*2020 Bikeability Awards – Nomination for Local Authority of the Year*

*Wokingham Borough Council -* ***Evidence 3***

**Quotes from parents/participants**

**Subject:** Bikeability Learn to Ride

I just wanted to say again how brilliant this Bikeability Learn to Ride class was. Poppy (age 5) is now a fully-fledged cyclist! She has been out every day since and is loving it.

Thanks to all the staff.

Fay Knight

November2019

**Subject:** Bikeability - how it really helped us....

"My daughter has autism and ADHD, without the support from the Bikeability instructors she would never have learnt to ride a bike. The instructors were patient, they supported her, gave her confidence and made it fun to learn to ride. We can't believe how quickly she was able to ride independently within the lessons. My husband and I would never have been able to achieve the same results.”

Anne-Marie Lansley

February2020

**Subject:** Re: Bikeability Level 1 course – October 2019

What a phenomenal session was my daughters reply!

Thank you to the team.

Kym Stacey

**Subject:** Adult beginner cycle training

Just wanted to pass on my thanks to the Cycling instructor last Saturday, she had me up and cycling in no time and I've since bought my own bike and helmet. I was nervous but the instructor put me at ease very quickly.

Brendan Meachen

July2019

**Subject**: Adult Bikeability Level 3 training

Although an experienced cyclist, I found the Level 3 Bikeability course has given me added confidence when cycling in busy areas. Rather than feel intimidated by traffic, I learnt that it is important to position myself correctly on the road and to ensure that drivers are aware of me and my intentions. I believe I now ride with more assurance and more safely.

I think all cyclists should do this course!

Susie Holdsworth

February2020