

## Training

### LEADING THE WAY

Following several requests and listening to feedback, Cycling UK is creating a brand new online ride leader course. This training will initially be offered to all ride leaders registered with Cycling UK member groups. The Cycling UK volunteer team is busy creating the course in house and expects to launch the training in January 2023. We'll send out more details nearer the time, so keep your eyes peeled.



New ride leader courses soon

## Scotland

### REPAIR SCHEME RETURNS

We're proud to be delivering Scotland's national bike repair scheme once again – an increasingly vital service given the cost of living crisis. This new phase of the Scotland Cycle Repair Scheme will provide 30,000 more free repairs to people who need them most. More than 250 bike shops and mechanics – including many independent local businesses – are signed up to deliver the scheme. [cyclinguk.org/ScotCycleRepair](https://cyclinguk.org/ScotCycleRepair)



Cycling UK gave ten tandems to VIE Velo

Left: Andy Catlin. Far left: Joolze Dymond

## Disability

### GIFT OF CYCLING

**If we want to go on a ride, most of us simply jump on our bikes and go. For blind and partially sighted cyclists, it's less straightforward. Tandem cycling clubs, where a sighted pilot rides with a blind or partially sighted stoker, are vital for increasing participation in cycling by people with sight loss, writes Sam Waller.**

I was delighted to be invited to join a ride with the Edinburgh-based VIE Velo club, to celebrate the handover of a fleet of ten tandems from Cycling UK. During the lunch stop on our 35-mile trip, I chatted to club members about what cycling means to them. Maire Kilgallon told me how riding with the club helped to break down barriers. "It's quite inspirational – you have this perception that once you have a disability you can't do anything anymore. But here you have people who remain active and don't let their disability be a barrier."

Maire has retinitis pigmentosa, which means she has reasonable central vision but no peripheral vision. She touches on a theme that I hear many times over – the thrilling freedom of tandem cycling: "As a person with a disability you're used to always having the brakes on, but here's an opportunity to go fast. The freedom is really liberating!"

Craig Scott-Angell rides as a pilot and loves the social side of the club: "It's great as you can talk to someone on a tandem easily. You learn so much about each person you ride with."

The club was set up with support from Cycling UK in 2018, with the aim of eventually become independent and self-sustaining. The donation of tandems helps to secure the long-term future of the club.

As club chair Ken Reid tells me, that means many more people will get to enjoy the thrill, freedom and friendship of tandem cycling. "A strong bond of trust is essential between stoker and pilot. It is great watching those bonds grow into true friendship."

[cyclinguk.org/tandem-edinburgh](https://cyclinguk.org/tandem-edinburgh)

# 10

Our favourite off-road routes in the Surrey Hills: [cyclinguk.org/article/top-10-road-routes-surrey-hills](https://cyclinguk.org/article/top-10-road-routes-surrey-hills)