



I would like to say a big “thank you” to everyone who donated to the WEST fund last year.

Last month I did a **5 day intensive course in bicycle mechanics** with funding from WEST.

At the end of the course I stripped my bike completely, cleaned, serviced and returned every part.

I learnt how to use over **20 tools** (shown behind me in the picture) and how to check for wear and adjust **28 components**. I cycled over 100 miles to and from the course and everyday since, and my bike’s still not fallen apart!

Of the 5 other people on the course, there was one other woman, who was planning on volunteering with a bicycle recycling project and we have kept in contact.

I will mostly be using my new skills at the ASSIST asylum seeker bike project.

-Hannah