ Difficulty Yes	Mental Health Condition Yes	Autistic Spectrum Disorder Yes	Additional Physical Impairment Yes
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**Description:**

A mixture of pad work drills, and exercises.

**Notes:**

- Pre-booking **is** required.
- The sessions cost £6 each.
- Session Intensity Medium/High

## Boxing - Adults

<p><b>Eisey's Community Gym</b></p> <p><b>Thursdays</b> 7:00 pm to 8:00 pm.</p> <p><b>Fridays</b> 6:15 pm to 7:15 pm.</p> <p>Eisey's Community Gym 137 Old St Clevedon BS21 6BH</p>	<p><b>Bookings</b></p> <p>Booking via text or WhatsApp 07771880580</p> <p>Email <a href="mailto:training@eisentragersgym.co.uk">training@eisentragersgym.co.uk</a></p>	<p><b>Web address</b></p> <p><a href="http://eisentragersgym.com/">http://eisentragersgym.com/</a></p> 
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### Additional Needs

Blind/Visual Impairment	Deaf/Hard of Hearing	Learning Disability/Difficulty	Mental Health Condition	Autistic Spectrum Disorder	Additional Physical Impairment
Yes	Yes	Yes	Yes	Yes	Yes

### Description:

- Bag work, sparring if desired, pad work. This is run like all boxing clubs up and down the country. A timer is set, and you and not the coaches decide what you will do.
- **Notes:**
- Pre-booking **is** required.
- The sessions cost £6 each.
- Session Intensity Medium/High.

## Boxing – Juniors (6-11yrs)

<p><b>Eisey's Community Gym</b></p> <p><b>Thursdays</b> 4:15 pm to 5:00 pm.</p> <p>Eisey's Community Gym 137 Old St Clevedon BS21 6BH</p>	<p><b>Bookings</b></p> <p>Booking via text or WhatsApp 07771880580</p> <p>Email <a href="mailto:training@eisentragersgym.co.uk">training@eisentragersgym.co.uk</a></p>	<p><b>Web address</b></p> <p><a href="http://eisentragersgym.com/">http://eisentragersgym.com/</a></p> 
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### Additional Needs

<p>Blind/Visual Impairment</p> <p>Yes</p>	<p>Deaf/ Hard of Hearing</p> <p>Yes</p>	<p>Learning Disability/ Difficulty</p> <p>Yes</p>	<p>Mental Health Condition</p> <p>Yes</p>	<p>Autistic Spectrum Disorder</p> <p>Yes</p>	<p>Additional Physical Impairment</p> <p>Yes</p>
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### Description

Coaches hold pads for the children who perform different combinations. (No Sparring, 100% non-contact)

### Notes:

- Pre-booking **is** required.
- The sessions cost £4 each.
- Session Intensity Medium/High.

**Boxing Ladies only**

<p><b>Eisey's Community Gym</b></p> <p><b>Thursdays</b> 9:30 am to 10:30 am.</p> <p>Eisey's Community Gym 137 Old St Clevedon BS21 6BH</p>	<p><b>Bookings</b></p> <p>Booking via text or WhatsApp 07771880580</p> <p>Email <a href="mailto:training@eisentragersgym.co.uk">training@eisentragersgym.co.uk</a></p>	<p><b>Web address</b></p> <p><a href="http://eisentragersgym.com/">http://eisentragersgym.com/</a></p> 
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**Additional Needs**

Blind/Visual Impairment Yes	Deaf/ Hard of Hearing Yes	Learning Disability/ Difficulty Yes	Mental Health Condition Yes	Autistic Spectrum Disorder Yes	Additional Physical Impairment Yes
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**Description:**

This is a combination of pad work and bag work mixed in with some bodyweight conditioning.

**Notes:**

- Pre-booking **is** required.
- The sessions cost £6 each.
- Session Intensity Medium/High.

**Boxing - Juniors (12-16 yrs.)**

<p><b>Eisey's Community Gym</b></p> <p><b>Thursdays</b> 5:05 pm to 5:50 pm.</p> <p>Eisey's Community Gym 137 Old St Clevedon BS21 6BH</p>	<p><b>Bookings</b></p> <p>Booking via text or WhatsApp 07771880580</p> <p>Email <a href="mailto:training@eisentragersgym.co.uk">training@eisentragersgym.co.uk</a></p>	<p><b>Web address</b></p> <p><a href="http://eisentragersgym.com/">http://eisentragersgym.com/</a></p> 
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**Additional Needs**

Blind/Visual Impairment Yes	Deaf/Hard of Hearing Yes	Learning Disability/Difficulty Yes	Mental Health Condition Yes	Autistic Spectrum Disorder Yes	Additional Physical Impairment Yes
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**Description:**

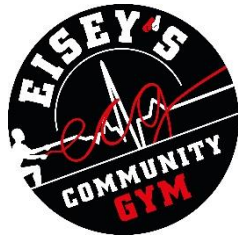
Coaches and youth all hold pads. (No sparring and 100% non-contact)  
Learning strong fundamentals and complex moves.

**Notes:**

- Pre-booking **is** required.
- The sessions cost £4 each.
- Session Intensity Medium/High.



### Circuits Old School – Adults

<p><b>Eisey's Community Gym</b></p> <p><b>Tuesdays</b> 6:15 pm to 7:00 pm.</p> <p>Eisey's Community Gym 137 Old St Clevedon BS21 6BH</p>	<p><b>Bookings</b></p> <p>Booking via text or WhatsApp 07771880580</p> <p>Email <a href="mailto:training@eisentragersgym.co.uk">training@eisentragersgym.co.uk</a></p>	<p><b>Web address</b></p> <p><a href="http://eisentragersgym.com/">http://eisentragersgym.com/</a></p> 
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### Additional Needs

Blind/Visual Impairment	Deaf/ Hard of Hearing	Learning Disability/ Difficulty	Mental Health Condition	Autistic Spectrum Disorder	Additional Physical Impairment
Yes	Yes	Yes	Yes	Yes	Yes


### Description:

Lots of great equipment is set up in different formats every week. rowing machines, Assault Bikes, battle ropes, soft plyometric boxes, Tyres, kettlebells, slam balls, etc.

### Notes:

- Pre-booking **is** required.
- The sessions cost £6 each.
- Session Intensity Medium/High.

## Strength and Conditioning – Adults

<p><b>Eisey's Community Gym</b></p> <p><b>Wednesdays</b> 6:15 pm to 7:00 pm.</p> <p><b>Saturdays</b> 8:30 pm to 9:30 pm.</p> <p>Eisey's Community Gym 137 Old St Clevedon BS21 6BH</p>	<p><b>Bookings</b></p> <p>Booking via text or WhatsApp 07771880580</p> <p>Email <a href="mailto:training@eisentragersgym.co.uk">training@eisentragersgym.co.uk</a></p>	<p><b>Web address</b></p> <p><a href="http://eisentragersgym.com/">http://eisentragersgym.com/</a></p> 
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### Additional Needs

Blind/Visual Impairment Yes	Deaf/ Hard of Hearing Yes	Learning Disability/ Difficulty Yes	Mental Health Condition Yes	Autistic Spectrum Disorder Yes	Additional Physical Impairment Yes
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### Description:


We use a very safe but effective way of lifting using a system called landmines. The lifting is interspersed with bodyweight drills.

### Notes:

- Pre-booking **is** required.
- The sessions cost £6 each.
- Session Intensity Medium/High.

## Portishead

### Senior Strong (over 60yrs)

<p><b>Walnut Grove Wellbeing CIC</b></p> <p><b>Tuesdays</b> 12:30 pm to 13:45.</p> <p><b>Thursdays</b> 10:30 am to 11:45 am.</p> <p>81 Papermill Gardens Portishead BS20 7RL</p>	<p><b>Bookings</b></p> <p>Booking via text or WhatsApp 07973386794</p> <p>Email <a href="mailto:Candy@walnutgrovewellbeingcic.com">Candy@walnutgrovewellbeingcic.com</a></p>	<p><b>Web address</b></p> <p>Walnutgrovewellbeingcic.com</p> 
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#### Additional Needs

Blind/Visual Impairment No	Deaf/ Hard of Hearing No	Learning Disability/ Difficulty No	Mental Health Condition Yes	Autistic Spectrum Disorder No	Additional Physical Impairment Yes
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#### Description:

45 minutes of gentle exercise to include cardio, strength and balance. 30 minutes for a coffee/tea chat and catchup. Aimed out the over 60s wanting to get back into exercise.

#### Notes:

- Pre-booking **is** required.
- The sessions cost £5 each.
- Session Intensity Low.

## Weston-Super-Mare

### Body Sculpting – Adults

<p><b>Debbie Saunders Workout</b></p> <p><b>Wednesdays</b> 10:00 am to 11:00 am.</p> <p>The Potteries Community Centre Langford Road Weston super Mare BS23 3PQ</p>	<p><b>Bookings</b></p> <p>Booking via email</p> <p>Email <a href="mailto:wmsportsaerobic1@btinternet.com">wmsportsaerobic1@btinternet.com</a></p>	<p><b>Web address</b></p>
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#### Additional Needs

Blind/Visual Impairment No	Deaf/ Hard of Hearing No	Learning Disability/ Difficulty No	Mental Health Condition Yes	Autistic Spectrum Disorder No	Additional Physical Impairment No
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#### Description:

Body Sculpting is a fun and relaxed session of music, using weights and bands to make sure our bodies are strong, fit, and flexible.

#### Notes:

- Pre-booking **is** required.
- The sessions cost £5 each.
- Session Intensity Medium/High.

**Table Tennis – Adults and Juniors**

<p><b>Weston Table Tennis Community</b></p> <p><b>Thursdays</b> 7:00 to 9:00pm</p> <p>Broadoak Academy Windwhistle Road Weston super Mare BS23 4NP</p>	<p><b>Bookings</b></p> <p>Booking via email</p> <p><a href="mailto:ceo@wttc.uk">ceo@wttc.uk</a></p>	<p><b>Web address</b></p> <p><a href="https://www.tabletennis365.com/Weston">https://www.tabletennis365.com/Weston</a></p>  <p><b>WESTON TT COMMUNITY</b> Table Tennis as a Service</p>
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**Additional Needs**

Blind/Visual Impairment	Deaf/ Hard of Hearing	Learning Disability/ Difficulty	Mental Health Condition	Autistic Spectrum Disorder	Additional Physical Impairment
No	Yes	Yes	Yes	Yes	Yes

**Description:**


Table Tennis organised into differing abilities.

There is a minimum height requirement of 2.5 ft, as juniors need to see over the table.

**Notes:**

- Pre-booking **is** required.
- The sessions cost £5 each.
- Session Intensity Low/Medium/High.

## Tennis, Short Tennis, and Pickleball - Juniors

<p><b>Priory Tennis Club</b></p> <p><b>Thursdays</b> 5:00 pm to 6:00 pm.</p> <p>Hutton Moor Leisure Centre Hutton Moor Road Weston Super Mare BS22 8LY</p>	<p><b>Bookings</b></p> <p>Telephone - 07986274393</p> <p>Email <a href="mailto:Simonholloway55@icloud.com">Simonholloway55@icloud.com</a></p>	<p><b>Web address</b></p> <p><a href="http://www.priorytennisclub.co.uk">www.priorytennisclub.co.uk</a></p> 
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### Additional Needs

<p>Blind/Visual Impairment</p> <p>Yes</p>	<p>Deaf/ Hard of Hearing</p> <p>Yes</p>	<p>Learning Disability/ Difficulty</p> <p>Yes</p>	<p>Mental Health Condition</p> <p>Yes</p>	<p>Autistic Spectrum Disorder</p> <p>Yes</p>	<p>Additional Physical Impairment</p> <p>Yes</p>
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### Description:

Tennis for beginners, also short tennis, or pickleball. Includes warm-up drills, ball skills, cardio exercises, team games, and quizzes.

### Notes:


- Pre-booking **is** required.
- The sessions cost £6 each.
- Session Intensity Medium/High

## Worle


### @worle centre classes and sessions – Adults

Telephone - 01934 886111

Address - @worle, 58 New Bristol Road Weston- Super-Mare BS22 6AQ

<p><b>@Worle</b> Please click the link below to see the timetable of activities. <a href="#">Worle   CCE</a></p>		<p><b>Bookings:</b> Can be made by emailing <a href="mailto:enquiries@worle.org.uk">enquiries@worle.org.uk</a> Or click the link to complete an online booking form. <a href="#">Worle   CCE</a></p>		<p><b>Web address:</b> <a href="#">Welcome – @Worle</a></p> 			
<p><b>Classes (various)</b></p> <ul style="list-style-type: none"> <li>• Chair Fitness*</li> <li>• Freestyle Step</li> <li>• LBT</li> <li>• Pump</li> <li>• Stretch and Core</li> </ul>		<p><b>Dance</b></p> <ul style="list-style-type: none"> <li>• Dance</li> <li>• Fusion</li> <li>• Fitness</li> <li>• Inclusive Dance*</li> <li>• Modern Line Dancing</li> <li>• Sass Class</li> <li>• Zumba</li> <li>• Zumba Gold</li> </ul>		<p><b>Gym based</b></p> <ul style="list-style-type: none"> <li>• Gym Circuits</li> <li>• Bands &amp; Bells</li> <li>• Over 50's Strength &amp; Cond.</li> <li>• Strong Nation</li> <li>• Total Body Cond.</li> </ul>		<p><b>Pilates</b></p> <ul style="list-style-type: none"> <li>• Fitness</li> <li>• Pilates</li> <li>• Trigger Point</li> </ul>	
<p><b>Spin</b></p> <ul style="list-style-type: none"> <li>• Express</li> <li>• Intro to</li> <li>• Over 50's</li> <li>• Spin</li> <li>• Spin &amp; Core</li> <li>• Virtual</li> </ul>		<p><b>Tai Chi</b></p>		<p><b>Yoga</b></p> <ul style="list-style-type: none"> <li>• Functional</li> <li>• Kettle Flow</li> <li>• Sunset</li> <li>• Yoga</li> </ul>			
<p><b>Notes:</b></p> <ul style="list-style-type: none"> <li>• Pre-booking <b>is</b> required.</li> <li>• The sessions cost £6 each.</li> </ul>							

**Circuits Training – Adults**

<p><b>Plan C Training</b></p> <p><b>Tuesdays</b> 9:15 am to 10:15 am.</p> <p><b>Saturdays</b> 2:30 pm to 3:30 pm</p> <p>Plan C Training Studio Mendip Avenue Worle Weston Super Mare BS22 6HD</p>	<p><b>Bookings</b></p> <p>Telephone – 07798907681 07771926558</p> <p>Email <a href="mailto:philchurchill@hotmail.co.uk">philchurchill@hotmail.co.uk</a> <a href="mailto:janechurchill77@hotmail.co.uk">janechurchill77@hotmail.co.uk</a></p>	<p><b>Web address</b></p> <p><a href="http://www.plan-c-training.co.uk">www.plan-c-training.co.uk</a></p> 
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**Additional Needs**

Blind/Visual Impairment Yes	Deaf/ Hard of Hearing Yes	Learning Disability/ Difficulty Yes	Mental Health Condition Yes	Autistic Spectrum Disorder Yes	Additional Physical Impairment Yes
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**Description:**


Our circuits sessions are held in our matted and equipped studios. Hit-style exercise stations, which can be adapted to individual needs. A fun and relaxed environment where everyone is encouraged to work at their own pace. Our friendly, fully trained staff will be available to advise and assist.

**Notes:**

- Pre-booking is **not** required, following initial registration.
- The sessions cost £5 each.
- Session Intensity Low/Medium/High.



## Self- Defence – Ladies

<p><b>Plan C Training</b></p> <p><b>Tuesdays</b> 10:30 am to 11:30 am.</p> <p><b>Thursdays</b> 7:00 pm to 8:00 pm.</p> <p>Plan C Training Studio Mendip Avenue Worle Weston Super Mare BS22 6HD</p>	<p><b>Bookings</b></p> <p>Telephone – 07798907681 07771926558</p> <p>Email <a href="mailto:philchurchill@hotmail.co.uk">philchurchill@hotmail.co.uk</a> <a href="mailto:janechurchill77@hotmail.co.uk">janechurchill77@hotmail.co.uk</a></p>	<p><b>Web address</b></p>  <p><a href="http://www.plan-c-training.co.uk">www.plan-c-training.co.uk</a></p>
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### Additional Needs

Blind/Visual Impairment  Yes	Deaf/ Hard of Hearing Yes	Learning Disability/ Difficulty Yes	Mental Health Condition Yes	Autistic Spectrum Disorder Yes	Additional Physical Impairment Yes
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### Description:

Ladies-only self-defence classes, run in our matted and equipped dojo by our fully trained instructors. Based on our martial arts curriculum, without the belts and bowing! Our classes are fun and relaxed, a great way to socialize while getting fitter and more confident. All our classes are designed to be adapted to all ages and abilities

### Notes:

- Pre-booking is **not** required, following initial registration.
- The sessions cost £6 each.
- Session Intensity Low/Medium/High.

**Martial Arts – Juniors (ages 4-10 yrs)**

<p><b>Plan C Training</b></p> <p><b>Mondays</b> 5:15 pm to 6:00 pm.</p> <p><b>Wednesdays</b> 5:15 pm to 6:00 pm.</p> <p>Plan C Training Studio Mendip Avenue Worle Weston Super Mare BS22 6HD</p>	<p><b>Bookings</b></p> <p>Telephone – 07798907681 07771926558</p> <p>Email <a href="mailto:philchurchill@hotmail.co.uk">philchurchill@hotmail.co.uk</a> <a href="mailto:janechurchill77@hotmail.co.uk">janechurchill77@hotmail.co.uk</a></p>	<p><b>Web address</b></p> <p><a href="http://www.plan-c-training.co.uk">www.plan-c-training.co.uk</a></p> 
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**Additional Needs**

Blind/Visual Impairment	Deaf/ Hard of Hearing	Learning Disability/ Difficulty	Mental Health Condition	Autistic Spectrum Disorder	Additional Physical Impairment
Yes	Yes	Yes	Yes	Yes	Yes

**Description:**

Freestyle martial arts and self-defence classes are run in our matted and equipped dojo by our fully trained instructors. Our unique curriculum is designed to be adapted to all ages and abilities.

**Notes:**

- Pre-booking is **not** required, following initial registration.
- The sessions cost £6 each.
- Session Intensity Medium/High.

**Martial Arts – Juniors (Ages 11 yrs +)**

<p><b>Plan C Training</b></p> <p><b>Mondays</b> 6:00 pm to 7:00 pm.</p> <p><b>Thursdays</b> 6:00 pm to 7:00 pm.</p> <p>Plan C Training Studio Mendip Avenue Worle Weston Super Mare BS22 6HD</p>	<p><b>Bookings</b></p> <p>Telephone – 07798907681 07771926558</p> <p>Email <a href="mailto:philchurchill@hotmail.co.uk">philchurchill@hotmail.co.uk</a> <a href="mailto:janechurchill77@hotmail.co.uk">janechurchill77@hotmail.co.uk</a></p>	<p><b>Web address</b></p> <p><a href="http://www.plan-c-training.co.uk">www.plan-c-training.co.uk</a></p> 
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**Additional Needs**

Blind/Visual Impairment	Deaf/ Hard of Hearing	Learning Disability/ Difficulty	Mental Health Condition	Autistic Spectrum Disorder	Additional Physical Impairment
Yes	Yes	Yes	Yes	Yes	Yes

**Description:**

Freestyle martial arts and self-defence classes are run in our matted and equipped dojo by our fully trained instructors. Our unique curriculum is designed to be adapted to all ages and abilities.

**Notes:**

- Pre-booking is **not** required, following initial registration.
- The sessions cost £6 each.
- Session Intensity Medium/High.

**Football – Juniors (Boys and Girls 4 – 8 yrs.)**

<p><b>Foundations in Football</b></p> <p><b>Saturdays</b> 9:00 am – 9:55 am</p> <p>@Worle Centre 58 New Bristol Road Weston Super Mare BS22 6AQ</p>	<p><b>Bookings</b></p> <p>WhatsApp 07979351322</p> <p>Email gareth3126@gmail.com</p>	<p><b>Web address</b></p> <p>pitchero.com/clubs/foundationsinfootball</p> 
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**Additional Needs**

Blind/Visual Impairment	Deaf/ Hard of Hearing	Learning Disability/ Difficulty	Mental Health Condition	Autistic Spectrum Disorder	Additional Physical Impairment
Yes	Yes	Yes	Yes	Yes	Yes

**Description:**

Children 4-8 years (Boys & Girls) community football training session, Fun Games, and drill, followed by 20 mins of match day.


**Notes:**

- Booking via WhatsApp.
- The sessions cost £2.50 each.
- Session Intensity Low/Medium.

## Free Activities

### Yatton

#### After-School Cycling and Friendship Group

<b>Strawberry Line Cycles</b>  <b>Wednesdays</b> 4:30 pm.  Strawberry Line Cycle Project Yatton Railway Station Yatton BS49 4AJ	<b>Bookings</b>  Email <a href="mailto:strawberrylineprojects@gmail.com">strawberrylineprojects@gmail.com</a>	<b>Web address</b>  
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#### Additional Needs

Blind/Visual Impairment Yes	Deaf/ Hard of Hearing Yes	Learning Disability/ Difficulty Yes	Mental Health Condition Yes	Autistic Spectrum Disorder Yes	Additional Physical Impairment Yes
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#### Description:


Wednesday afternoon bike rides for young people with SEN. Our ride leader supports the group for an hour of cycling, friendship, and fun. Sessions are free of charge and riders can use our bikes or trikes.

Rides start and finish at our base at Yatton Railway Station, will take place along the Strawberry Line Cycle Path and are accompanied by our ride leader. Support is available for those wishing to travel by train.

#### Notes:

- Pre-booking **is** required.
- The sessions are free.

## Cycling Activities

<p><b>Strawberry Line Cycles</b></p> <p>Contact to arrange a session</p> <p>Strawberry Line Cycle Project Yatton Railway Station Yatton BS49 4AJ</p>	<p><b>Bookings</b></p> <p>Email <a href="mailto:strawberrylineprojects@gmail.com">strawberrylineprojects@gmail.com</a></p>	<p><b>Web address</b></p> 
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### Additional Needs

Blind/Visual Impairment	Deaf/ Hard of Hearing	Learning Disability/ Difficulty	Mental Health Condition	Autistic Spectrum Disorder	Additional Physical Impairment
Yes	Yes	Yes	Yes	Yes	Yes


### Description:

- E-bike confidence sessions.
- Cycle fitness.
- Cycle-minded well-being rides.
- Inclusive cycling.
- Trike lessons.
- Return to cycling.
- Bike maintenance lessons.
- Road cycling confidence.

### Notes:

- Pre-booking **is** required.
- The sessions are free.

## Inclusive Cycling Skills Session

<p><b>Strawberry Line Cycles</b></p> <p><b>Wednesdays</b> 10:00 am to 2:00 pm.</p> <p>Strawberry Line Cycle Project Yatton Railway Station Yatton BS49 4AJ</p>	<p><b>Bookings</b></p> <p>Email <a href="mailto:strawberrylineprojects@gmail.com">strawberrylineprojects@gmail.com</a></p>	<p><b>Web address</b></p> 			
<p><b>Additional Needs</b></p>					
<p>Blind/Visual Impairment</p> <p>Yes</p>	<p>Deaf/Hard of Hearing</p> <p>Yes</p>	<p>Learning Disability/Difficulty</p> <p>Yes</p>	<p>Mental Health Condition</p> <p>Yes</p>	<p>Autistic Spectrum Disorder</p> <p>Yes</p>	<p>Additional Physical Impairment</p> <p>Yes</p>
<p><b>Description:</b> We have a range of bikes, trikes, handcycles, and other adaptive bikes, so we offer a variety of ways to get you pedalling. The Strawberry Line Cycle Path offers a safe, traffic-free route for our course.</p> <p><b>Notes:</b></p> <ul style="list-style-type: none"> <li>• Pre-booking <b>is</b> required.</li> <li>• The sessions are free.</li> </ul>					