

# Velocheer

we are  
**cycling**  
The cyclists' champion **UK**

Celebrating people who are passionate about enabling others to cycle

Hi...

Today marks **International Volunteer Day**, with the theme of 'Together We Can Through Volunteering', a UN initiative marking a 'worldwide moment to thank volunteers and celebrate their efforts, despite all the challenges at hand'.



Never has there been a time that we need to appreciate our volunteers more, with such difficult times to cope with and the many and continuing challenges you face trying to maintain morale and continue keeping people in touch with each other.

As we look forward to 2021, we are very hopeful that things will gradually start returning to normal so look out for news of the relaunch of the Challenge Rides and the British Cycle Quest in due course. In the volunteer team at Cycling UK, we are also planning to build on the fantastic initiatives we've launched this year such as the Diversity Champion role and the virtual Volunteer Celebration.

I hope you, your riders, groups and families have an enjoyable and restful break this festive season.

**Alex Cuppleditch, Head of Volunteering**

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Hello...

It's great to be able to write to you as the new chief executive of Cycling UK.

I know this has been a very difficult year for all of us so I want to thank you for all your efforts during the pandemic to maintain morale in your groups and clubs in all sorts of creative ways, via newsletters, Zoom calls and other social activities, putting on group rides where possible, campaigning for better infrastructure and facilities for cycling, or helping out in the community by delivering PPE or food.

Our micro-volunteers and Pumped Up Crew members have also 'Gone the Extra Mile' this year in spreading the word about how together we support people to cycle, whoever they are and whatever their background or ability level.

I hope you enjoyed seeing many of our volunteers recognised at our **Lockdown Love Awards** in October. These awards really highlighted the importance of cycling groups in enabling people not just to cycle but to make long-lasting friendships and reduce social isolation.

Looking forward to next year, we will celebrate the 100th anniversary of Coventry CTC and also recognise the centenary of the **Cyclists' Memorial Service** in Meriden for those who died in combat.

We will also (hopefully!) see a return to more normal cycling activities and a repeat of our successful virtual Volunteer Celebration, as well as continuing to diversify and expand our volunteer network. I also hope that reduced restrictions in 2021 will allow me to get out on my bike and meet many of you face-to-face.

I would like to wish you all a very happy festive season, with of course, plenty of cycling!

**Sarah Mitchell, Chief Executive Cycling UK**



Give the gift of cycling this Christmas and receive a free Cycling UK neck tube plus other treats!

[Click here](#)

## Club Confidential Registering your volunteers



Photo by Wayne Fox

With our use of Assemble increasing, we now have the facility for our affiliated groups and clubs to register their ride leaders and other officials with us directly via our volunteering platform, so they have the peace of mind in knowing that they'll be covered by our insurance.

Volunteers for groups will now be automatically removed from our database at the end of the current insurance period. When you renew your group's membership, we will ask you to submit a new list of volunteers you would like covered for the period. This is to comply with GDPR and ensure we only keep up to date and relevant personal information. Member Groups can either use Assemble or the new form or continue to register them via the Annual Returns process.

## Volunteers of the Season

Congratulations to volunteers Lizzie Reather and Yann Maidment who have been awarded 'Going the Extra Mile' Certificates of Appreciation and Thanks respectively from Cycling UK; they have both recently retired from the committee of Cycling UK Scotland, having helped steer the group through its transition from Member Group to Scotland Advisory Committee as Chair and Treasurer respectively.

Head of Development (Scotland) Suzanne Forup said: "Lizzie has been an enormous support to me in providing an excellent sounding board as the Scotland team has grown and developed – her input will be greatly missed. Yann approached the role of Treasurer with good humour, always willing to help and provided sound advice far beyond his remit for the finances."

Do you know anybody who deserves recognition for their volunteering in cycling? Contact the **Volunteering Team** if so.



## Group survey



Cycling UK has hundreds of groups affiliated

to it and each one is slightly different but all have a vital role to play in enabling more people to experience the joy, friendship and fun of cycling. We recently sent out a short survey to find out what activities each group offers so we can tailor our offer to meet their needs better.

Any group who completes the survey will be entered into a prize draw and the winners' names will be announced at the next Time with Tom webinar on Tuesday 15 December. A survey for Member Groups will be sent out in the spring along with the Annual Returns.



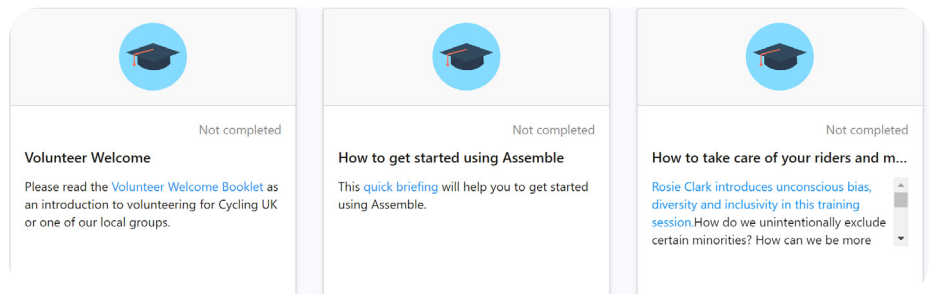
## Time with Tom

The latest in our series of webinars with our Volunteer Groups Engagement Officer Tom Page will take place on Tuesday 15 December at 7pm when there will be a Volunteering Team Christmas special event.

You will be able to catch up with the Cycling UK Volunteering Team and find out more about everything we do to support you to enable millions more people to cycle. Tom says: "These webinars are a chance to get the answers to all your questions about running a cycling group, whether it's how to register your volunteers, deal with coronavirus restrictions, promote your group via social media or anything else you can think of.

We're always on the lookout for new topics to cover, so please get in touch if you have any suggestions. We normally host the sessions on Tuesday evenings once a month and all the previous editions of our webinars will be available by logging into Assemble and going to [the News section](#).

## Optional Training Modules



Assemble is where you can now find training linked to your role. For example:

- Welfare Officers** Educare Safeguarding Training for Adults and Children
- Diversity Champion** How to be a Champion for Diversity
- Volunteer Photographers** Volunteer Photographer Handbook
- Ride Leaders** Ride Leader Handbook

To find these training modules, log in to Assemble, go to your Profile Picture (top right), click on View Profile Details and look under Training (tab on far right). We also have videos on our [YouTube channel](#) that anyone can view so take a look at [How to take care of your riders](#) and [Do we really need inclusive cycling groups?](#)

## Assemble Update

**Assemble**, our volunteer platform, is going from strength to strength, with more features being added all the time. It's the place to go to find all the resources you need for your role in the Document Hub, catch up on all the latest information for volunteers in News and connect with other volunteers via the Directory. Note that early in the new year, we will be removing all the resources for volunteers from our website so you will only be able to find them in the Document Hub on Assemble.



## Coronavirus updates

Throughout the pandemic, we have been working extremely hard to ensure that all [group coronavirus guidance](#) is current and up-to-date. We have also ensured that it is aligned with both the government guidance and our partner British Cycling's guidance. Don't forget that we also have return to activity guidance and coronavirus risk assessments [available at the bottom of same page](#) or in Assemble in the Document Hub/Volunteer Co-ordinator Toolkit.

There is also a free Covid Officer training for group volunteers in England and Scotland available via the Training Modules on Assemble – see previous article on Optional Training Modules for how to access these.



## Christmas Presents

**Christmas is the time for giving and we are delighted to be able to offer you some free gifts as a reward for all the time and energy you give to helping others to cycle during what has been a very challenging year.**

First up is a Cycling UK pin badge for anybody who updates their profile details on Assemble, our volunteer platform.

Secondly, as next Wednesday 9 December is LGBT+ charity Stonewall's #RainbowLaces Day, we're offering **a pair of free rainbow laces** to anybody who volunteers for Cycling UK as part of our commitment to diversity in cycling. Stonewall is also **selling laces in other colour combinations** to cater for different identities so why not order some as a lovely gift for friends and family at Christmas to celebrate your own identity or show your allyship for pan, bi, ace, trans, lesbian and non-binary people?



## PUMPED UP Update

We have decided to continue our successful **Pumped Up campaign** for the next few months so that even more people can claim a free Pumped Up T-shirt and facemask in return for completing a few simple tasks as PEDAL, PROMOTE or PARTNER volunteers.

We are also looking for more **Microvolunteers** to help with spreading the important news about our campaigns and programmes that benefit all cyclists in the UK.

Photo by **Wayne Fox**

## Tell us your volunteer stories



We're looking for volunteer stories to include in articles we're putting together for the festive period.

- How have you coped with life as a ride leader or a group Secretary during 2020?
- What have been the highs and the lows?
- What are looking forward to most in 2021?
- Perhaps you will be volunteering at Christmas delivering essential supplies by bike in your local communities?

Please **get in touch** if you'd like to share your experiences.