

# CHANGES

## Community Health Project

# Volunteer Cycle Ride Leaders Required Musselburgh

**Supporting people to get back  
to cycling and improve their  
cycling skills**



**Can you spare 3 hours per week -  
weekday or weekend?  
Full training and support provided**

**Contact Heather at  
CHANGES on 0131 653 1080  
or email  
heather@changeschp.org.uk  
for more details**

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Cycling For Health