



The new bicycle stands at Queen's Road Medical Practice designed to encourage people to cycle to appointments. (Picture by Adrian Miller, 1190563)

Surgeries launch Bike2Doc scheme

PATIENTS are being encouraged to cycle to appointments at The Queen's Road Medical Practice, which has recently installed bike parks at both its surgeries – the Queen's Road Medical Centre and the Longfrie Surgery.

The practice wants to encourage as many patients as possible to cycle to the surgeries.

Health benefits of cycling include reducing the risk of high blood pressure, diabetes, asthma, cancer and cardiovascular disease.

by Helen Devonshire

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In conjunction with the bike initiative, the practice also runs a nurse-led weight clinic every Saturday morning at Queen's Road.

Director of public health Dr Stephen Bridgman endorsed the practice promoting cycling.

'I welcome the important initiative at Queen's Road being a tangible and important contribution to improving the health of local people, as exer-

cise is a best buy when it comes to health.

'I hope other organisations follow the example of this forward-thinking general practice.'

In the UK there is a government-backed Cycle 2 Work scheme which enables workers to buy bikes at reduced prices.

■ In Guernsey, Ian Brown's Cycle Shop is offering its own Bike2Work scheme.

For details, visit www.ian-browns.co.uk.