



18 St Mary's Works
Duke Street
Norwich NR3 1QA
01603 631199

25 April 2013

Dear Friends

Please find below a poster for our project '**Bikes and Beans**', run jointly by Bicycle Links and Norwich Farmshare with support from N-DAP.

We welcome referrals to this project, with the following eligibility requirements:

- Over 18
- In recovery from substance misuse (3 months without drugs or alcohol minimum)

We can pay travel expenses and provide lunch.

The project runs on Tuesdays 10am – 4pm with the following start dates:

Group one	14 May 2013
Group two	25 June 2013
Group three	6 August 2013
Group four	27 August 2013
Group five	17 September 2013

Each group runs for six weeks in total, and then we encourage participants to volunteer for at least another three weeks at one or other scheme.

Please encourage anyone interested to come down to Bicycle Links' workshop anytime from Tuesday to Friday 10am – 6pm, and complete a registration form.

Kind regards,

Lucy Hall



Bikes & Beans

For anyone recovering from substance misuse

Bikes & Beans is a chance to get outdoors and get your hands dirty!

Learn simple practical skills in:

- * **growing vegetables**
- * **bicycle maintenance**

The course runs on Tuesdays, one day a week for six weeks. Courses from May to October 2013.

The first three weeks are at Bicycle Links (Duke Street) and the next three weeks on Norwich Farmshare's seven acre farm at Postwick.

How do I join?

Call in at Bicycle Links, have a look round and fill in a registration form. No experience necessary.



BICYCLE LINKS

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With support from

N-DAP

Norfolk Drug & Alcohol Partnership