

# Dementia-Friendly Free Inclusive Cycling Taster Sessions

JUNE 2021

Get out Get Active Forest of Dean are launching a series of dementia friendly inclusive cycling taster sessions in partnership with Gloucestershire Wheels for All.

We invite those with dementia, their family and carers to try out a range of adapted bikes and trikes suitable for anyone of any ability.

The bikes are fully accessible and include wheelchair transporter bikes. Join in with these fun activity sessions, with staff and volunteers on hand to ensure you have a safe and enjoyable experience in a COVID-19 secure environment.

## WHEN AND WHERE:

### Monday 7th June

Cinderford Co-op upper car park  
10.30-12.30

### Monday 14th June

Lydney Community Centre  
10.30-12.30

### Monday 14th June

Yorkley Community Centre  
2.30-4.30

## BOOKING IS ESSENTIAL.

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**COST:** Free