

Elsbeth Chapman, July 2026

In Spring 2026, Spokes granted me £1822.50 towards the purchase of a Tern Quick Haul and accessories from Soul Cycles.

I am an art therapist, puppeteer and group facilitator based in Edinburgh and I have been self-employed since 2016. My practice revolves around working with children and young people with a focus on creativity and wellbeing. In my current working pattern, I am in a different school or community venue everyday and was completely relying on my car to get me to these places. I usually have kit with me, such as art materials, and this was too heavy to carry on a bus. Recently, I have noticed more cargo bikes in the city and know a couple of people who have them so I started thinking about whether this would work for me. Staff at Soul Cycles told me about the Spokes Cargobike fund and I was elated to find out that I could get financial help to make this idea a reality.



My Tern Quick-Haul (Meryl Steep) has made my commute to work so much more enjoyable and with the Clubhouse Mini and Storm Box Mini accessories, it has the perfect carrying abilities for my kit. Parking a bike has been much easier than finding parking for a car and I feel better about the environmental impact of my travel. The bike, especially when fully loaded, is very heavy and it took some getting used to riding it and navigating it into my hallway in the evening. However, I am getting better at loading the weight evenly and more practised at steering it into awkward spaces. I found the gears a bit crunchy at first, but took the bike for its one month courtesy tune-up at Soul Cycles and they sorted it out. Now the Quick Haul is riding very smoothly and helping me get some vitamin D and fresh air on my way to work.



Having just been on holiday to Sweden and Norway, I am envious of their cycling infrastructure and how cycling is much more normalised in Scandinavia. I used to think Edinburgh was too hilly for me to cycle, but having an e-bike has changed that. If there was a greater number of separated and safe cycle lanes in Edinburgh, I think e-cargobikes would be a more viable option for many people.

I am very grateful to Spokes for their support and look forward to many more years of cycling my art materials and puppets around Edinburgh!

