



Coordinator Bio

Argyll and Bute Bikeability Scotland Coordinator

Nona Thomas

Job title: Assistant Active Schools Manager

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Nona has been working with Active Schools teams in Argyll and Bute to upskill school and community volunteers in the delivery of Bikeability Scotland. As a keen rider, Nona aims to build cycling skills and confidence in young people across Argyll and the Isles.

Earliest memory of cycling?

Sitting on the back of my dad's bike as we headed out on family cycling adventures.

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

What great news, being able to help your young people develop a lifelong skill that will benefit them socially, physically and mentally. What a gift to be able to bestow!

Best Bikeability Scotland moment?

Realising the impact we could have on young people's lives by offering such valuable training.

Most likely to be heard saying....

Let's do this!