

# DIY Cycle Maintenance for Health and Wellbeing

Adult

Leisure and Professional

At this workshop you will learn how to repair a puncture, change a tyre and adjust the brakes and gears on your own bike. You will also learn about bicycle ergonomics and how to source reasonably priced parts.

Please bring your own bicycle and tools to this workshop if possible.

We suggest that you bring a packed lunch and any other refreshments with you that you may require.

You may be eligible to do this Tailored Learning course/workshop for free, or at a reduced fee, if you are 19+ as of 31.08.25, have been a UK/Ireland resident for the last 3 years, have not done this or a similar course/workshop before and have not done/booked on more than 2 Tailored Learning courses/workshops already for this academic year 2025/26 with The Cornwall College Group. Any material fees for courses/workshops will be payable in full. All fees payable when booking.

This workshop runs on a Saturday from 9.30am to 4.00pm for 1 day.

Venue:-

Cornwall College Camborne  
Trevenson Road  
Pool  
Redruth  
TR15 3RD



Scan the QR Code for full course description, assessment and progression options from this course

## ENTRY REQUIREMENTS



 **CORNWALL**  
COLLEGE



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apply online**



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## LOCATION & NEXT START DATE(S)

Cornwall College Camborne - 7 March 2026

Cornwall College Camborne - 16 May 2026



|                                  |                                    |
|----------------------------------|------------------------------------|
| <b>LEVEL</b><br>No Qualification | <b>DURATION</b><br>1 Day           |
| <b>ATTENDANCE</b><br>Part-time   | <b>FEES</b><br>Tuition Fees: £9.00 |

Fees apply to adults and HE students only. Only the most common fees scenario is shown. Actual fees may vary depending on your personal situation. Please contact us for further information. Courses listed on this website are indicative of the subject, nature and level of study. The College reserves the right to alter specific qualifications titles, awarding bodies and levels of qualification, which can change in year. Any cost may also vary, based on personal funding eligibility. The Cornwall College Group reserves the right to withdraw any course listed at any time.



## Explore Our Courses & Apprenticeships

Join us for a campus tour, meet our dedicated team, and get all your questions answered. Scan the QR code to register for our next Open Event or Taster Day.



Find out more and  
apply online

