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SUPPORTED CYCLING For Migrant and Refugee Women

Wellsprings for Women secured funding from City of Greater Dandenong to repeat the 2018 highly popular Good Cycles Program which trained women to pull a bike apart, re-assemble it and learn to ride it.

"We had a lot of demand from migrant and refugee women wanting to join the program. We could not accommodate all of them in the first round which was funded by Good Cycles. So, we applied for a grant from the Council and we got it. Now 11 women are participating in this new course." said Dalal Smiley, Wellsprings for Women CEO

The Good Cycles program runs for 6 sessions or 18 hours and upon completion the women receive free bike and a helmet and get to join Wellsprings Women's Riders who meet every Saturday morning to practice their riding skills.

"The program gives women a sense of confidence in mastering all technical aspects associated with owning a bike and maintaining it. They overcome any apprehension they may have about how bikes work and how to replace a tube for a flat tyre?"

"Wellsprings for Women still has a waiting list of more women wanting to do this program, which means we have to keep searching for more funding to give more migrant and refugee women the opportunity to cycle, which is a great physical activity for their health and wellbeing, not to mention the benefit to our environment".

This program is proudly funded by the City of Greater Dandenong

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Program is running on Tuesdays and Thursdays until 24 January from 10am to 1pm at Good Cycles premises 2A Mason Street Dandenong.