



# Coordinator Bio

## Argyll and Bute Bikeability Scotland Coordinator

Lindsay Mitchell

**Job title:** Bikeability Scotland Coordinator

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Lindsay works in partnership with Nona Thomas to support volunteers with the rollout of Bikeability throughout Argyll and Bute. We are keen to offer our young people the opportunities and the motivation to adopt healthy lifestyles for them and their families, though cycling. Lindsay aims to increase knowledge about Bikeability in the area, provide opportunities to gain skills and confidence to cycle and encourage families to use cycling as a way to explore the extraordinary outdoor spaces we have in Argyll and Bute.

### Earliest memory of cycling?

Sitting on the front of my brother's bike and racing round the block!

### What would you say to a school thinking about participating in Bikeability Scotland?

Great, let's get started! It's so beneficial to not only the pupils but the whole school community.

### Best Bikeability Scotland moment?

Waves from pupils in the community, excited to show you they are out cycling.

### Most likely to be heard saying....

"Keep practicing!"