

LOCAL KIDS SAY “ON YER BIKE” TO A NEW EXERCISE SCHEME

Local youngsters got on their bikes this week to celebrate the launch of a new health activity scheme about to be rolled out in Oldham **as part of the Oldham Council's Bike Week**

The 'On Yer Bike', scheme will be launched by the Positive Health Action Project in Hathershaw & Fitton Hill, Tuns Road fitton Hill, this Saturday 17th June between 11.00 am & 4.00 pm.

This free event will offer local people; 'On Yer Bike' taster sessions, cycling proficiency tests, biking tips and tricks plus demonstration and Halfords will be supporting the event with a bike maintenance marquee.

On Yer Bike is designed to get people out and about in their local area, enjoying the countryside, while improving their fitness and overall health.

It will also provide the services of 17 trained cycle leaders, across Oldham, who will be on hand to help run the programme and support any novices who are just getting to grips with learning how to ride. Two cycle leaders will be working in the New Deal for Communities area.

Jason Bromley from the **Positive Health Action Team, which is jointly funded by the Primary Care Trust and New Deal for Communities, explained:** “The scheme is designed to welcome people from across Oldham to get on their bikes and enjoy themselves, whilst keeping fit and healthy.

“Cycling is a great way of exercising for health and leisure benefits, and families can also enjoy riding out together, which is another benefit. We hope that by improving access to cycling we can get as many people involved across the local community as possible.”

The youngsters, from Hathershaw Technology College, took part in a taster session for the new 'On Yer Bike' scheme at Newbridge Learning Centre where they were able to have a sneak preview of the bikes, which local people will be invited to borrow through the scheme.

The youngsters who took part in the bike taster session, were also encouraged to stay healthy by eating fruit to help them get their five daily portions.

The positive health action team has worked closely with New Deal for Communities, Bike**right** and Gremlin – a local organisation which recycles bikes and sells them at reduced prices – to set up the project.

For more information about 'On Yer Bike' or the positive health action project, contact Jason on 785 7832 or to find out more about Gremlin, which is based at the Meridian Centre on Ashton Road, call 0161 284 3733.

For more information contact Louise Nicholson, communications officer at Oldham PCT on 0161 622 6625.

Notes to editors

The press are invited to the launch on Saturday 17th June to take photographs

Attached is a photograph of the schoolchildren with (back row, left to right) cycle leader Russell Bateson, positive health action co-ordinator Jason Bromley and Martina Hutton, student services manager at Hathershaw Technology College.

For more information contact Louise Nicholson, communications officer at Oldham PCT on 0161 622 6625.