



Bringing Communities Together

Interested in cycling but don't have a bike?  
Want to use cycling to improve your health?  
Want to join people for regular bike rides across the North East?

The International Community Organisation of Sunderland is applying for funding for a community-based cycling project where you can hire a bike and attend rides and maintenance sessions all for free. We would like your thoughts and opinions on the project and would like to invite you to our public consultation session



**Public Consultation**  
**Saturday 10th October**  
**1-3pm**

St Mary's Parish Centre  
Bridge Street

If you are not able to attend but would like to share your thoughts on the project then please contact Alex Colling ([alex.colling@icos.org.uk](mailto:alex.colling@icos.org.uk) or 07847004247)