

I Bike East Lothian

20 December 2022

Sustrans is the charity making it easier for people to walk and cycle.

We connect people and places, create liveable neighbourhoods, transform the school run and deliver a happier, healthier commute.

Join us on our journey.

www.sustrans.org.uk

Registered Charity No. 326550 (England and Wales) SC039263 (Scotland).



Added value of IBike in East Lothian

IBike has been operating in East Lothian since mid-2019. This document has been prepared to summarise the value of the IBike project and the achievements to date. The future plans to tie in closely with Local Authority priorities, namely equitable access across the region, community involvement and broader behaviour change delivery are also reflected.

Equipment and capital investment:

The IBike project has access to a revenue project budget for day-to-day expenses and access to Capital Funding which comes directly from Transport Scotland.

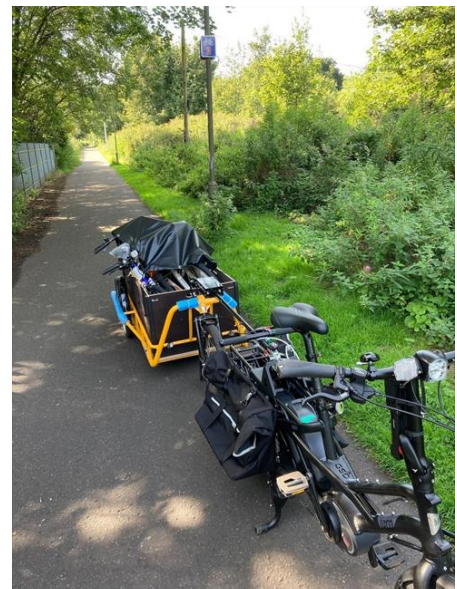
To date East Lothian have benefited from an investment of **£69,385.12** in capital items. An average capital spend of **£23,128** per project year. Details of these investments are detailed below:

Item	Quantity	Total cost
Storage	1	£4,224.00
Bike accessories	6	£1281.00
E Bikes	2	£3,300.00
E Cargo Bikes	2	£8815.07

Scooters	94	£3346.92
Helmets	148	£2662.02
Infrastructure (Pump stations)	6	£33,210.00
Bikes	44	£11,253.99
Other interest and enthusiasm building equipment	1	£1020.92
Tools and maintenance	1	£271.20

Some of the items above i.e. bikes, scooters and helmets have been gifted to schools to allow teachers to independently deliver active travel activities. In total an investment of £7246 of items gifted to schools. This is in addition to the 6 pump stations installed across schools in East Lothian valuing £33,210.00.

Other equipment is used during IBike sessions across the project area- providing access to bikes/scooters for children who do not have one of their own.



Pump station and installation

Pump stations (valuing over £5000 each) have been installed at 6 schools in Musselburgh- Pinkie St Peters Primary school, Musselburgh Grammar School, Loretto RS, Campie Primary School, Stonehill PS and Wallyford PS . Funding to secure units in the remaining East Lothian IBike schools might be available should selection criteria be met.

These stations will allow pupils to pump up their tyres and provide engaging information about how to check their bikes are safe and rideable.



IBike builds capacity

We have the ability to invest in training teachers and local volunteers to build capacity. We have organised and trained teachers in bike maintenance (Bronze Velotech), cycle ride leader and road and trailside repairs. Later in the project year we have organised Bikeability Scotland Training for teaching staff. Having trained volunteers and other Sustrans staff support allows activities to go ahead without requiring more than a class teacher. In many cases, schools cannot spare additional staff and these activities would not go ahead.

This training, coupled with equipment provision, allows schools to deliver sessions independently.

IBike team expertise

The support of a cross functional team allows each IBike officer to focus on delivery. IBike provides:

- Supervisory support – Risk Assessment sign off, personal development, training- through our learning and development programme we train officers in a number of disciplines including velotech maintenance, cycle ride leader and bikeability delivery.
- Officer support from 11 officers throughout Scotland – in person & with advice. This allows adult: participant ratios to be met and therefore sessions to be delivered.
- Dedicated Volunteer officers who recruit, train, support local volunteers- we have a growing body of local volunteers in Musselburgh. Last term volunteers supported on 21 instances. Their help is invaluable in supporting project delivery.

Partnership working with East Lothian Bikeability coordinator:

IBike have been working in partnership with Philippa Barber to deliver Bikeability more widely across the county. Recently IBike bought 16 bikes for the value of £3,800 to gift to East Lothian Outdoor learning to further support the delivery of Bikeability countrywide.



“The P6 and P7 children thoroughly enjoyed the Bikeability sessions and both children and parents have commented on how much more confident they are at being on their bike. We are seeing more children regularly travelling to school on their bike” *Kathryn Clark, Teacher, Loretto RC Primary.*

Looking back

Please see the below links to gain an insight into a selection of active travel behaviour change interventions the I Bike project in East Lothian has engaged with during the 21/22 school year.

21/22 Term 3: <https://sway.office.com/wRNUQ0CpnByd1A3C?ref=Link>

21/22 Term 2: <https://sway.office.com/5oywAlZA4F9Bwri8?ref=Link>

21/22 Term 1: <https://sway.office.com/J4D3Ae4DnFMDMEMb?ref=Link>

Looking forward:

An equitable approach to IBike East Lothian:

We propose moving away from a cluster approach to the project and instead look to working more widely across the county.

We will work together with the council to identify schools across a number of different partnership areas and will develop an approach to delivery which meets the needs of these school communities. This may for example look like:

2 x schools in Tranent

2 x schools in Prestonpans

1 x school in Dunbar

1 x school in Haddington

Schools may be selected based on their SIMD status or another reason as identified by the council i.e. close to a new piece of active travel infrastructure.

All schools the project has worked with previously in Musselburgh will be moved to being 'supported' by the officer. This will involve less in person intensive delivery, but the schools will still be offered support and guidance in terms of training, equipment and volunteer support for example.

Whole county offering:

We will look to further roll and support schools to take part in our two annual active travel challenges - The Big Walk and Wheel (March/April) and Leg it to Lapland (December). We would ask for support from the council to disseminate this information to all schools across the county and can support schools participation via local prizes, live lessons, sharing of IBike online resources and borrowing of equipment.

Evidence shows that participation in these challenges increases rates of active travel. Those increases are sustained after the challenges are complete.

Delivering a broad and holistic behaviour change programme:

I Bike encourages children, parents and teachers to travel actively, safely and confidently to school; increasing exercise and reducing traffic congestion. The resulting culture of active travel in schools brings safer, happier and healthier communities.

Within East Lothian, our I Bike officer will develop and deliver a holistic programme of engagement, tailored each school which links both to the CfE and to the councils' wider transport priorities i.e. parking management.

Moving forward, IBike will expand upon its approach in engaging with schools. The project will use a variety of interventions which aim to encourage and increase levels of 'Active Travel' in its broadest sense- encouraging walking, wheeling and cycling in equal measures.

Whilst we will still work in partnership with EL Outdoor learning, we will move away from in person delivery of the bikeability programme and instead focus on other interventions which will mutually benefit bikeability delivery i.e. learn to ride sessions and Dr Bike sessions.

Our programme of delivery will aim to work with the whole school community from early level through to teaching and support staff and will include a focus on interventions such as:

- Teacher EBike loan scheme
- Active travel breakfasts
- Journey planning
- Learn to ride sessions
- Teacher training and mentoring - bike maintenance, bikeability delivering and cycle ride leader course
- Led rides and walks
- Walking and scooting buses
- Scooter skills training

We will aim to build relationships with local community partners i.e. youth workers, community interest groups and connected communities staff. We can build the capacity of the project by offering resources, training and mentoring opportunities to these partners to further deliver active travel activities to a wider audience.

Cost of project

SCSP funded (0.5 FTE): £30,000

As discussed above this comes with added value in terms of Sustrans arranging and paying for

- Fleets of bikes and scooters
- Tools, accessories and helmets
- Permanent 'mini pump stations'
- training for teachers
- volunteer recruitment and training