

**Youth Development**  
**Service** fun...support...opportunities

# PUSH IRON PROJECT



**KINGSTON YOUTH CENTRE**

- **Are you aged 16 plus? (and left school)**
- **Do you need a bike to get to college or work?**
- **Would learning bike maintenance skills, help you keep your bike on the road?**

### **How it works!**

The project is designed to help young people like YOU who struggle with the cost transport and which can often stop them from engaging in education, employment or simply seeing their family and friends.

### **What you get out of it!**

- A bike that you have rebuilt,
- The skills and knowledge that will help you keep your bike on the road,
  - The support and expertise of a qualified bicycle mechanic,
  - Opportunities created by your new independence!

**All you need to do is commit to 2 hours a week for 5 weeks.**

### **For More Information Contact:**

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