

Welcome to the first issue of Velocheer, the brand new e-newsletter from Cycling UK for all our wonderful current and would-be volunteers. We hope it will inspire and entertain you, as well as keeping you informed about everything you need to know to make volunteering for Cycling UK the best possible experience. **We have a vibrant, varied and highly skilled volunteer community and we feel lucky to be supported by them.**

This newsletter wouldn't be possible without stories about YOU and all you're doing on behalf of cycling so don't be shy, please [get in touch](#) to let us know what you've been up to so we can tell the world about the great work you've been doing. The next issue will hit your inboxes at the end of July. If you know someone who would be interested in receiving the next issue of Velocheer, they can [subscribe online](#).

In the meantime, Happy Volunteers' Week!

In this issue

- **Thanking volunteers**
- **Volunteer recruitment**
- **GDPR update**
- **Putting on charity events**
- **Streetbikes gets royal seal of approval**
- **Volunteer of the month: Fozia Naseem**



It's Volunteers' Week – here's how to thank them

Did you know that 20 million people volunteer in the UK, with 48% supporting sport and physical activities, contributing £22.6 billion to the UK economy?

Most volunteers get involved in cycling simply for the enjoyment of helping others but expressing appreciation for the huge difference they make to the lives of others goes a long way in keeping them enthused and interested as well. This week until Friday 7 June is [Volunteers' Week](#) #VolunteersWeek. This is a chance to say a massive 'THANK YOU' for the valuable contribution volunteers make to people's lives across the UK. It's easy to overlook the amount of time, enthusiasm, energy and skill involved in putting on great cycling events, organising enjoyable rides, campaigning for better infrastructure and the numerous other activities that wouldn't take place without our amazing volunteers.

We've come up with some ideas for easy ways you can show gratitude:

- Buy them a tea, coffee or treat of choice - small gestures can mean a lot
- Send them a quick message of appreciation
- Buy or make a 'thank you' card
- Present them with a personalised [Certificate of Thanks](#) from Cycling UK in front of others, if you're sure they would enjoy a moment in the spotlight
- [Request a personalised letter](#) from Cycling UK's Chief Executive Paul Tuohy to recognise long service, outstanding deeds, or to welcome/say goodbye to particular volunteers
- Hold a celebratory event using [free resources](#) from Volunteers' Week
- Invite a local MP or dignitary to attend a workshop session, start a ride or join you at your coffee stop

During the week, [The Guardian](#) is also looking for volunteering stories to share with its readers so why not tell them about what you do for cycling?

Special offers for members!

Do your friends love cycling as much as you do? Introduce them to Cycling UK before 30 November 2018 and we'll send you both an exclusive Dave Walker Cycling UK mug absolutely free. **Just quote code MGM18DW4 when joining online.**





Helping the helpers: volunteer recruitment

Getting hold of good volunteers can sometimes be difficult for local cycle groups.

In March this year, a pilot Cycling UK volunteer recruitment drive in Manchester helped turn this around for some of them. Following the success of an initial project to recruit ride leaders for homelessness charity H3, we then advertised roles for five more community clubs, who between them received more than 15 enquiries from potential volunteers.

At least six new volunteers are now getting trained and prepared for their volunteering roles. Tony Prescott from the Hamilton Davies Trust said: ***“During the first days of the volunteering appeal, we had three people getting in touch with us. One will help lead a ride and the two others are very enthusiastic and ready to get involved. There is no doubt that without the support of Cycling UK we would not have been able to get our cycling project off the ground.”***

Cycling UK hopes to expand this service to all our volunteer groups later in the year.



Active travel in Inverclyde is no bother, with the help of The Bothy

In Gourock, Inverclyde, Cycling UK is recruiting volunteers to work in partnership with more than ten organisations to provide a programme of led rides and walks for locals.

Launched on Saturday 5 May, The Bothy's aim is simple: to encourage more people to walk and cycle for more of their everyday journeys, thereby improving their health and wellbeing, building confidence and overcoming barriers to physical activity.

Why is the project called The Bothy? A bothy is a Scottish place of shelter, free for anyone to find and use. In this spirit, the Inverclyde Bothy is a place where anyone can turn up to find inspiration, help and advice.

The Bothy will enable:

- an ongoing programme of led bike rides and walks;
- adult cycle confidence sessions for beginners;
- local history walks;
- bike maintenance and journey planning sessions;
- skill-swapping evenings; inspirational talks and much, much more.

There will be opportunities for people to volunteer and get trained up in a number of different skills too, passing on the benefits of getting more active. Volunteers are integral to the success of the project, and we would love to hear from anyone interested in helping out.

Whether you would like to lead rides and/or walks or tell people about the Bothy programme, we can support you to volunteer in a role and at a level that works for you. For more on the volunteer vacancies available at The Bothy plus other opportunities elsewhere in the UK, [see our Current Volunteer Vacancies](#).

Club Confidential

As Cycling UK processes data, and our volunteers process data on our behalf, all staff and volunteers are legally required to comply with the new General Data Protection Regulation (GDPR). We have recently issued guidance to all our Member Groups telling them how GDPR affects them. We have also [put the guidance online](#) so if you handle sensitive data on behalf of a cycling group or club, you may wish to take a look at it too.



The Fleet Flyer soars, thanks to some amazing volunteers!

Fleet Cycling, a Cycling UK Member Group, recently put on a very successful event that raised thousands of pounds for charity. The first Fleet Flyer took place on Sunday 13 May and attracted more than 300 riders, with the youngest six-year-old Emily completing the 22-mile course while 14-year-old Dom finished the 54-miler.

When the group was short of volunteer marshals for the event, they asked us for help and found some through an appeal in our weekly newsletter. The volunteers included Ken Cook, a long-term member of Cycling UK and an experienced ride leader and event organiser who had recently moved into the area. Ken says:

"I responded to a need for help when I saw in CycleClips that Fleet Cycling were looking for marshals for their inaugural event, which they intend to run annually.

He continues: **"It was uplifting to see the groups of riders coming through at intervals and to receive their thanks for the part I was playing in the event, that is to help them negotiate a junction safely. An added bonus was the consideration shown by motorists, which I find is a major benefit of 'group' riding.**

The demand upon my time was not great, but the pleasure derived from seeing 300+ riders of all ages and abilities enjoying a well-organised ride while raising money for a worthy cause is immeasurable. I thoroughly recommend it!"

A great effort by Ken and the whole team of volunteers from Fleet Cycling. **Next year's Fleet Flyer will take place on Sunday 12 May 2019.**

Volunteer of the Month: Fozia Naseem



Fozia is a voluntary ride leader and co-founder of [HopOn.bike Community Cycle Club](#) based in Bradford.

Fozia has been through many challenges in life but being out on her bike gave her stability. During cycling sessions run by colleagues, she met other South Asian ladies who wanted to learn to ride a bike but, although they had the physical ability, psychological challenges held them back.

Together, they wanted to create a change and ignite the same passion of challenge and discovery that led to the formation of HopOn.bike. The club's activities target women and girls of different cultures and backgrounds to create a safe environment through cycling and social interaction, improving their psychological and physical health and wellbeing, as well as that of their families. The group's hashtag is #OneVisionTwoWheelsThreeWomen. Last year, Fozia was one of our [100 Women in Cycling](#). Look out for the launch of this year's list very soon!

How the Diss Cyclathon came about: Alan's story

If you want to organise a fundraising charity ride or event like Fleet, Cycling UK member Alan Franks has some tips to share.



He is a co-founder and organiser of the [Diss Cyclathon](#), an annual cycling rally and festival which takes place in Norfolk on Sunday 24 June for the third time. In its first two years, the event raised thousands of pounds for local charities. Alan says: **"In 2013, my wife and I moved to Diss, where the local arts and entertainment facility 'The Corn Hall' was under threat of closure. Being no strangers to the town, having lived in a nearby village for 34 years, we were keen to get involved and prevent this from happening. I was given the task of helping with the fundraising. As part of the project, an events team was formed and a number of events were proposed, including the Cyclathon; being a cyclist and member of [Diss CTC](#), I was seen as an obvious candidate to undertake the organisation of such an event."**

Fellow volunteer Neil Collins from Diss CC helped devise some routes that have proved very popular with riders, many saying **"they are the best of any sportive they have ridden."** Alan continues: **"What sets the Cyclathon apart from most other large cycling events is that it is not just a bike ride, it is a celebration of cycling and designed to appeal to everyone, starting with family rides of five, ten and 15 miles, up to the main sportive rides of 25, 50 and 100 miles, which are all fully signposted."** There are also children's entertainments, live music, sideshows and catering stalls.

Due to its popularity, local businesses have now stepped forward donating over £4000 to support the Cyclathon. Thanks for sharing your story Alan and well done to all the volunteers involved. We have further tips on [organising a charity bike ride or sportive](#) if you fancy having a go at putting one on yourself.

Voluntary
group
of the
month

Streetbikes get royal seal of approval

Cycling UK affiliate group Streetbikes CIC were delighted recently to receive a community award from HRH Prince Andrew. The group, which is based in Milnsbridge, Huddersfield was even featured on BBC One's Look North! Formed in 2010, Streetbikes is a volunteer-led cycling organisation which puts on a vast range of activities, including women's only rides, young people's activities, mixed ability rides and bike mechanic training...to name but a few. Every year, it also organises the 100km John Radford Memorial Ride in Kirklees for all abilities named after a former Cycling UK Trustee.

The Duke of York's Community Initiative recognises the achievements of community groups throughout Yorkshire. As well as royal recognition of excellence, winners also receive business management support and the use of the royal logo and access to in-house funding. Congratulations Streetbikes!



Streetbikes founder and Director Gill Greaves with former Tour de France rider Brian Robinson.



A summer of cycling fun



As volunteers in cycling, you make a real difference to people's lives.

Last summer, Sue Priestley (pictured left) from Lincolnshire took part in a Women's Festival of Cycling 100km ride put on by volunteer ride leader Melanie Carroll. Until two years ago, age 70, Sue hadn't ridden a bike since university days. She said: **"I was one of seven who all finished together. It was the most amazing feeling."** She then trained up as a ride leader herself, stating that cycling has been key in her recovery from anxiety. The Women's Festival of Cycling takes place throughout July so why not register a ride and change someone else's life?

You can also register a ride or event for Bike Week, which runs from Saturday 9-17 June, as well as the Big Bike Revival from Saturday 5 May to Friday 27 July.

Massive thanks to everybody who has registered rides and events so far, enabling thousands more people to enjoy cycling this summer!

We're always looking for great video footage and pictures of people cycling for our social media accounts and website, as well as our publications and marketing materials. With this in mind, we're hoping to build up a pool of volunteer photographers/videographers who can capture some of the great events and activities put on by our voluntary cycling groups all over the UK.

The role is flexible but we suggest committing to a minimum of one event a month if possible. All expenses will be covered. So, if you are interested in meeting new people, travelling around the country being part of exciting cycling events, boosting your CV or just expanding a hobby, take a look at the role on our Current Volunteer Vacancies. There's a role description that sets out exactly what we're looking for.

YOUR valuable skills could inspire more people to cycle!



Do you enjoy
filming and
photography?

Don't forget to follow us!

