



Limbformation

# CYCLING TOPTIPS

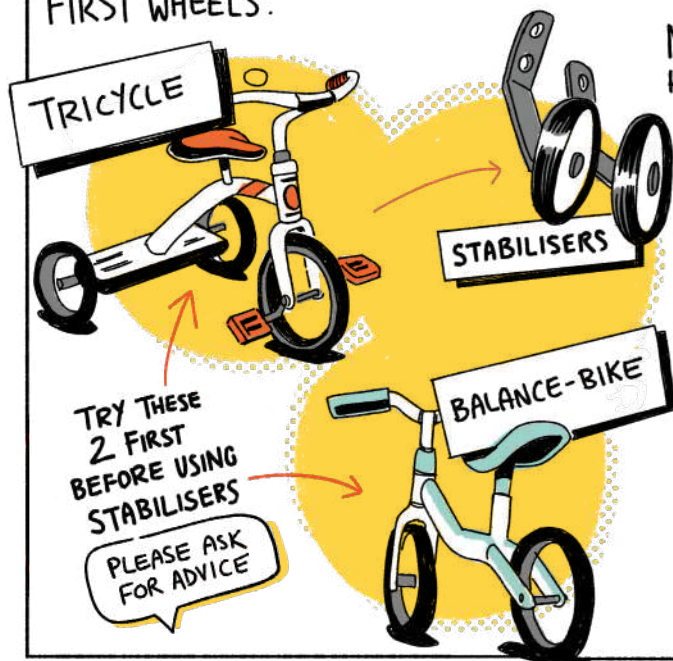
FOR  
CHILDREN + YOUNG PEOPLE



Department for  
Digital, Culture,  
Media & Sport



FIRST WHEELS:



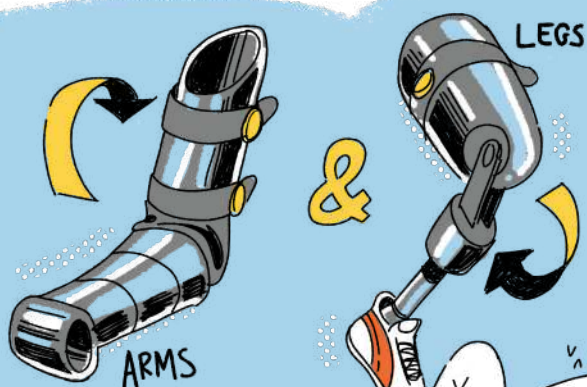
NOW BEFORE YOU  
HIT THE ROAD...



... PRACTICE ON SOFT  
GROUND AND SAFE AREAS  
(LIKE PARKS OR CLOSED ROADS)  
UNTIL YOU FIND YOUR BALANCE



SPEAK TO YOUR  
REHABILITATION TEAM ABOUT:



... AND SEE IF YOUR  
LOCAL LIMB-CENTRE  
CAN IMPROVE THE  
FITTING FOR YOU



FUNDING:

CONTACT **Limb POWER**  
FOR FUNDRAISING IDEAS AND TO LEARN  
ABOUT ANY AVAILABLE GRANTS



YOUR LIMB-CENTRE CAN  
HELP WITH THIS TOO!

