



# BIKE LIBRARY DROP-IN FIX IT FAIRS!

Bring your bike to our drop-in Fix It Fair! Our experienced Bike Mechanic will be on hand to provide assistance, whether it's diagnosing an issue, making repairs, or offering maintenance tips. Join us at our drop-in to learn more about bike care and get your ride running smoothly again.

**BIKE MAINTENANCE • CONFIDENCE  
BRAKES • GEARS • TYRES**

**SUSTAINABLE • TRANSPORT • SAVE**

Call Charlotte on 07538 983 824 or  
email [charlotte@footholdcymru.org.uk](mailto:charlotte@footholdcymru.org.uk)

All sessions:  
1 pm - 4 pm

.....  
First Session:  
TBC

The Lord Arthur  
Rank Centre,  
Trostre Road,  
Llanelli, SA14 9RA

EVERY SECOND AND  
FOURTH THURSDAY OF  
THE MONTH!

Foothold Cymru is a  
charity registered in  
England and Wales No:  
1188969

**FOOTHOLD  
CYMRU**  
NEWID BYWYDAU CAM WRTH GAM  
CHANGING LIVES STEP BY STEP

[www.footholdcymru.org.uk](http://www.footholdcymru.org.uk)

Cynllun Cymunedau y Dreth Gwarediadau Tirlenwi



Landfill Disposals Tax Communities Scheme



# FFAIR DRWSIO GALW HEIBIO'R LLYFRGELL FEICIAU!

Dewch â'ch beic i'n Ffair Drwsio galw heibio! Bydd ein Mecanig Beic profiadol wrth law i roi cymorth, p'un ai'n canfod problem, neu'n trwsio, neu'n rhoi cyngor ar gynnal a chadw. Ymunwch â ni'n ein sesiwn alw heibio i ddysgu mwy am ofal beics fel y gallwch gael taith esmwyth eto.

**CYNNAL A CHADW BEIC • HYDER**

**BRÛCS • GÊRS • TEIARS**

**CYNALIADWY • TRAFNIDIAETH • ARBED**

Galwch Charlotte ar 07538 983 824 neu e-bost [charlotte@footholdcymru.org.uk](mailto:charlotte@footholdcymru.org.uk)

**Pob sesiwn:**

**1 pm - 4 pm**

**Sesiwn Gyntaf:**

**TBC**

**Canolfan yr  
Arglwydd Arthur  
Rank, Heol Trostre,  
Llanelli, SA14 9RA**

**POB 2il a 4ydd  
DYDD IAU YN Y MIS!**

**Elusen gofrestredig yng  
Nghymru a Lloegr yw Foothold  
Cymru Rhif: 1188969**

**FOOTHOLD  
CYMRU**  
NEWID BYWYDAU CAM WRTH GAM  
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