

## **Re-Discover Dundee by eTrike**

Re-Discover Dundee is a local cycling project with a fleet of 8 eTrikes, 2 eBikes and 1 trailer, which aims to connect and enable older adults and those experiencing barriers to physical activity to interact with their local greenspaces through cycling. This initiative was launched in December 2018 to encourage individuals and groups, with a particular focus on the aging population facing inactivity and isolation, to join in guided rides as an opportunity to stay active and re-discover the local green spaces.



The eTrikes and eBikes were purchased upon grant award received from the Energy Saving Trust, with funding provided by the Department of Transport. Dundee is the first city in Scotland to pilot eTrikes rides, making cycling accessible to more people due to the added power and increased stability that an eTrike offers. Re-Discover Dundee wishes to encourage those who have poor balance, mobility issues, chronic pain, type 2 diabetes, those recovering from stroke or experiencing a long term condition, to join in and enjoy a spin safely and comfortably.

The project can arrange taster sessions and regular rides based on participants' circumstances and ability to cycle. Guided rides are led by trained cycle leader and assistant volunteers, who have the knowledge and confidence to work with participants to enjoy the benefits of cycling in a safe and sociable environment.



For first-time cyclers and those who are returning to cycling for the first time in years, Re-Discover Dundee can liaise with Cycle Scotland, who can offer Essential Cycling Skills sessions to help participants strengthen their confidence, skills and knowledge.



Re-Discover Dundee eTrikes are currently based at Finmill Community Centre, close to Powrie and Finlathen Park, and the Green Circular cycling network, which stretches through the adjacent parks along the Dighty Burn. Led rides start from this location and participants must complete a registration form beforehand, which allows Re-Discover Dundee to assess participant's physical and cycling ability and organise rides accordingly.

Community members are also welcome to borrow an eTrike if they would like to go cycling with their friends and family or to do everyday sustainable journeys through their local greenspaces. Re-Discover Dundee is also one of the multiple green and nature-based interventions that patients can access through the green prescription issued by doctors or allied health professionals in Dundee.

Re-Discover Dundee is managed by Volunteer Dundee, with the support of Dundee Voluntary Action and the Dundee Green Health Partnership, to promote the benefits of our natural environment for health and wellbeing. For more information, contact [rediscover@volunteerdundee.org.uk](mailto:rediscover@volunteerdundee.org.uk) or call 01382 305757.

