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St Martins Church, 232 Dalry Road, Edinburgh EH11 2JG - this is a postal address, Spokes is a voluntary body with no staff.

## NEW EDINBURGH

Edinburgh's new Labour/SNP coalition is to uphold the old council's groundbreaking policy to invest 5% of transport capital and revenue budgets in cycling - additional to ring-fenced funds [Spokes 112]. The city remains a beacon to other Scottish and UK councils!

New council Leader Cllr Andrew Burns was Transport Convener during 2001-6, and one of the more pro-active and enlightened of the many we have experienced. Thus the value of cycling for everyday journeys should be understood at the top levels of the new council.

The future of the last council's further decision, still official policy, to lift the 5% by 1% a year is less clear, though Labour and SNP manifestos did promise rises [[spokes.org.uk](http://spokes.org.uk), Apr 14 news]. Any backsliding on this will be contested by the enlarged Green contingent - indeed, Green group leader Cllr Steve Burgess told us they will press for investment of £10 per head of population by 2017, a basic level in successful European cycling towns.

**Stop Press:** Cllr Lesley Hinds is new Transport Convener

**INSIDE..** Sustrans supplement : Election promises : Bike Breakfast : Helmets : HGV tryout : and more...

The coalition also commits to consult on more 20mph areas, though Labour's election manifesto was much stronger - 20mph in *all* residential and shopping areas.

Inside [p3] we list other tests faced by the new coalition if the city is to reach its Charter of Brussels 2020 target of 15% of all trips by bike [Spokes 105,106].

## OUTSIDE EDINBURGH

All the Lothians councils are now coalitions, with Labour leading in East and West Lothian, the SNP in Midlothian. Midlothian is fascinating, with equal numbers of Labour and SNP councillors, an independent, and one Green - Spokes member Cllr Ian Baxter [Bonnyrigg]. He will press for a % cycling share like Edinburgh, and is keen to hear ideas to boost everyday local bike use in the county.

The SNP issued a national manifesto which said SNP councils would prepare a *green transport plan*, including cycling [p4]. If they're in power in your area, hold them to it!

**Stop press:** May traffic count .. bikes ↑ cars ↓ again .. see website

## PEDAL ON PARLIAMENT

On 28 April 2012, 3000 people of all ages *Pedalled on Parliament* - the biggest and friendliest protest ever at the Scottish Parliament according to police.



People came to ask the Scottish Government to invest seriously in cycling as an everyday mode of transport, so our towns and villages feel safe and welcoming by bike.

Later on Radio Scotland, First Minister Alex Salmond was effusive about the wonders of cycling: but wriggled out of answering presenter Kaye Adams's crucial question on investment. No wonder, when of every £1 of transport spending, the government invests less than 1p in cycling. When will the government match rhetoric with reality?

More about PoP, its manifesto and future ideas, on p6 and at [www.pedalonparliament.org](http://www.pedalonparliament.org). Photo: Chris Byrne [ct5 at flickr]

## INVEST 5% GET 10%!

Way back in 2009 [Spokes 103] the Scottish Government set a bold target: 10% of all trips to be by bike in 2020. The *Cycling Action Plan for Scotland* [CAPS] would get us there. Since then, less than 1% of transport money has gone into cycling. With just 8 years till 2020, bike use in Scotland is rising only imperceptibly. Yet in the *first ever Scottish Parliament cycling debate*, led by Green MSP and Spokes member Alison Johnstone, the government reaffirmed the target but again skirted the finance question [[scottish.parliament.uk](http://scottish.parliament.uk) : business : official report : Mar 29].

If the target is serious, **government** must act on its own *Low Carbon Scotland* proposals - which they agree need to be 'fully funded' [24.11.2011 debate]. This would mean 5% of transport spending for active travel [Spokes 112, p7]. The *PoP manifesto* [p7] proposes 5% for cycling alone. **Councils** too must act, following Edinburgh's lead [above].

From the start, Spokes feared CAPS would be a tactic to avoid investment [Spokes104,105]. It proved to be a set of worthy ideas but **not** a realistic path to the 2020 target. At last, *thanks to growing pressure such as the budget campaign* [Spokes 111] and *PoP*, CAPS is to be rewritten. **Unless it becomes an evidence-based, costed, funded path to the 2020 target, it will remain a smokescreen.**

## WE'VE BEEN HERE BEFORE [in 1996!!]

Back in pre-history the Conservatives ruled Scotland! Transport Minister Lord James Douglas-Hamilton issued a *Cycle Action Plan* and a *target* but allocated money only for trunk road paths [Spokes 62]. **Bike use did not rise!**

**Help Spokes, other cyclists, and yourself, by contacting your MSPs, MP, councillors and the press every so often. See back page for contacts. Ask them to raise your question with the relevant Minister / Convener. Send us the results!**

## ABBREVIATIONS USED IN BULLETIN

G The Guardian (S)H (Sunday) Herald  
SG Scottish Government LTT Local Transport Today

## FOR YOUR DIARY

**ON ALL RIDES:** Please ride considerately and carefully. You are entirely responsible for your own safety.

**Spokes Sunday Rides** - 'Explore, Dream, Discover!' First Sunday each month, 30-40 miles. Meet 10am, Usher Hall. Lunch at pub/café, or bring picnic. We show the way, help with breakdowns, wait for the less-speedy. Your bike *must* be in good order. If under 14 you *must* come with an adult. [www.snowcycle.co.uk](http://www.snowcycle.co.uk) [stuart@snowcycle.co.uk](mailto:stuart@snowcycle.co.uk) 445.7073.

**Easy: 'Twenty Milers'** Mainly paths/quiet roads, 10-3, 2nd Sat of month. Mike Lewis 343.2520 [mike@cyclings-edinburgh.org.uk](mailto:mike@cyclings-edinburgh.org.uk).

**Weekends** - 'Mellow Velo' - Hostel/ B&B w'ends - evolved from Spokes weekends group - [www.mellowvelo.org.uk](http://www.mellowvelo.org.uk).

**More Edinburgh rides/events** [www.cycling-edinburgh.org.uk](http://www.cycling-edinburgh.org.uk) - includes 'very easy' rides, usually last Sun of month

**Go Bike!** Glasgow area, 1st Sunday + others [www.gobike.org](http://www.gobike.org).

Jun 16-24 [www.bikeweek.org.uk](http://www.bikeweek.org.uk) Find your local events!!

Jun 16 **St Andrews Ride** [Ros\\_Kerry@lepra.org.uk](mailto:Ros_Kerry@lepra.org.uk)

Jun 17 **Sestran 2 Capitals ride** [www.twocapitals.org](http://www.twocapitals.org)

Jun 20, 8-10am **Spokes Bike Breakfast** City Chambers All cyclists welcome. Stalls, rolls, tea/coffee, chain-clean, security marking and your chance to lobby **new councillors!**

**Speaker** [8.45] **New council Transport Convener invited**

**More info:** [bikeweek.org.uk](http://bikeweek.org.uk) [bikebreakfast@spokes.org.uk](mailto:bikebreakfast@spokes.org.uk)

**Stop press:** Rides (with councillors) from various parts of the city to the breakfast. [www.breakfastbikeride.org.uk](http://www.breakfastbikeride.org.uk)

Jun 20 [11-2] **Large Vehicles Awareness/Safety** Festival Sq. Get in a bus or HVG to check the driver's blind spots! Also Lothian Buses training video, Spokes and other stalls, etc.

July 21-22 **Big Tent Environment Festival** [website page on 'Getting Here' is usually exemplary!] [bigtentfestival.co.uk](http://bigtentfestival.co.uk)

July 27 **Bell ringing for Olympics (maybe)** Festival Sq, 8am [citycyclingedinburgh.info/bbpress/topic.php?id=5709](http://citycyclingedinburgh.info/bbpress/topic.php?id=5709)

Aug 19 **Tour de Forth** for Mercy Corps [tourdeforth.com](http://tourdeforth.com)

Sep 9 **Pedal for Scotland** [www.pedalforScotland.org](http://www.pedalforScotland.org)

**More dates and info:** see [www.spokes.org.uk](http://www.spokes.org.uk) : events

[Www.summerofcycling.net](http://Www.summerofcycling.net): events UK-wide

## WWW.SPOKES.ORG.UK

Our website has much useful info: try the tabs at the top, the 'cloud' on the right or links from relevant news stories.

Major website updates/news are tweeted and facebooked [click to our twitter / facebook sites from [www.spokes.org.uk](http://www.spokes.org.uk)].

**Please join Spokes too:** we need your donation & support!

## ☺ THANK YOU ☺

*Spokes is funded by donations from our 1000+ members and sales of our unmissable maps. So we can speak out without fear or favour, not worried about losing funds. Join Spokes! Download or phone for an application form.*

## SPOKES MEMBERSHIP RENEWAL

Please return your 2012 renewal form if not yet done. If you can't remember if you've renewed, please don't ask - you'll get an autumn reminder if not, and you won't miss anything.

## SPOKES BULLETIN INFORMATION

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## COMPETITION

### My Favourite Place by Bike

*Our great summer competition tradition continues...*

Tell us your favourite place to go to, or be at, or pass through, by bike - what, where and why! It might be a view, downhill swoop, picnic spot, lovely smell, cafe, etc. We want favourite *places* not whole rides [did that in 2005!]

Top entries will win one of the great prizes below - first prize chooses first and so on. NB: we may publish entries.

**ScotRail:** Return 1<sup>st</sup> ticket for 2 between any 2 Scottish stations

**Edin Bike Coop:** Revolution Tune-up advanced tool-kit

**Sustrans:** Set of Sustrans Scotland maps

**Camera Obscura & World of Illusions:** Family day ticket

**Kalpna Indian Veg restaurant:** lunch for 2

**Peter's Yard:** Food hamper

**Scottish Seabird Centre:** Family [2 adults, 2 kids] day ticket

**Reiss Hairsalon:** Hair cut and blow dry

**Bridge Inn, Ratho:** Details still awaited

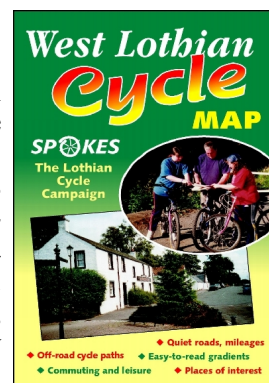
**Velo Ecosse:** Bike service, value £30

**Download an entry form at the web address below - also for more on rules and prizes. Closing date: Sep 10.**

See our wonderful previous comps such as *Cycling Jokes*, *Favourite Rides*, *Path Art* and *Cycling Solutions* at [www.spokes.org.uk](http://www.spokes.org.uk) - downloads - odds&ends - competitions.

## SPOKES MAPS

New West Lothian, East Lothian and Midlothian map editions are planned this summer [in that order]. The current West Lothian map dates from 2005, so has many changes - and a great new feature will be a detailed Livingston map on the back. The other two titles are more recent, but stocks are low due to healthy sales of such excellent maps!



## SNIPPETS

♦ Spokes has received a CTC *Voluntary Group of the Year* award. Thank you to whoever kindly nominated us!!

♦ **April 1<sup>st</sup>** fooled several people who should have known better, when Spokes leaked a government 'announcement' of greatly increased cycle funding! [Apr 1 news at [spokes.org.uk](http://spokes.org.uk)]. Great fun was also had on the **Whisky-River-Boat-Band's Fools Day Cycle** to N. Berwick, with musical instruments and 7 musical stops - find them on Facebook and suggest another!

♦ Spokes member **Dr Chris Oliver** is the new chair of CTC Scotland. Chris began cycling for its health wonders after gastric band surgery just a few years ago: first, with **Maggie Wynn's** former *Try-Cycling*, then **Mike Lewis's** 20-milers, then **Stuart's Sunday Rides**, all of whom he praises hugely! He then biked Lands End to John O'Groats, raising £10k for the African amputees' charity **500miles**. Follow Chris at [twitter.com/CyclingSurgeon](https://twitter.com/CyclingSurgeon).



♦ **Bristol Cycling City** (funded through the now-abolished Cycling England) has come up with a great web page on the evidence about how to boost cycle use (and the benefits of doing so). See [www.betterbybike.info](http://www.betterbybike.info) : Becoming : Evidence.



# LOCAL NEWS [more p4]

## BIG COUNCIL ISSUES

Edinburgh's new Transport Convener, **Cllr Lesley Hinds**, faces many challenges if she is to move the city towards the cycling future promised by the *Active Travel Action Plan* [Spokes 111] and *Charter of Brussels* targets [p1]. **Difficult challenges include** [some imminently, some longer term] ...

- ♦ Making **Princes Street** a European-style paradise for cyclists and pedestrians, motor-free on at least one side [see photos from the December experiment - Spokes 112].
- ♦ Widespread **20mph limits in shopping streets**, as well as residential areas, including arteries like Dalry Rd and some of the South Edinburgh streets currently excluded.
- ♦ Council policy now is to **raise the 5% cycling allocation by 1% in each future budget** - will that decision remain?
- ♦ We are very fearful about some **tramline crossing points** - this is a major challenge. **Princes Street eastbound near St Andrews Square promises to be one of the worst.**
- ♦ Will **Leith Walk** just be reinstated to its previous state or made much more cycle (and pedestrian) friendly, possibly experimenting with a European-style segregated route.
- ♦ Will the **tenement-area bike-storage scheme** be rolled out widely after the current pilot? [p4].
- ♦ The **bikes on trams trial** needs run enthusiastically, and brought forward from its proposed year-long delay.
- ♦ *Small but symbolic:* install the **Market St uphill cycle lane**.

## THANKS, CLLR MACKENZIE

**Gordon Mackenzie**, whose seat fell in the LibDem election disaster, was Edinburgh Council's Transport Convener for 3 years. In that time he transformed the council's *cycle policy* with the excellent *Action Plan* [Spokes 108], its *cycle staffing*, raising cycling's status in the department, and most of all its *cycle funding* with the tremendous 5% [& rising] decision [Spokes 112]. His successor has a fantastic base to build on - and a great challenge to equal Cllr Mackenzie's contribution!

Cllr Mackenzie told us, "*I enjoyed my time as Transport Convener - the way cycling is developing in the city is probably what gave me greatest satisfaction and pleasure.*"



**Cllr Mackenzie** [right] at his last cycling engagement, as LibDem speaker at the PoP protest [p1,p7]. Also [from left/female] Spokes members **Alison Johnstone & Sarah Boyack** [Green & Labour MSPs], SNP MSP **Jim Eadie**, PoP originator **Dave Brennan** and round-the-world cyclist **Mark Beaumont**. Photo: Dave du Feu

## EDINBURGH CHAMP

Edinburgh Council has won the sole British place in the EU CHAMP *Cycling Heroes* 3-year project. The city will learn from others and will get funds to trial promotional methods, with results being shared on the CHAMP website. Find more and sign up for the newsletter at [www.champ-cycling.eu](http://www.champ-cycling.eu).

## BIKE STATION

Edinburgh Bike Station is changing, with refurbished bikes soon on sale 6 days a week and more *Fix Your Own Bike* sessions – low cost use of a workstand, tools, 2nd-hand parts and expert advice! More info: [www.thebikestation.org.uk](http://www.thebikestation.org.uk).

## BELLES ON BIKES

The Bike Club is seeking Edinburgh women keen to train as leaders to set up cycling activities in their local community. You must be a fairly confident cyclist, keen to inspire others. There's a course June 9-10, and another in Aug/Sep if enough interest. Info: [amy.hickmanATbikeclub.org.uk](mailto:amy.hickmanATbikeclub.org.uk) 07766 405369.

## THE WHEEL DEAL

The 2011 Spokes *Weans on Wheels* project aimed to support parents making everyday journeys by bike with children too young to cycle independently. Spokes is now looking at older children who wish to cycle independently for local trips such as to friends, activities and school. The project focuses on practical aspects of everyday cycling, with a factsheet for parents out soon and materials for young people later.



*Firrhill lads take it easy at a Grease Monkey Dr Bike session ..... whilst the girls get in practice for Edinburgh potholes!*

Involving the young people themselves is vital to ensure that the format and content of the materials appeals.

A group of S3-S4 **Firrhill High School** pupils have been working with Spokes, and have come up with a great name - *The Wheel Deal* - and ideas on presentation.

Contact Spokes to get involved in the project: for example developing materials or getting them to young people/parents, and encouraging use in other schools/groups.

### More information...

- a. Contact [familycycling@spokes.org.uk](mailto:familycycling@spokes.org.uk) with ideas/queries.
- b. Download Spokes's factsheet *How to be a Cycling Family* at [www.spokes.org.uk](http://www.spokes.org.uk) : documents : advice : commuting with kids or contact Spokes if printed copies would be useful.
- c. See the new local blog [www.weansonwheels.blogspot.co.uk](http://www.weansonwheels.blogspot.co.uk) about family cycling. Suggestions for content are welcome - especially ideas for local family-friendly cycling routes.





# COUNCIL NEWS [more p3]

**If anything on this page concerns or encourages you, contact your councillors or MSPs!! See p8 or [www.writetothem.com](http://www.writetothem.com).**

## END OF YEAR BONUSES WELCOMED!

Council year-end funding was used to **re-paint 325 ASLs** [advance stop lines], preparing for the police campaign on motorist intrusion [p6]. The re-lining was appreciated widely - a police campaign every few years might be useful!

The money also paid for 75 bike parking **Cyclehoops**; and to extend to Slateford viaduct the excellent **canal solar lighting**.

## SOUTH EDINBURGH

The **Quality Bike Corridor** is under construction; and the **wide-area 20mph** in force. Main roads will be reassessed for 20mph after an 18-month monitoring period. [[spokes.org.uk](http://spokes.org.uk) : documents : local]



[www.cyclehoop.com](http://www.cyclehoop.com)

## COLOURED SURFACING CHANGES

Edinburgh's move from red coating to embedded red chips for cycle lanes [Spokes 112] is now visible in the Quality Bike Corridor. We are told the chips have a resin coat which wears off, slightly brightening them; whereas the old red surfacing deteriorates over time. The council will look at putting more chips in the mix, though too many cause surface break-up.

## OVERNIGHT BIKE STORAGE

The council has selected 6 sites for its pilot tenement/flats storage project [Spokes 110]. Detailed plans will now be drawn up with applicants, and necessary permissions sought, with installation hoped for late 2012/early 2013. If successful, this should lead to a wider scheme, possibly maintained under the bus shelters contract. *Note* - For our Spokes tenement storage factsheet see [www.spokes.org.uk](http://www.spokes.org.uk) : documents : advice.

Meanwhile several people have contacted us over planning problems with bike sheds. We raised this at the council cycle forum: it will now be discussed between cycling and planning officials, taking account of the council's bike use target.

## TRAM NEWS: GOOD + BAD

*Thank you if you complained to councillors about the round-topped cobbles at the Princes Street tram stop.* After being told many times there was no alternative, this and other onstreet stops are to get flat-topped blocks. However we are very worried about some imminent new **tramline crossing points**, notably Princes St eastbound near St Andrews Square.

## A90 CYCLEROUTE: A NATIONAL 'DISGRACE'

The dreadful state of what should be Scotland's flagship trunk cycle route, **Edinburgh to Forth Bridge**, used by hundreds of tourists as well as commuters, was raised in the Parliamentary Cycling debate [p1]. Fife's **Helen Eadie** called it a "disgrace" and was supported by Spokes members **Sarah Boyack** and **Alison Johnstone**. We have now asked all three MSPs to lobby for government funds [Forth Bridge or trunk road money] to bring the entire route up to a proper standard. *More info:* Spokes 110p7, 112p8, and Apr 1 news on spokes website.

## BIKE LEASING SCHEME

With London-style bike hire very costly, and not ideal until central Edinburgh is more bike-friendly [e.g. Princes Street], the council plans a leasing scheme targeting people who might want to take up cycling. Some 200 new and recycled bikes will be rentable at around £15 a month [CEC news, 8.3.12].

## WEST LOTHIAN COUNCIL pic: Dave du Feu



West Lothian's first ever contra-flow cycle lane - Union Road in Linlithgow - enabling cyclists on some trips (including to the Academy and two Primaries) to avoid the High Street.

# COUNCIL ELECTIONS

**With elections over, don't let winning parties forget their promises!** - we have won big past victories by reminding councillors or MSPs. It's not too early even now to ask about specific promises. Find your councillors at [www.writetothem.com](http://www.writetothem.com).



Even in coalition councils with an agreement between parties, each still wants to fulfill its own promises if possible.

**Links to full manifestos** are at [spokes.org.uk](http://spokes.org.uk) : documents : elections. **Here we print abbreviated extracts.** Unfortunately we found few manifestos by parties in the smaller councils.

## COUNCILS ACROSS SCOTLAND

There was a *national SNP councils' manifesto*. Use this to lobby if the SNP shares control, e.g. Edinburgh, Midlothian.

- work with relevant stakeholders on improving cyclist safety, to help encourage a shift to more active travel alternatives
- **all SNP councils** will have a **green transport plan** to cut carbon and encourage walking, cycling or alternative forms of transport.
- ensure all our school pupils are offered on-road cycle training.

## EDINBURGH: ruled by Lab/SNP coalition

**Labour...** *We'll pay attention to the everyday things....*

- bring roads & pavements to a good standard, esp. in busy areas
- control standards of the utilities who dig up our roads
- extend 20mph limits to all residential and shopping areas
- encourage more walking and cycling by spending a minimum 5% of our transport budget and increasing that year by year.

**SNP...** • support 5% of the transport budget to cycling and look to increase that whenever we can.

- develop safer routes to increase the 7.5% of journeys to work made by bicycle and help to prevent serious injuries or fatalities.
- support ideas such as bicycle leasing, the Quality Bike Corridor, Family Network and greater connectivity between cycle routes.
- cycle training for schoolchildren complemented by a programme to raise driver awareness of cyclists.
- consult on extending 20mph zones
- support School Travel Coordinators and reduce congestion near school gates. Provide Safer Routes to schools, trams and stations.

**The Edinburgh Lab/SNP coalition agreement promises...**

- spend 5% of the transport budget on provision for cyclists
- consult with a view to extending the current 20mph zones
- set up a city-wide Transport Forum of experts and citizens.



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## DRIVE SAFE, CYCLE SAFE

Spokes is supporting the 2012 council/police campaign for safer Edinburgh streets. The campaign includes road-shows, bus posters, motorists being stopped for ignoring Advance Stop lines, and cyclists for pavement and red light violations. Future phases will see offenders fined; and an imaginative June campaign on HGV/cyclist dangers [p2, Diary, June 20].

In the past, cyclists often felt singled out for opprobrium, although statistics show that road casualties overwhelmingly come when motor vehicles crash into pedestrians, cyclists or other road users. 'Safety' campaigns were sometimes based on supposition and stereotypes rather than on firm evidence.

*However, we support the new campaign, because...*

- ♦ It is linked to **real onstreet safety measures**, the South Edinburgh wide-area 20mph zone and Quality Bike Corridor.
- ♦ **It targets both motorist and cyclist misconduct**: indeed, 80% of people caught by the police were motorists and 20% cyclists, very roughly the vehicle proportions on those roads.

♦ In preliminary discussions, the police accepted our point that **helmets are irrelevant to the campaign** and cyclists who were stopped would not be spoken to about helmets.

♦ **Taxi and HGV operators** are involved, with *Edinburgh Licensed Taxi Partnership* taking the 'red box' message to all its drivers, and the council installing 1000 'fresnel' lenses to reduce blind spots for bin lorry and other HGV drivers.

**More info about the campaign:** [streetsaheadedinburgh.org.uk](http://streetsaheadedinburgh.org.uk).

### BIKES AND BUSES

**Lothian Buses** has made a great video about bus/bike interaction - used for training drivers, but also very useful for the cyclist. Find it, and more bike/bus information at [www.spokes.org.uk](http://www.spokes.org.uk) : documents : public transport : bus.

### BIKE SECURITY

When possible we publicise police bike marking/tagging events in the [www.spokes.org.uk](http://www.spokes.org.uk) events column. The police also recommend free bike registration at [bikeregister.com](http://bikeregister.com). More info - [www.spokes.org.uk](http://www.spokes.org.uk) : documents : advice : security.

## IS IT YOUR CHOICE ?

Loath as we are to return to the helmet question, we are concerned at the creeping growth of semi-compulsion: for example charity bike rides insisting on helmets for young adults; and government-funded websites picturing all or nearly all cyclists helmeted. Thus creating a climate in which total compulsion could eventually happen.

**Using a helmet is *not* just commonsense. It is *not* just convenience versus safety. It is also about balancing the benefits with the risks. It is a choice you should be allowed to make for yourself with full knowledge of all aspects.**

### SAFETY WARNING!!

A cycle helmet may make you *feel* safer. A cycle helmet may make you *look* safer. **But it may not make you *be* safer.**

[pic: commons.wikimedia.org, Sagdejev]



Helmet advertisers, promoters and government agencies bombard us with the benefits but, disgracefully, we are never told the risks – although there is evidence on both sides, and crashes and injuries occur as a result of the risks of helmets.

- ♦ A well-fitted helmet will help in certain crashes, notably if your head hits a hard object like a pavement straight-on. It is not designed for the closing speed of a car/bike crash.
- ♦ If you are helmeted, and therefore 'look' safe, drivers on average give you less space when overtaking you.

Advice by motorists to motorists (and to cyclists!) **"Drivers often think a cyclist with a helmet is 100% safe. Well, they are not."** [www.carbuzz.co.uk/blog/Drivers-more-cyclist-aware](http://www.carbuzz.co.uk/blog/Drivers-more-cyclist-aware)

- ♦ When helmeted, some cyclists feel more confident to tackle things they would not otherwise do – for example using roads they would otherwise feel too dangerous. Some youngsters may feel they are Evil Knieval, or be confident to go downhill faster than they otherwise would.
- ♦ Helmets can cause or worsen some serious head injuries if hit at an angle making the neck rotate too fast or far.
- ♦ One of the best ways to improve safety per cyclist – and public health - is to get more cyclists on the road. Yet helmet

compulsion or heavy promotion reduces cycling – possibly by making it seem unsafe. It is an example of the paradox in which a perceived benefit to each individual, even if real, can bring about a negative effect on the group as a whole.

**EVIDENCE** We strongly recommend these sources ..

**Bicycle Helmet Research Foundation** [www.cyclehelmets.org](http://www.cyclehelmets.org)

**CTC Briefings** *Cycle Helmets* and *Cycling and Road Safety*, downloadable at [ctc.org.uk/campaigns/resources/briefings](http://ctc.org.uk/campaigns/resources/briefings).

*Note: Sport cycling* has different risks. Spokes is not involved in sport, and can't comment, but the above CTC briefing does.

## WHAT HAPPENS NOW??

It's uncertain if the benefits of helmets outweigh the risks – there's no clear answer yet. But compulsion, or one-sided promotion, are very wrong - even more so as they put people off the healthy choice of getting about by bike. *Therefore...*

♦ **Spokes will not, after this issue, publicise charity rides or other events involving helmet compulsion.** We will also only circulate flyers and give website links if articles, adverts, etc are not helmet-dominated. *We call on other organisations concerned about public health to do the same.*

♦ **Official bodies**, including the **police** and organisations such as **Cycling Scotland**, should use a mix of helmeted and unhelmeted pictures. *Such bodies also have a moral duty to describe risks as well as benefits, to enable informed choice.*

♦ **Helmet manufacturers and sales outlets**, in the interest of public safety, should have to make clear on boxes and in sales literature a helmet's impact design speed (it's usually around 12mph) and the potential risks as well as benefits.

♦ **For some fun and enjoyment after this rather heavy article, have a look at ...** [www.copenhagencyclechic.com](http://www.copenhagencyclechic.com).

Some 50% of **car occupant deaths** entail serious head injury. Research from Adelaide University suggests the chance of head injury is reduced significantly if car occupants wear a headband with a hard shell and energy-absorbing honeycomb liner. The case for car headbands seems as good as that for cycle helmets, except that headbands have fewer disadvantages - so why are only bike helmets promoted? *Source:* see 27 Oct blog at [www.copenhagenize.com/2009/10](http://www.copenhagenize.com/2009/10).



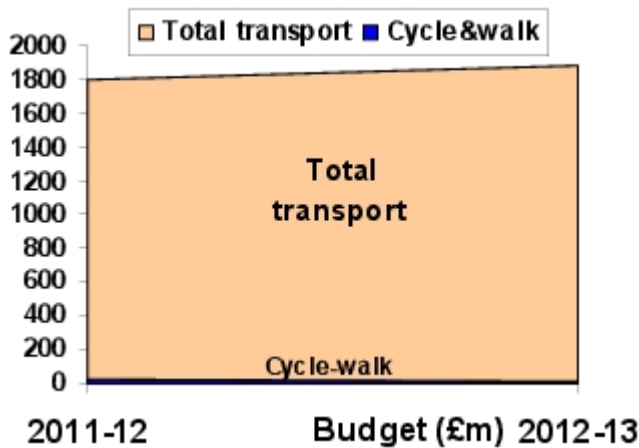


# SCOTTISH FUNDING

As reported in Spokes 112, thanks to **Jim Eadie MSP**, Spokes met Transport Minister **Keith Brown**, to discuss the facts of cycle funding and how that relates to the SNP manifesto promise [*to increase the proportion of transport spending on low carbon, active and sustainable travel*] and to the government's ambitious 2020 target for 10% of all trips to be by bike. The Minister asked to meet again this summer, after a report on CAPS progress [p1].

We disagreed on whether the manifesto is being met - but it hardly matters because **the manifesto promise is anyway too low to reach the government 2020 target**. Cycling England research suggests the minimum needed would have been £50m a year from 2009 when the target was set [£10 per person, 2.5%-3% of total transport]. And it needs to be significantly more starting now in 2012.

**In fact only 0.8%-0.9% of transport money is now invested in active travel** [table], less than 1p of every transport £1. **And cycling gets only part of that 0.8%**. Meanwhile total transport spending keeps rising...



**Ministers usually now quote active travel funds as a multi-year sum instead of annual: it sounds a lot better!**

Our table below shows *Scottish government active travel spending* - a cycle-only table would be a similar picture. Walk and cycle money and projects are in fact often joint.

Government active travel funding *sources* (i.e. budget lines) are increasingly complex [despite Parliament's Infrastructure Committee requesting simplification] so instead of showing funding sources in the table, we show funding *destinations*.

The table is about government investment, so it excludes any money from, for example councils, Europe or the Lottery.

Finally, call us cynical, but we can't help noticing the same pattern as in the last parliament [table in Spokes 111] - **gradual cuts followed by a jump back up in pre-election year!**

| (£million)                 | 10/11        | 11/12        | 12/13        | 13/14        | 14/15        |
|----------------------------|--------------|--------------|--------------|--------------|--------------|
| Active travel from CWSS    | 6.1          | 4.9          | 4.3          | ~3.7         | ~5.4         |
| Sustrans [see note below]  | 7.7          | 5.8          | 7.2          | 8.2          | 9.2          |
| Cycling Scotland           | 1.3          | 2.3          | 1.0          | 1.0          | ~1.0         |
| Trunk road bike schemes    | ~2.0         | ~2.0         | ~2.0         | ~2.0         | ~2.0         |
| Other [see note below]     | 3.1          | 1.2          | ~1.2         | ~1.2         | ~1.2         |
| <b>Total active travel</b> | <b>20.2</b>  | <b>16.2</b>  | <b>15.7</b>  | <b>16.1</b>  | <b>18.8</b>  |
| Total transport spending*  | 1864         | 1812         | 1922         | 1998         | 2041         |
| <b>Active travel %</b>     | <b>1.08%</b> | <b>0.89%</b> | <b>0.82%</b> | <b>0.81%</b> | <b>0.92%</b> |

~ Not yet announced: estimated, or assumed same as previous year.

\* Budget transport lines + FTF, SAT, CWSS, relevant consequentials  
**CWSS** *Cycling, Walking, Safer Streets* funding to councils - the table shows the portion going to AT, roughly 66% of CWSS [govt estimate].

**Sustrans** Funding largely from SAT, FTF and consequentials. Used mainly for match-funded projects with councils & other partners.

**Other** Includes the AT element of Smarter Choices [assumed 66%]; the AT element of CCF [assume 50% of the cost of those grants which have an AT element]; and a Bike Station project.

## OTHER ABBREVIATIONS USED ABOVE

**AT** *Active travel* - cycling and/or walking

**SAT** *Sustainable and Active Travel* budget line. A real hotch potch helping fund walking, cycling, low carbon vehicles and, from 12/13, some bus and some park & ride!

**FTF** *Future Transport Fund* - a new budget line from 12/13 on, but with very similar aims to SAT - a further element of confusion!!

**CCF** *Climate Challenge Fund* - funds some projects involving AT.



ctd from p1

photo: mushkush at flickr.com

**Pedal on Parliament** led to a lot of parliamentary activity, with 3 rival congratulatory motions. To read them, search for 'pedal' at [scottish.parliament.uk/parliamentarybusiness/28877.aspx](http://scottish.parliament.uk/parliamentarybusiness/28877.aspx).

Motion **S4M-02657** by SNP MSP **Marco Biagi** and signed mainly by SNP MSPs, welcomed and noted PoP's manifesto, but did not seek increased investment. **S4M-02764** by Labour MSP **Sarah Boyack** sought "*a step-change ... and sustained investment*" and was signed by many Labour MSPs, 1 LibD, the 2 Greens and 2 SNP (Gil Paterson and Marco Biagi).

Beefiest was **S4M-02641** by Green MSP **Alison Johnstone** which '*supports PoP's 8-point manifesto*' and '*believes 10% of the transport budget should be spent on active travel.*' This goes way past what other parties had promised but despite that was bravely signed by **Labour MSPs Kezia**

**Dugdale, Malcolm Chisholm, Neil Findlay, and Helen Eadie; LibDem Jim Hume; Conservative John Lamont** and, no surprise, the other **Green, Patrick Harvie**.

## The Pedal on Parliament Manifesto

- 1 Proper funding for cycling
  - 2 Design cycling into Scotland's roads
  - 3 Safer speeds where people live, work and play
  - 4 Integrate cycling into local transport strategies
  - 5 Sensible road traffic law and enforcement
  - 6 Reduce the risk of HGVs to cyclists and pedestrians
  - 7 A strategic, joined-up programme of road user training
  - 8 Solid research on cycling to support policy-making
- For full manifesto, with explanations and references, see PoP website, [pedalonparliament.org](http://pedalonparliament.org) - click manifesto tab.

# BIKE – RAIL

**Note:** Our Spokes bike/rail representative is Ewan Jeffrey. Contact him with any concerns: [ewanATnavyblue.org.uk](mailto:ewanATnavyblue.org.uk).

## BIKE/RAIL DEVELOPMENT FUND – ENGLAND

The UK government has launched a £7m fund to boost bike facilities at stations. See the exciting bids to it in the spreadsheet at [www.dft.gov.uk/publications/linking-places-fund](http://www.dft.gov.uk/publications/linking-places-fund). **The Scottish government does not have a similar fund.**

## HAYMARKET STATION FUTURE

Work has begun on what is virtually a new station, but with poor bike provision originally planned – unbelievable in a 21<sup>st</sup> century country with a 10% cycle use target - and a shocking Scottish government failure in 'joined-upness'. After complaints by Spokes and many rail users the EGIP team who now run the project is setting up a special group which will try to rectify the situation. **Marco Biagi MSP** is also raising this in Parliament. Spokes would like to see a Europe-style solution like **Leeds Cyclepoint** with hire, storage and maintenance: [www.abelio.com/uk/cyclepoint.html](http://www.abelio.com/uk/cyclepoint.html). More info/contacts: [egip-consultation.co.uk/location/haymarket](http://egip-consultation.co.uk/location/haymarket).

## SCOTRAIL HIGHLAND BIKE HIRE EXPANDS

ScotRail has negotiated discounted bike hire at Oban, Fort William and Inverness, with *bikes now returnable to any participating shop*; enabling 1-way trips on the Great Glen or the growing Oban-FW route. [www.scotrail.co.uk/cycling](http://www.scotrail.co.uk/cycling).

## RAIL FARES CONSULTATION [ends 28 June]

This UK consultation could affect bike fares, bookings and internal train layouts. More info in Spokesworker [to members]. For an overview see [bettertransport.org.uk/fairfares/fares-review](http://bettertransport.org.uk/fairfares/fares-review).

## CONTACT YOUR POLITICIANS

**Write to your local MSP or Lothians Regional List MSPs** at Scottish Parliament, Edinburgh EH99 1SP. 0131 348 5000.

**or email:** [firstname.secondname.msp@scottish.parliament.uk](mailto:firstname.secondname.msp@scottish.parliament.uk).

For example, [Sarah.Boyack.MSP@scottish.parliament.uk](mailto:Sarah.Boyack.MSP@scottish.parliament.uk).

### SNP

Ed Central, Marco Biagi

Ed Southern, Jim Eadie

Ed Western, Colin Keir

Linlithgow, Fiona Hyslop

Ed Pentlands, Gordon MacDonald

Almond Valley, Angela Constance

Midloth N & Muss, Colin Beattie

**GREEN** List, Alison Johnstone

**INDEPENDENT** List, Margo MacDonald

**To find name/email of your [3 or 4] local councillors...**

[www.edinburgh.gov.uk](http://www.edinburgh.gov.uk) 0131.529.3186

[www.midlothian.gov.uk](http://www.midlothian.gov.uk) 0131.270.7500

[www.westlothian.gov.uk](http://www.westlothian.gov.uk) 01506.775000

[www.eastlothian.gov.uk](http://www.eastlothian.gov.uk) 01620.827827

**Who runs your council?** [\* = majority zero or one]

| Council    | Power   | Council     | Power       |
|------------|---------|-------------|-------------|
| Edinburgh  | Lab/SNP | W. Lothian* | Lab/Con/Ind |
| E. Lothian | Lab/Con | Midlothian* | SNP/Ind     |

**More info including Westminster MPs & European MEPs:**

[www.writetothem.com](http://www.writetothem.com) [theyworkforyou.com](http://theyworkforyou.com) [mysociety.org](http://mysociety.org)

## "the most comprehensive"

The **Scottish Parliament Information Centre [SPICe]** has issued a briefing\* on cycle policy, funding and stats. It uses our **Spokes annual funding survey**, which it calls "*the most comprehensive and accurate guide to cycling investment in Scotland.*" [SPICe Briefings are to assist MSPs, and are independent of the governing party].

\*Briefing 12/24 at [scottish.parliament.uk](http://scottish.parliament.uk) : business : research.

## WWW.CYCLORAMA.NET

Nordisk Cryobank Copenhagen transports sperm to clinics by bike [the big sperm has a sophisticated cooling system to preserve the smaller ones!] This and umpteen other amazing bikes appear in the great new book *Cyclorama*.



## MINISTER LOSES MARBLES

**Mike Penning MP**, sadly the UK Road Safety Minister, confirmed every stereotype of a politician totally out of touch with reality when he gave evidence on cycling safety to the House of Commons Transport Committee on 24 April. Asked by Chair Louise Ellman if we could learn anything on safe cycling from the Netherlands, he replied, "*I think the Netherlands may want to see us, to see how we are making sure that so few people are killed cycling ... the figures indicate we're doing better than they are.*"

The Minister's rationale was that Britain has 0.71 cyclist deaths per 100,000 people against 0.84 in the Netherlands. The logical conclusion being that if nobody at all cycled Britain could get its death rate down to zero - an even better example for the Netherlands to come and see! The sad reality is that Britain has roughly three times more deaths *per km cycled* than the Netherlands.

As Bad Science writer **Dr Ben Goldacre** kindly said of Mr Penning's abilities, "*Perhaps he shines in other areas.*" [[bengoldacre.posterous.com](http://bengoldacre.posterous.com), 25 April blog + roadcc link]

## ESSENTIAL CONTACTS

**Adult cycle training** 668.1996 [info@thebikestation.org.uk](mailto:info@thebikestation.org.uk)

**Www.travelinescotland.com** - bikes on rail, bus and ferry.

**Potholes, glass on paths, broken lights, in Edinb/Lothian**

[Use lamp-post numbers to report location]. 0800.232323

[www.edinburgh.gov.uk/clarence](http://www.edinburgh.gov.uk/clarence). Or [www.fillthathole.org.uk](http://www.fillthathole.org.uk).

**Bad glass/dumping [Ed only]** Rapid Response 0808 100 3366

**Taxi issues** Inspector, 33 Murrayburn Rd EH14 2TF 529.5800

**Lothian Buses** [mail@lothianbuses.com](mailto:mail@lothianbuses.com) 554 4494.

**Dangerous drivers, mobile use, drink-driving, speeding, other road crime:** see [www.spokes.org.uk](http://www.spokes.org.uk) : links : reporting

**Emotional/practical victim support** RoadPeace 02089641021

**Help Spokes, other cyclists, and yourself, by joining us!** Keep in touch with cycle route news in Edinburgh, the Lothians and Scotland. Find out which politicians to write to, and when. Discover the latest bike maps. Download a membership form at [www.spokes.org.uk](http://www.spokes.org.uk) or send your name, address, email address and donation [you choose how much] to Spokes [address on p1].