Active Oxfordshire is delighted to have funded this project that enables young people to utilise their passion for bikes and mechanical work and in the process become more physically active by having a functioning bicycle to use. Funding has also been used to upskill a young person to deliver the course, adding to the sustainability of the project.

What the participants say:
"Before coming here I was very shy and quite nervous meeting new people, since coming here and being involved in this course I feel it has helped me with meeting new people and learning how to make friends".

"Since starting this course 3 weeks ago I have learnt how to maintain pushbikes, I have learnt how to fix a puncture, adjust the height of the seat as I am quite small so at times can struggle to reach the pedals. I have also struggled with anxieties when around new people and places I don't know. Coming to TRAX the staff have made me feel welcome and valued and now I find it easier to socialize with new people"

The young people involved intend to take part in a charity bike ride later in 2019.
Number of participants

Male: 19
Female: 4

Skills Learned
Puncture Repairs
Gear Linkage
Adjusting Brakes

23 bikes reclaimed and repaired!

80% of students feel happier and more confident