

**GET A FREE HEALTH CHECK ON YOUR
BIKE TO KEEP YOU CYCLING!**



What does it include?

- Brakes - Calliper and cable adjustment, cable and pad replacement.
- Gears - Indexing, adjustment, and cable replacement.
- Chain - Check for wear, lubricate if required.
- Tyres - Puncture repair/tube replacement, inflated to recommended pressure (PSI).
- Other - Check all nuts and bolts are correctly torqued.
- Headset and bottom bracket check.
- Check bar plugs and cable end caps, and replace if missing.



How long will it take?

We will spend a maximum of 30 minutes on the bike, and will signpost 'bike shop' if repairs required exceed this time.





FREE

All ages welcome. Children must be accompanied by an adult.

Play in the park is an inclusive session.



Play in the park is all about playing games and having fun outdoors. No need to book, just drop in at any time. The Play in the Park team bring a range of sports equipment and arts & crafts resources for children and their parents/carers to enjoy together. The team will be there to help organise activities and games all totally **free of charge!**



Chigwell

The Limes Green, Copperfield, Chigwell
IG7 5LF

Monday 14 April 13:30 – 15:30

eppingforestdc.bookinglive.com

01992 564 226



@efdccommunitieswellbeing



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What3words location finder
Limes Green: ///echo.trade.major

Dr Bike will be providing **FREE** bike maintenance during these Play in the Park sessions.



Essex County Council



**Epping Forest
District Council**

For a full list of Play in the park sessions scan me:

