

Cycle for Health from Cycling UK...

Cycling UK's [Cycle for Health](#) programme is now rolling out across West Yorkshire.

We will be holding an online session on **Monday 13 December, from 2-3pm** for any organisations wishing to know more about the programme.

During the session we will present information on target audiences, referral routes and programme content. There will also be time for questions.

To book your place, please follow this link: [Cycle for Health partners meeting](#)

A Reminder – What is Cycle for Health?

Designed specifically for adults identified as having poor mental or physical health, our 12-week package of support develops skills and grows confidence through cycle training and led bike rides.

It is funded by the West Yorkshire Combined Authority City Connect programme and is free to access via referral. Bikes and equipment like helmets are provided.



We are building relationships with organisations who can refer people to Cycle for Health. Typically, these are primary and secondary healthcare services and other local and third sector providers of support to people facing health challenges that limit their daily activities and impact on their wellbeing.

The programme stopped due to the outbreak of covid and successfully relaunched in September this year, with courses back up and running across West Yorkshire and we are now planning for 2022.

We invite you to join us in this online meeting on **Monday 13 December from 2-3pm** so we can update existing referral partners and welcome new organisations to work with us.

To book your place please follow this link: [Cycle for Health partners meeting](#)