

Date: 18/11/15

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Dear Colleague

Play on Pedals

We have been fortunate in securing a grant to roll out “Play on Pedals” across East Lothian. Play on Pedals is a project which aims to encourage nursery age children to become active and to experience riding a bike before starting school. We know that not all children have access to a bike or indeed learn how to ride one.

We will in the first instance, be starting the project in areas high on the Scottish Index of Multiple Deprivation, (SIMD), as evidence shows us that children living in these areas are less likely to have access to a bike. Pinkie St Peters have offered the school as a training venue and we have agreed the date of 22nd January 2016 with Pinkie and the trainers to hold the first training session. I have attached a copy of the training schedule for information, as you can see the actual training is not too onerous.

In sending this letter I invite you to be part of this project and encourage you, one of your staff a volunteer or parent helper to come along to the training. Please make sure that those attending the training are then in a position to use what they have learnt to provide opportunities for children to ride the bikes and to support other adults in facilitating this opportunity. This project also provides an opportunity for anyone who may like to become a “maintenance volunteer”, although the bikes being balance bikes require little maintenance.

East Lothian Council have been given enough funding to purchase 20 bikes, the majority of which will be balance bikes with a couple of pedal bikes to circulate to nurseries and playgroups following the training. As you can imagine the loan of the bikes will be rotated throughout the year, so whilst you may not get access to the bikes immediately following the training you will be allocated them for one term in the academic year.. In addition to the bikes we will be purchasing cycle helmets which will be loaned out along with the bikes.

We are keen to get as many adults and children involved in “Play on Pedals” to encourage outdoor play, activity in young children and to foster an interest and enjoyment in cycling.

If in addition anyone would like to trial this project as a Early Years Collaborative “test of change” I would be happy to meet and talk this through with you.

You can book a place on the training day by contacting me by e-mail: phomer@eastlothian.gov.uk.

I look forward to hearing from you.

Kind regards

Pauline Homer
Lead Officer – Early Years and Childcare

