



You are the  
world's  
ultimate source  
of renewable  
energy.

  
**Sustrans**  
JOIN THE MOVEMENT

## Free Basic Bike Maintenance 4 Week Course

**Bosworth Community Centre, 291a  
Bosworth Drive, Chelmsley Wood, Solihull,  
B37 5DP.**

4pm-5.30pm 2nd of July, 9th of July, 16th of July & 23rd of July.

## 2nd of July 4-5:30pm Faults and Safety Checks

Learn the names of bike parts, learn how to carry out an M check, check a bike's safety status & diagnose minor faults & make minor adjustments.

## 9th of July 4-5:30pm Punctures

How to take a wheel off and fix a puncture.

## 16th of July 4-5:30pm Brakes

How to adjust brakes, change a brake pad and change a brake cable.

## 23rd of July 4-5:30pm Gears

How to adjust gears and change a gear cable.



### For more info contact:

Alice Swift  
alice.l.swift@sustrans.org.uk  
07825046069  
http://  
www.solihull.gov.uk/  
Resident/Leisure-parks/  
fitness/cycling/  
public-transport

Sustrans is the charity that's enabling people to travel by foot, bike or public transport for more of the journeys we make every day.

It's time we all began making smarter travel choices.

Make your move and support Sustrans today.

[www.sustrans.org.uk](http://www.sustrans.org.uk)