

## Travel Plan Success Stories

**Organisation:** Angus Council

**Sector:** Public Sector

**Mode:** Cycling

**Angus Council employs approximately 5500 staff across various council buildings in the Angus region.**

### Measures

As part of the council's Travel Plan, Angus Council is committed to encouraging more sustainable modes of travel. From previous events that the council had run, it was clear that some people lacked confidence in using their bike for commuting to work. It was thought that some training would encourage these people to take up cycling for both recreational and commuting purposes.

The council decided to organise some commuter cycling training sessions in March 2010. Each participant attended four 1.5 hour sessions which included practical on-road training and more advanced manoeuvres to increase confidence.

The free training sessions were held at Bruce House in Arbroath and Lochside Leisure Centre in Forfar and covered the following main topics:

1. Key aspects of cycling law and highway code
2. Dealing with simple roadside repairs and basic maintenance.
3. Keeping safe, what to wear, dealing with traffic and complex road situations.

### Outcomes

The cycle training proved so popular that another set of training sessions were arranged for April 2010 in Forfar. There was some very positive feedback from participants with most stating that they intended to start cycling to work or would cycle to work more often.

A further commuter cycle training course will run in 2011 and will include more focus on maintenance and repairs and on the road training.