



# Carol Pickup

## Learn to Cycle Sessions

Carol was an active hill walker, participating in a walking group as well as enjoying her own walks. Unfortunately Carol recently developed osteoarthritis and walking downhill became too painful so she had to stop this activity.

As a child, Carol had never learned how to ride a bike so decided to join the free ladies only Cycle & Stride sessions, funded by TfGM and delivered by Your Trust. After attending four sessions, at aged 61 years old, Carol learned how to ride a bike for the first time.

### Carol told us

“I went along to the cycling event with some trepidation as I had never ridden a bike before. From the first moment I was made to feel really welcome and there was a lovely group of ladies present. The instructors were fabulous and within the hour I was cycling! Oh the freedom!

I never thought I would find anything to replace my beloved hill walking but I think I may just have found it. I would like to urge anyone thinking of giving it a go to just do it! I have purchased my own bike now and it has given me a new lease of life. I would now like to be able to progress to longer bike rides and to meet up with other cyclists to see all of the beautiful countryside that surrounds the Greater Manchester area. The idea of seeing new places and people fills me with excitement. I would like to say thank you to all involved. It is truly a worthwhile scheme and it has changed life for me.

Thank you.”