

MEDIA RELEASE**6 January 2023****10 refurbished bikes donated to Thamesmead's Cycle HUB**

Ten refurbished bikes have been donated to the Thamesmead Cycle HUB thanks to staff from Advanced Building & Maintenance Services who purchased them from The Bike Project, a charity which refurbishes second-hand bicycles.

Thamesmead Cycle HUB is a Peabody initiative set up to encourage people to learn how to ride and improve health and well-being. Operating from the Sporting Club Thamesmead, the HUB offers free bike sessions from beginners to advanced as well as family bike rides every Saturday.

The donated bikes will join the 40 existing bikes held at the HUB – making bike riding even more accessible.

Daniel Wells, Health and Wellbeing Lead for Greenwich and Bexley at Peabody, said: “Learning how to ride a bike is a fantastic skill to have – not only is it a fun activity to do with the whole family but it’s a great form of exercise.

“We’re really grateful to Advanced Building & Maintenance Services for providing these ten adult bikes. They’ll be a great addition to the Cycle HUB.”

Charlotte Hu, Digital Marketing Manager at The Bike Project, said: “We’re so grateful to Advanced Building & Maintenance Services for choosing to partner with us to provide bikes to the Thamesmead Cycle HUB.”

THAMESMEAD 



James Mackinlay, Director at Advanced Building & Maintenance Services said: “We are delighted to be able to support the Thamesmead Cycle Hub by donating 10 bikes. Through partnering with The Bike Project charity, we have also been able to support their mission, to get more people cycling.”

The Thamesmead Cycle Hub will resume in early spring 2023. Find out more about it, including how you can sign up, [here](#).

-ENDS-