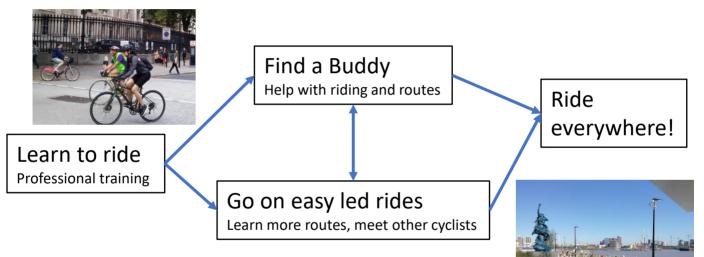
## Get Into Cycling

• Save money • Improve health • Reduce your carbon footprint

There are several FREE programmes to help you into cycling



Learn to ride. Cycle Confident, <u>https://www.cycleconfident.com/</u> Cycle Buddies, <u>https://lcc.org.uk/groups/cycle-buddies/</u> Led rides for beginners, e.g. Southwark Healthy Rides, <u>https://southwarkcyclists.org.uk/healthy-rides/</u>

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