
NHS Highland / Sustrans Active Travel Engagement Project

Ebike – the game-changer!

CASE STUDY

Carole Jackman, Community Physiotherapist, Inverness


Carole is based at the RNI and works in the community three days a week, making trips all across Inverness. She says:

“I’ve been cycling for years. After trying out an ebike through the Active Travel Project and loving it I bought my own through the staff cycle to work scheme. I then sold my car and now I make all my short trips by ebike, to do my bit for the environment. It’s much cheaper too of course.

Since starting work in Inverness I use the RNI pool ebike for travelling to my visits as much as possible as I don’t have a car available for work trips now. I do around 40 miles a week. It takes about the same time as driving, or is even quicker. I also find it more relaxing than driving, and better for my physical and mental health. It reduces work mileage costs too.

I would highly recommend travel by e-bike to anyone!”

The Active Travel Engagement Project is a partnership between NHS Highland and Sustrans which supports staff to be more active for everyday journeys. Find out more:

Intranet: Staff / Active Travel /  NHS Highland Active Travel / Twitter @NHSH_ActiveTra /
Mobile 07584 281936 / email lizbeth.collie@nhs.scot

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