

Workshop courses

Learn some new maintenance skills and save yourself a few bob...

DETAILS		PRICE & TIMES		CONTACTS
BOROUGH	COURSE	COST	WHEN / WHERE	CONTACT
BEXLEY	Roadside repair and maintenance	£35	call for dates / Sidcup Cycle Centre	020 8300 8113; info@sidcupcycles.co.uk
BROMLEY	Beginners' classes: (1) punctures, cleaning and lubrication; (2) brakes and gears; (3) disc brakes — bring your own bike	£20, inc free gift worth £9	call for dates / Hayes Old Church School, BR2 7BA	020 8462 5004; roger@bigfootbikes.com
CAMDEN	Camden Cycling Campaign & Camden Council beginners' courses	£50, 2 x sessions	call for dates / Velorution 18 Great Titchfield Street, W1W 8BD	Stefano, 020 7435 0196; stefano@lamsam-casalotti.org.uk
CAMDEN	Work on your own bike, no knowledge is assumed	£72 (£66 for LCC members)	Sat 10.30am-5pm / Bikefix, 48 Lambs Conduit Street, WC1N 3LJ	Patrick Field, 020 7249 3779, www.londonschoolofcycling.co.uk
EALING	Ealing Cycling Campaign	call for details	call for details	info@ealingcycling.org.uk; www.ealingcycling.org.uk
GREENWICH	Greenwich Cyclists run courses all year on (1) tyres and wheels; (2) brakes and gears. Bring your bike and any parts you want to fit	£5 each	7.15-9pm Tues or Wed / Armada Centre, 21 McMillan Street, Deptford SE8 6PW	07771 692344; julian@jadobson.demon.co.uk; www.greenwichcyclists.org.uk
HACKNEY	Hackney Cycling Campaign runs two-hour workshops; additional volunteers welcome	Donation	1st & 3rd Tues / The Kings Centre, Frampton Park Road, E9 7PQ	07940 121513; www.hackney-cyclists.org.uk; hackneybikeworkshop@googlemail.com
ISLINGTON	2.5-hour self-help workshop	£1 (50p conc)	7-9.30pm / Sunnyside Gardens, N19	Adrian, 07810 211902
KINGSTON	Maintenance and repairs	£26	Call for details / North Kingston Centre, Richmond Road, KT2 5PE	Rob, 020 8546 8865; mail@kingstoncycling.org.uk
LAMBETH	Lambeth Cyclists' 5 x 2-hour course	£55	Call for dates / Brixton	07740 457528; janet.paske@gmail.com,
NEWHAM	Workshop for Newham cyclists	Donation	Sat 9.30am-12pm term time, New City Primary School, E13 9PR	07500 900709; lizbowgett@bopenworld.com
REDBRIDGE	Redbridge Cycling Campaign basics	£30	From 24 Sept / Call for details	07795 981529; terence.hughes@btinternet.com; www.redbridgelcc.org.uk
SOUTHWARK	Southwark Cyclists' 4-evening course	£48	Tues 6.30-8.30pm, On Your Bike, 52-54 Tooley Street, SE1 2SZ	07905 889005; info@southwarkcyclists.org.uk; www.southwarkcyclists.org.uk
SOUTHWARK	CTUK one-day courses; basic and intermediate; one-to-one or groups	£60 one-day £30/hr bespoke	Call for details / Unit 215, Building J, 100 Clements Road, SE16 4DG	020 7231 6005; www.cycletraining.co.uk
SUTTON	Basic maintenance courses	£10 family discounts	Call / Sutton West Centre, Robin Hood Lane, SM1 2SD	020 8647 3584; cyclism@blueyonder.co.uk; 020 8642 3720; www.cyclismsutton.org.uk
TOWER HAMLETS	Tower Hamlets Wheelers hands-on classes	Donation	Last Sat 11am-3pm, Boxing Club, Limehouse Town Hall, E14 7HA	07903 018970; workshop@wheelers.org.uk; www.wheelers.org.uk/workshop
WALTHAM FOREST	Maintain and assemble a bike	£3	Saturdays / Low Hall Depot, South Access Road, E17 7A6	07910 235149; christopher.rigby1@ntlworld.com
WANDSWORTH	4-hour one-on-one classes	£75	Call / 20 Buckhold Road, SW18 4WW	07970 615171; ben@cycleworx.co.uk