



Support for Scots

RoSPA have set up the Better Bikers campaign to help motorcyclists in Scotland get smoother and safer. Despite two thirds of Scottish bikers telling a survey that riders should take up post-test training, only around 1% do. Currently 20% of accidents on rural roads in Scotland involve motorcycles. To help riders upskill, the Better Bikers campaign has a advice filled website, that includes a pre-ride checklist and a video on proper road positioning – www.betterbikers.org.uk.



Sabre dance

R&G have expanded their range of Barkbuster handguards to include the new lightweight Sabre. The Sabre has an alloy mount with plastic faceplate, and can be fitted to a huge range of off-road bikes with the clamps providing loads of options. There are 15 colour choices to match all the popular bikes, so you can look sharp while keeping your bits safe. Not bad for £45.99.



Cheaper charge

Zero are offering a £900 credit when you 'upgrade to electric' before August 15. If you purchase an SR/F or the new SR/S they'll give you £900 off to use either as a discount or deposit on finance. If you include the government grant, that means you can buy the base model SR/F for £16,590, which brings it much more in line with the cost of a similar petrol-powered machine.

THIS WEEK

Everything you need to know about the world on two wheels

'Riding changed my life'

● Army veteran Andy Brown says bikes helped him beat PTSD

"I had a very bad 2019," says Andy Brown, a 48-year-old ex-soldier from Devon. The post-traumatic stress disorder he'd been dulling for 20 years with a succession of high-adrenalin jobs (bomb disposal, anti-terrorism, rapid response), suddenly hit home.

"I was very poorly for a year. I lost my job, my career and nearly lost my life because of mental illness. I lost all faith in myself – if you can't trust your brain, how can you go on? But in January I wanted to get back on a bike so I used some of my pension money to pay for a [nine-day] Rapid Training course. I'd always wanted to do something like that.

"Doing the course was life-changing – it not only improved my riding, but gave me confidence in myself too. It made me realise that my brain does work and can process information at high speed, and that I can learn and develop quickly."

Plus, the mere fact that Adam was out on a bike (he has a BMW R1200ST) helped. "The bike demands your attention – you have to focus on the here and now. It's a kind of mindfulness, especially if you're trying to ride well, because you have to concentrate.

"And there's the exhilaration, and you feel free because you're out on

your own with nothing to worry about except your bike. The bike keeps me connected to the outside world in a way a car doesn't.

"I did two days of the course just before lockdown, then had to wait until June to complete it. I was worried I'd

● **'You have to focus on the here and now'**

ARMY VETERAN ANDY BROWN

forget what I'd learned. Lockdown has been tough for people with mental health issues because we haven't been able to access our usual support but it was such a great feeling getting back on the bike afterwards – I hadn't forgotten as much as I thought I would during the enforced lay-off!

"My plan now is to go out and practice my riding skills regularly, then I've got a trackday lined up in September and me and some mates want to go touring round Ireland, and then maybe round the First World War battlefields. I would say that getting back on a bike has changed my life... for the better."



Andy says getting on the bike has huge benefits

Andy's former life was a high-adrenalin one