

Sustrans School Travel Case Study  
[www.saferoutestoschools.org.uk](http://www.saferoutestoschools.org.uk)  
[schools@sustrans.org.uk](mailto:schools@sustrans.org.uk)  
0117 915 0100

Date posted: December 2008

## Dunbar Primary School

**Title of project:** Dr Bike

**Local Authority:** East Lothian Council

**Partners:** Mark James from Dunbar Cycling Group, Belhaven Bikes (local bike shop)

**Key Features:** Cycling, School Travel Plan, Curriculum, Pupil Involvement, Community Involvement, Infrastructural Changes

### **Summary:**

Over 150 children (20%) at Dunbar PS regularly cycle to school and we felt that it was important to help them to **make sure that their bikes were safe.**

During the summer term **Dr Bike (Mark James), came into school once a week to show P6 children how to maintain their bikes.** This ran alongside the Scottish Cycle Training Scheme offered by Lothian and Borders Police to all P6 pupils.

### **Initiative:**

**Mark showed groups of 5-10 Primary 6 pupils basic bike maintenance skills,** using the children's own bikes as examples. They mended punctures and adjusted brakes and gears.

**Any more extensive repairs (or those requiring extra parts) were given a 'prescription'** detailing the further work to be carried out. This could be taken along to the local bike shop, Belhaven Bikes, where pupils could obtain a 10% discounts on any parts on presentation of the prescription.

### **Outcomes:**

**The large numbers of cyclists are encouraging others to cycle** (not only in school but around the town) and the number of bikes at the school keeps increasing (this summer we had an extra 120 bike stands installed). We count the number of cyclists during Walk to School Week in May, so we may have more concrete results then.

**Costs and Funding:** £70 for bike tool kit and pump

**Problems and solutions:**

**It proved awkward sometimes to remove children from classes** so it has been agreed that next year **a bike club will be set up to run at once a week lunch-time**. At this club interested children can learn to service their own and other pupils' bikes under the supervision of Dr Bike.

**Case study contact details:**

Mark James (Dr Bike): [markjames2005@tiscali.co.uk](mailto:markjames2005@tiscali.co.uk)

Mrs Rounce, Dunbar Primary School 01368 863773