

Celebrating people who are passionate about enabling others to cycle

Hi...

I hope you are all well in these continuing strange times. We are pleased to know so many of you are happy volunteering with Cycling UK – see p4 for more.



In other exciting news, we have a new addition to the volunteering team with the birth of a little girl named Flo to our head of volunteering Alex Cuppleditch. We would like to wish Alex and her family all the best; I will be leading the team while she is on maternity leave. This is my fourth year at Cycling UK and I am really pleased to take on this new role and continue working with Julie and Tom in supporting Cycling UK's wonderful volunteers.

We do hope that there will very soon be a return to regular group activities and events so, in the meantime, I would suggest that anybody who is involved in co-ordinating them has a look at our Covid officer role, with accompanying resources and training.

Alongside a more normal summer of cycling, we are also looking forward to the usual inspiring events such as Volunteers' Week from 1 to 7 June and, further ahead, our second virtual Volunteer Celebration in October.

Of course, we will also be continuing to work hard to support you with your volunteering within Cycling UK, helping millions more people to enjoy the benefits of cycling - something that has been more vital than ever this past year.

**Gjoril Berg**  
Acting volunteering manager (maternity cover)

## How to return to group riding safely



Photo by Peter Cornish

With a gradual easing of lockdown throughout all four nations of the UK, we are preparing for a return to group activities with the new volunteer role of **Covid officer** - this is so that groups can ensure this is done as safely as possible. To support the role, we also have a free training module (accessed via our volunteering platform Assemble and available to anybody who wishes to take it), as well as other coronavirus resources in the Document Hub.

The Covid officer will be the main point of contact with regards to coronavirus, and help the group oversee and implement public health and safety measures to enable it to operate in a safe manner; they will also encourage members and participants to take individual responsibility and undertake the free Covid-19 training.

Keep an eye on **our coronavirus group pages** for all the latest advice from each nation and the dates when we expect group riding and events to start. Also look out for an invite to a Time with Tom webinar next week to cover restarting group activities post-lockdown.

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## Going the Extra Mile: Lockdown Love

Before she went on maternity leave, head of volunteering Alex Cuppleditch outlined why, despite everything, there are still **plenty of reasons to volunteer**. So, once again, our **Lockdown Love awards** will highlight some of the amazing work being done in the community by our volunteers to help people through the pandemic.

For example, members of Cycling UK affiliate group **North Manchester Community Cycle Club**, who you can read about on the right, have been supporting rough sleepers during the cold snap by bike and on foot, whilst Pumped Up volunteer **Charlie Parker** has also been using her bike to help people in Berkshire; meanwhile, volunteers Nicki and Mick from the **Cannon Hill Community Cycle Club** have been delivering free Dr Bike sessions to grateful bike owners in Birmingham.

We will be celebrating all these incredible contributions to the community during Volunteers' Week in June, and at our Volunteer Celebration in October, so do **get in contact** and let us know about your volunteering or that of other people during the coronavirus crisis.



## Volunteers of the Season



North Manchester Community Cycle Club decided that, despite lockdown preventing their regular cycling sessions, and the bitterly cold weather, they would continue to keep active throughout the winter and Go the Extra Mile by **supporting the homeless** in their local area.

So far, it's estimated that around 150 people have been helped through the scheme, with the awesome volunteers having distributed around 100 food packages, as well as sleeping bags and items of warm clothing.

Mossab ben Jaber from the group says: **"It has also made a difference to us as volunteers as we can stay active and healthy and gives us a purpose, while helping those less fortunate on the streets."**

## Lockdown Living

Volunteers and riders from some of our groups and clubs **described how they continued to enjoy cycling** throughout the pandemic with their friends and other halves, with many saying they plan to carry on even when group riding is permitted again. Meanwhile, other volunteers have told us of **finding love** through a shared passion for cycling.



Pictured:  
Close friends Robert and  
Garrett from CycleOut London



## Club Confidential: Annual Returns and AGMs

Pictured  
**Sou' Westers**  
40th Anniversary 2019  
by Peter Cornish



**Sadly, it is not possible for our Member Groups to hold meetings in person yet. Nevertheless, many AGMs are taking place virtually this spring.**

Most will be held online using Microsoft Teams, Zoom or similar. Some groups have even decided to defer their AGMs to a later date or make alternative arrangements, such as conducting it via email. Previously, all our Member Groups had

to hold their AGMs in October or November, but in a change to our financial year, **they will now take place in April and May.** If you are a Cycling UK member, why not go along to one to meet new friends and find out how you can get involved?

**Note that the Annual Returns to complete and return by the end of May 2021 have now been sent out. If you have any enquiries about them, contact Tom Page, groups officer via [groups@cyclingsuk.org](mailto:groups@cyclingsuk.org).**



### Appy Days

Did you know that **our volunteer platform Assemble** is available as an app on your phone? Download it for free from Google Play or the Apple App Store by searching for Cycling UK Volunteering.

#### You can then:

- browse the latest news
- see your messages and tasks
- find useful documents
- update your profile details

and more, all whilst on the go.

We were very pleased recently to welcome new volunteer photographer Simon Davey to the fold. Simon, from Surrey, has already completed some assignments for us, taking photos for the **British Cycle Quest** and lovely spring cycling ones too.

Our volunteer photographers perform a valuable role in providing wonderful shots that inspire other people to enjoy cycling for us to use in our newsletters, social media and magazine.

### Volunteer of the Season



**Volunteer  
of the  
Season**





Photo by Wayne Fox

## Diversity Champion

We all love cycling but, sadly, sometimes other people who might enjoy it too don't feel made welcome when they try and join cycling groups and clubs. Therefore, we have created the role of **Diversity Champion** for cycling clubs so they can encourage people from a much wider range of backgrounds to experience the joys of cycling with a group.

## Our Surveys Said

In the last issue of **Velocheer**, we said we'd sent out a survey to our affiliate groups to find out more about their activities.

Sixty-seven groups completed it, around 10% of the total, and Bus Stop Bikers from Lancashire were the winners of the prize draw. The results of the survey revealed that the average number of members of an affiliate group is 123, with 62% saying that supporting our work was amongst their main reasons for joining Cycling UK. In a normal year, they organise a staggering total of around 30,000 activities, with a total number of approximately 22,500 participants! Happily, the majority of our groups would recommend Cycling UK to another group or club.



We also surveyed our **Member Group and affiliate group lead contacts** to find out about their wellbeing and satisfaction with volunteering with Cycling UK. Eighty-five per cent of them feel the things they do in their lives are very worthwhile or worthwhile, while 77% feel the tasks they undertake in their volunteering roles, despite little or no group riding activities or events this year, are worthwhile or very worthwhile.

