

Edinburgh & Lothians Regional Equality Council



SADDLE UP - ELREC CYCLING NEWS

Welcome to our first newsletter where Jean-Matthieu and I will share some of the exciting things we have planned this year.

My name is Gerry and I am the new Cycling Officer here at Edinburgh and Lothians Regional Equality Council (ELREC).

Over the last few weeks I have spent some time learning about ELREC and the fantastic

work it does, not to mention its extensive partnership network. I have a real passion for getting people outdoors, connecting with one another, and most of all, enjoying themselves. To me, there's no better tonic than a smiling, happy face.

I have a lot of experience training and leading on cycling related initiatives, working for various outdoor organisations over the last few years.

If you have any questions or any ideas on future cycle activities please just get in [touch](#). It would be great to see you at one of our sessions. I do look forward to meeting you.



Meet Up Events



Get In Touch



Cycling Lessons



Hi my name is Jean-Matthieu. I am an accredited Cycle Trainer and Cycle Ride Leader and have been running the ELREC Cycling Classes for 7 years. I have been cycling myself for over 30. The assistance, support and encouragement the volunteers also provide during the cycling lessons is superb.

Do you want to get on your bike but lack confidence ?

Our cycling classes are FREE and OPEN to ALL.

We can even provide top of the range bicycles.

Children are welcome under adult supervision however children's bikes are limited.

The approach is progressive and fun. Feedback has been fantastic.

The classes take place in a traffic free environment for beginners and low traffic residential areas for intermediates and cover:

Beginner

- 🚲 Balance
- 🚲 Mounting and dismounting
- 🚲 Braking and Stopping
- 🚲 Steering
- 🚲 Changing gears

Intermediate

- 🚲 More advanced games and exercises
- 🚲 Coordination
- 🚲 Road Safety
- 🚲 Signalling, positioning
- 🚲 Turning, Roundabouts

Our aim is to help you get to a level where you can cycle safely and give you the SKILLS and CONFIDENCE to use your bike more often.



Led Rides

Every Saturday our Led Rides programme will visit iconic sites around and just beyond this wonderful city of ours. All rides are social and inclusive and will be led by a qualified instructor who will guide the ride on cycle paths and cycle friendly roads, ensuring your fun and safety remains paramount. Destinations include Newhailes Estate, South Queensferry and the Bridges, Jupiter Artland, The National Museum of Scotland and much, much more. All entry fees are covered or, alternatively, free refreshments will be provided. What's not to like? Take a look at our [Meetup page](#) where you can explore our routes including, start and end points, duration and terrain, and book your space!



The Bike Doctor

Every Friday afternoon at various locations throughout the city we will be offering a free bike clinic. The Clinic will include a basic bike check, minor tune up, plus advice on any follow up work which may be required. Details of venues and times will be published on our [Meetup page](#).

Bike Library

We have a selection of bikes and E-bikes available for hire for a small nominal fee. If you are interested or would like to find out more about hiring a bike from us just get in [touch](#).



Maintenance Classes

Keen to learn how to look after your own bike, save some money and undertake your own repairs, or perhaps just be a little more confident in the event of a mechanical breakdown? Our four-week training programme may be just the ticket. The training will take place at Drylaw Neighbourhood Centre on a Friday from 10am - 1pm and will cover all aspects of basic bike maintenance from fixing a puncture to replacing cables. The September course is now full but we are taking notes of interest for the October and November courses prior to finalising the schedule. Get in [touch](#) for more details.



Your Bike Buddy

If you are simply not sure where or how to get started and need some friendly advice on taking up cycling, planning a route, gaining confidence in traffic or even buying your own bike just get in [touch](#) – we are a friendly bunch and just love to talk about cycling.

Volunteers

We are always keen to refresh and update our list of volunteers. If you have some skills to share and enjoy talking to people why not [drop us a line](#) and we can explore how we may be able to help each other.

