



Coordinator Bio

Midlothian Bikeability Scotland Coordinator

Kieran Power

Job title: Bikeability Scotland Support Officer

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Kieran has been cycling for many years. His favourite aspect of the job is working with schools to deliver Bikeability Scotland, and seeing the positive impact the training has on the entire school – from pupils to head teacher. Kieran is a qualified Child Wellbeing ambassador and Mental Health First Aider.

Earliest memory of cycling?

A blinding yellow bike that started off a lifetime of loving everything about bikes. The ability to get from A to B still fascinates me.

What would you say to a school thinking about participating in Bikeability Scotland?

It's super easy to get involved and there are many support tools available to help schools participate. The kids absolutely love it and the positive impression it leaves on them is very noticeable. Riding a bike not only improves physical fitness, it also benefits the child's learning, development and mental health. Learning to ride a bike is a vital life skill. I'm proud we have great encouragement from Midlothian schools.

Best Bikeability Scotland moment?

Supporting as a Bikeability Scotland Volunteer at Woodburn Primary, Dalkeith. The enthusiasm from the school, teachers and kids left a lasting impression on me.

Most likely to be heard saying....

"Brilliant! Keep those legs turning. Keep those heads up."