



Cycling with Active Minds

Safe, off-road, escorted,

UPDATE!!!

**EXTENDED UNTIL
END OF
SEPTEMBER**

Venue: Croydon Arena, Albert Road, South Norwood SE25 4QL

SCHEME EXTENDED –NOW RUNS UNTIL END OF SEPTEMBER

Day: Thursday (weather permitting)

Time: 11:00 – 1:00

Cost: Free

To register or for further information please contact Active Minds

0208 253 8206—07754828053

email: activeminds@mindincroydon.org.uk



**Helmets, bikes and if
needed electric bikes
provided—please dress
suitably for the weather**



 **mind in Croydon**
for better mental health


cyclinginstructor.com

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