

WHEELS OF CHANGE

Skerries youth learn bike repair in community workshop

By MICHAEL McKENNA

DURING the recent school mid-term break a bike maintenance course for young people took place at the Community Centre. It was organised by Skerries Cycling Initiative (Bike Shed workshop), Skerries Community Centre (venue), Foróige CND (Coastal North Dublin), The Bike Hub (Bike mechanic and trainer) and Fingal County Council (financial support). The bikes repaired were all donated by generous Skerries residents.

Over three days, 21 young participants engaged in practical sessions focused on essential bike repair skills and quick-fix



CLASS ACT: Steve Sluzarski explains how the gears work

techniques, empowering them to take charge of their own bicycle maintenance.

The course started with naming the parts of a bicycle but quickly moved to hands on "learning by doing" under the supervision of Steve from The Bike Hub and Aenghus and Cillian from Foróige. Soon all participants were familiar with cable and brake block replacement, safety checks, gear tuning, tyre and tube replace-

ment and of course basic stuff like keeping the chain oiled and correct pressures.

At the end of the week four of the participants got to bring home bikes they had worked on to get them back into roadworthy condition.

The workshop aimed to inspire a healthier, more sustainable lifestyle by making cycling more accessible by providing young people with both the technical skills to repair bikes and an appreciation for cycling. Such initiatives help foster a community where cycling is a preferred choice for transport, fitness, and exploration.

In summary, this Halloween bike maintenance workshop achieved the goal of encouraging a more sustainable, active lifestyle among young people, while also building a foundation of practical skills and environmental awareness that will serve the community well into the future.

For the organisers the project showed how their different groups could work together to build a more cohesive and inclusive community.

Skerries Cycling Initiative (part of the Skerries Community Association) and Foróige, along with



REPAIR DEMO: Changing a tyre

the Bike Hub and the Community Centre would welcome opportunities to organise similar activities in the future.

We are particularly grateful for the support received through Stephen McGinn Walking and Cycling Promotion Cycling Officer, Fingal County Council.

Photos show some of the participants with trainer Steve Sluzarski, Aenghus Lynch and Cillian (Foróige) and Dermot Higgins (retired teacher and active adventurer).

Skerries Cycling Initiative is part of Skerries Community Association

PLEASE SUPPORT OUR ADVERTISERS



LOCAL SOLICITOR.IE provides general legal services and advice on various aspects of the law, specialising in litigation, secured and unsecured borrowing, and personal insolvency.

SERVICES INCLUDE conveyancing, buying selling houses/property, family law, employment law, personal injuries, medical negligence, damage, Wills, probate, criminal law, civil law, litigation, court attendances, company law, debt recovery, personal insolvency, bankruptcy, and separation to the people of North County Dublin.

WE WORK with other Law Firms around the country so that we can provide as much support to clients as possible.



PHONE & MAIL 01 843 8138
FIND US Local Solicitor
Top Floor, Town Centre, Lusk



BUSY DAY: The students all working together to repair the bicycles