



VC Jubilee

**Brighton Excelsior CC
Youth Development**



**CLUB
MARK**

**BRITISH
CYCLING**

go-ride

Winners of "Club of the Year"
Sussex Sports Partnership Awards Nov 2008

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PRESS RELEASE - VC Jubilee support Oak Grove College - 11th May 2010

Pupils at [Oak Grove College](http://www.oakgrovecollege.org.uk), in Worthing, West Sussex, (a secondary school providing special education for students with learning difficulties from Year 7 to Year 14), have been learning to repair and ride bikes as part of their Hobbies lessons. The bikes, kindly donated by [VC Jubilee](http://www.vcjubilee.co.uk) Youth Development Cycling Club, based in Shoreham-by-Sea, (British Cycling Go-Ride and Sport England Club Mark accredited) have been given a good service before being ridden. Pupils have learnt how to pump up flat tyres, identify and repair punctures, adjust the breaks and oil the chains.



The pupils, all in key stage 5, have really enjoyed fixing the bikes and have been eager to get on and ride them ever since they arrived in school. Key Stage 5 now has nine working bicycles, including 3-wheeled bikes and a hand powered bike designed for people with physical disabilities. However due to a succession of rainy afternoons and only having one helmet, they have only managed to get riding once during the last half term. However with warmer weather on the way and a further donation from VC Jubilee, this time of cycle helmets, they are hoping to develop and improving their riding skills over the summer term. Hopefully more bikes and helmets will be donated soon too, offering more opportunities to the pupils.

Pupils and staff at Oak Grove would like to thank VC Jubilee for all of their help and support, without which we would only have three bikes and one helmet!

Sally Page, VC Jubilee Club Contact/coach said, "It is a real pleasure to know that other young people are enjoying the benefits of using bikes in this way to develop their skills and that our members have been able and kind enough to provide this opportunity to Oak Grove to ensure more young people get to experience and enjoy cycling like they have been able to at the club."

For further information on VC Jubilee please visit: <http://www.vcjubilee.co.uk/> or contact Sally Page 01273 843859 or email vcjubilee@vcjubilee.co.uk

For further information on Oak Grove College please visit: <http://oakgrovecollege.org.uk/>

