



## EMMA RODDICK

*The Inverness councillor is using an e-trike from Cycling UK project WheelNess to deliver vital supplies to lockdown-isolating households*

**W**hen the Covid-19 pandemic lockdown began in March, Inverness Central councillor Emma Roddick set up a support group to deliver groceries, prescription medicines, and ‘creativity boxes’ (items to keep children entertained) to families who are self-isolating or in need.

“I offered to help a local business with their deliveries to people in isolation,” Emma said. “I don’t drive myself; I’m a cyclist. So I thought ‘This is going to be an awful lot of stuff to be carrying around on a normal bike’. The owner got in touch with WheelNess, and from there the idea of using one of their e-trikes to help with my community support group evolved.”

WheelNess is a Cycling UK-led project in Inverness which gives those with health conditions or low incomes access to a bike, enabling them to make a positive change in their lives. Brendan Dougan, Senior Development Officer for WheelNess, takes up the e-trike’s story.

“During the initial phases of this crisis, I made

efforts to contact community groups, charities, and other organisations that would be responding to local needs in the wake of Covid-19. As part of this, I had contacted a local café who were delivering meals to people, and they told me that Cllr Roddick was keen to deliver essentials to people in need. I gave her a call.

“I thought the e-trike would be ideal for her due to its electric assistance and its cargo capacity compared to a standard upright solo bike. I got the trike to her and she’s being doing good things with it ever since.”

Emma has been helping transport goods to around 20 households in the Merkinch and South Kessock areas of Inverness. “I use it to do weekly shops or collections for people who are unable to do it themselves,” she said.

The e-trike is the first tricycle she’s ridden and it took some acclimatisation. “I struggled on my first trip,” she said. “I usually commute by e-bike so I assumed it would be straightforward. But it was really difficult to get my head around turning. I came off on the first roundabout; luckily it was quiet! I’ve got the hang of it now, but I do worry whether I’ll be able to ride my own bike after I have to hand it back.

“About once a week, I cycle 5km up to the big Tesco out of town to pick up things I haven’t been able to source in the city centre. I can carry a whole weekly shop between the two baskets. I’ve also managed to take home a big box of cola cans and a bag of cat litter, which I’ve never managed on my e-bike. It takes longer to cycle back with a heavy load, but I couldn’t do it at all without the trike.

“People are really happy to see me out on the trike. I think, with the general lack of social interaction, it’s nice to get a smile and a wave. Although I was arranging to pick up my mother’s laundry from my sister a few weeks back and she buckled over laughing at me – apparently I look like Mary Poppins!” ●

### Tech Spec JORVIK ELECTRIC FOLDING TRICYCLE

- **RRP:** £1,599
  - **Weight:** approx 29kg
  - **Frame & fork:** aluminium, folding frame with 79cm rear wheel track. Coil-spring suspension fork.
  - **Wheels:** 20-inch, with 250W Bafang brushless hub motor in front wheel.
  - **Transmission:** 6-speed Shimano Tourney gearing assisted by 36V 10Ah battery. Range approx 30 miles.
  - **Brakes:** front V-brake, rear drum brake.
  - **Equipment:** mudguards, front and rear baskets.
- [jorviktricycles.com](http://jorviktricycles.com)



**Top:** Emma getting used to riding the e-trike  
**Bottom:** A trolley-load of groceries fits in the baskets