

Cycling Friendly

Cycling Friendly programme aims to make cycling easy, accessible and part of daily life.

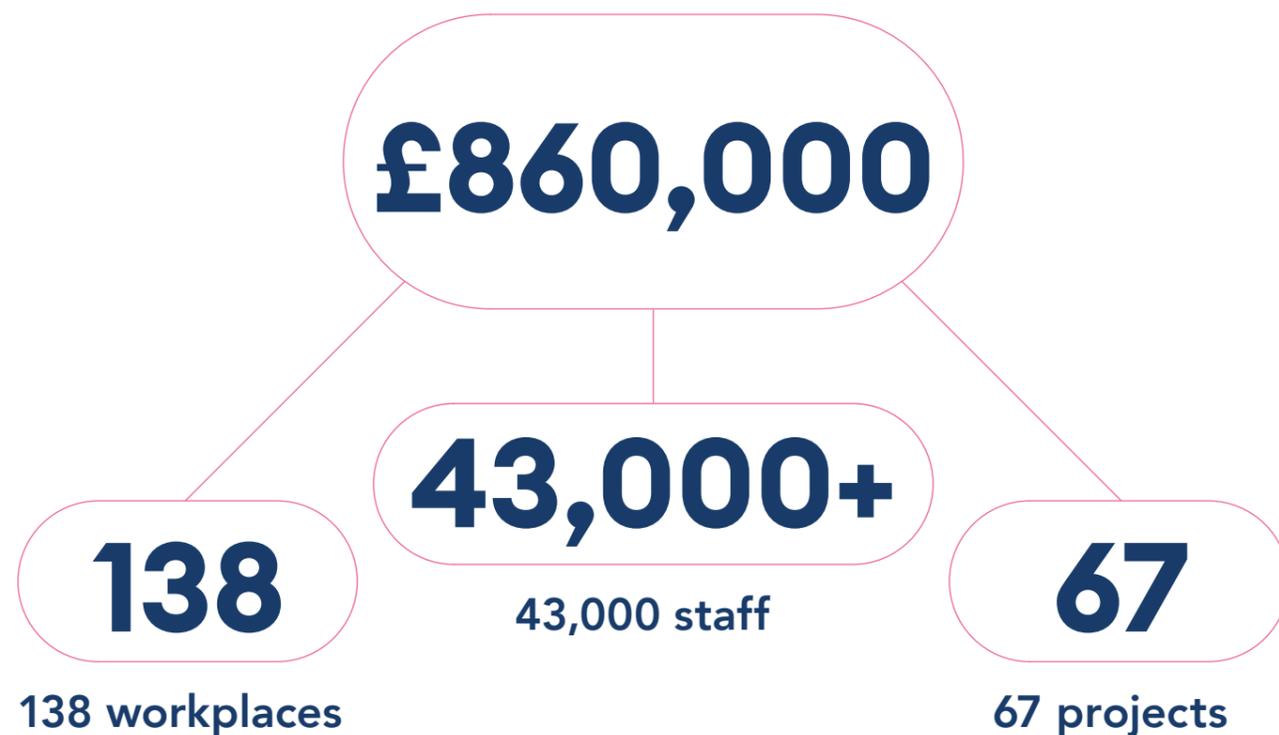
Cycling Friendly Employer

The Cycling Friendly Employer programme supports Scottish organisations to encourage cycling as a healthy, sustainable and accessible way to travel to and at work.

The Cycling Friendly Employer programme provides an award scheme and development grant fund to support and reward workplaces that wish to make it easier for their staff to cycle. In 2019–20, 100 workplaces were supported to achieve Cycling Friendly Employer status.

The employer development fund provided £860,000 of funding to 67 projects, across 138 workplaces, and more than 43,000 staff will benefit from improved cycling facilities at work. Several employers received funding for various sites to support staff and others in multiple locations, such as Cyrenians, who will install cycle parking, maintenance stations and pool bikes at eight of their sites, or High Life Highland, who will install cycle parking at 14 leisure centres, public libraries and other sites across the Highlands.

More than 43,000 staff, in workplaces across the country will benefit from projects and facilities made possible by £860,000 funding



Case study: Whitfield GP Surgery

Working with the Dundee Green Health Partnership, GPs based at Whitfield Health Centre offer green health prescriptions: a new referral process to signpost patients to physical activity in nature, which can work as an alternative, or complement, to traditional medicine.

The GPs recognised that they spend a lot of their working day sitting down themselves, and all their house visits were done by car, despite Whitfield being a cyclable area. The doctors wanted to serve as role models who practice what they preach when travelling through the area, and inspire the community to be more active and healthy.

They successfully applied for funding for two e-bikes and a secure bike shelter from the

Cycling Friendly Employer programme, and only six months after receiving the bikes, the GPs had already cycled more than 660 miles. The project has also helped them connect with their community in new ways. Dr Becky Forrester, Clinical Lead at Whitfield Health Centre said: "We wanted to be role models for our community by being active ourselves. Cycling has brought so many positive benefits. I now feel more connected to the community I am serving, it is the little waves or informal chats that happen along the way which really bring me closer to the community... I hope that more GPs will start to see the many benefits that using e-bikes can bring for their practices".

The bikes will also be used by the centre's staff to cycle to work, between meetings, and for doctors in training.

