

Welcome to the late summer 2019 issue of Velocheer, Cycling UK's newsletter for all our amazing current and future volunteers.

We hope you've been enjoying some excellent cycling weather as we move from summer towards the shortening days of autumn - which is also a fantastic season in which to cycle!

With two months since the last Velocheer, it's time to bring you right up-to-date with all the latest news, information and advice for you, our awesome volunteers.

We have been super-busy throughout June, July and August supporting our groups and clubs, working on new systems and processes and planning for next year, when we start looking in depth at how to strengthen and diversify our volunteer network.

Gjoril, Julie and Alex
The Volunteering Team at Cycling UK

PS We've also had time for a bike ride!



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Going the Extra Mile: Our Volunteer Celebration 2019

It may seem a while ago now but we have not forgotten all the fun and inspiration we had at our first ever Volunteer Celebration back in June.

The event, which was held at the Coin Street Conference Centre in London, was attended by many of [our award winners and finalists](#), who all listened enthralled to round-the-world cyclist Jenny Graham outlining her incredible journey.

Jenny then kindly stayed on to present the new-style Going the Extra Mile trophies and Certificates of Appreciation to those present including [Sarah Javaid](#) (below left) winner of the Exceptional Individual in a Cycling Programme category, and Adam Mouhout (above right), finalist in the Young Achiever category.

Photos top right and below by our volunteer photographer Robyn Furtado.

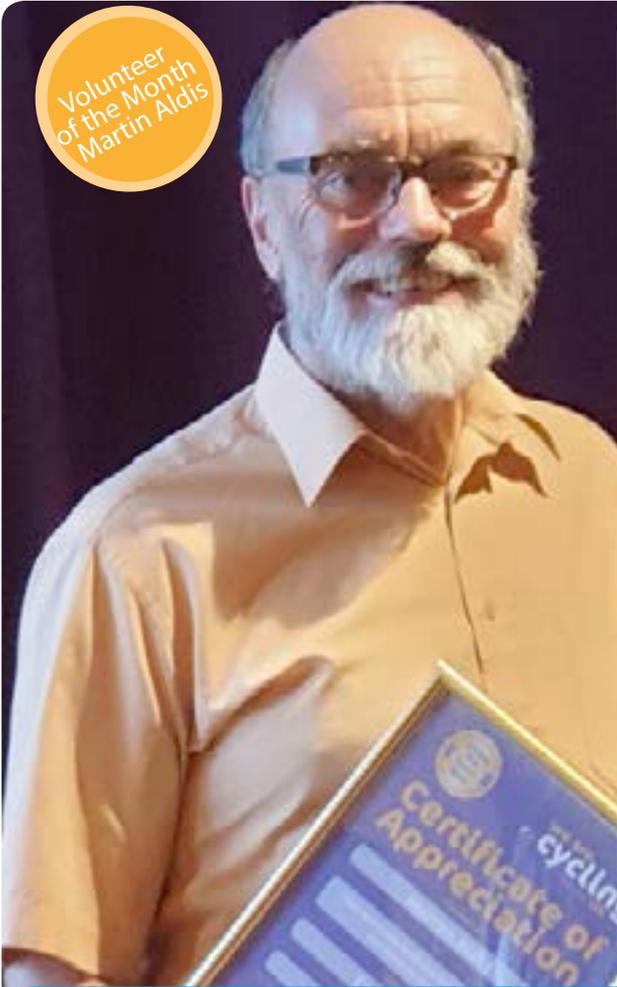


Special offers for members

[10% off tickets to the Cycle Show from 13 to 15 Sept!](#)



Volunteer
of the Month
Martin Aldis



Martyn is 'Going the Extra Mile' for cycling in Cornwall

Congratulations to longtime volunteer [Martyn Aldis](#), who has been awarded a Certificate of Appreciation by Cycling UK for his outstanding contribution to improving conditions for cyclists in Cornwall.

Martyn Aldis, a member of Cycling UK-affiliated group Falmouth Wheelers Cycling Club, was presented with the car through Audax Kernow, which attracts cyclists from all over the country to ride in the glorious Cornish countryside.

Do you know somebody like Martyn who works tirelessly on behalf of cycling by Going the Extra Mile? If so, why not find out [how to recognise them](#)?

Model wanted!

Probably not what you'd normally expect to read in *Velocheer* but we've got an exciting volunteer opportunity for a female cyclist in the Bath area to model as a cycle-commuter for a forthcoming video we're making.

You'd need to be aged 25-45 and available for filming between 8am and 4pm on Tuesday 17 September.

Call out for cycle campaigners

As part of our commitment to enable more people to cycle, we're looking to improve how we support our network of local volunteer campaigners and encourage more people to get involved.

Campaigning for cycling may seem daunting and only for people with considerable time and knowledge but we're looking at ways that everyone can make a difference, regardless of experience or time limitations.

As part of these improvements, we're taking a look at areas where we can do better:

1. Our current network of local campaigners, and how we restructure that network and better support campaigners.
2. How we develop closer and better relationships with local campaign groups that are not affiliated to Cycling UK, support their work and get them involved in what we are doing.
3. How we engage Member Groups and members of affiliate groups who aren't involved in local campaigning and make it relevant to them.

We'd like you to join us at the start of this process and help us shape the future of local cycle campaigning to help create a local campaign network that enables everyone to get involved.

Please get in touch if you'd like to get involved in campaigning or to share any thoughts or questions you may have. Contact Cycling UK's Volunteer Groups Engagement Officer [Tom Page](#) by email or by phone 07775 403661.

Photo: Robert Sebley of Portsmouth CTC promotes cycling locally





The terrific Tri-Vets 2019

Cycling UK's Tri-Vets series, which is organised by amazing volunteers from our Member Groups, is over for another three years. We [took a look at the events](#) and found out what happened in each area.

Fourteen rides took place around the UK from Ayrshire to West Kent and were aimed at anybody aged 50 and over. Distances ranged from 100 km to 100 miles and were meant to be completed within a certain time limit in order to qualify for a Tri-Vets badge and date bar.

Some riders have racked up an astonishing number of rides over the years, meaning they are entitled to sport a long row of date bars, some as many as twelve! If you know anyone with more, let us know! **Note that date bars and badges are on order and will be despatched in a few weeks' time.**

Julie Rand from the Volunteering Team at Cycling UK completed the South West London CTC and the Teesside CTC 100-mile rides, while Chief Executive Paul Tuohy took on South West London's 100 km, accompanied by our volunteer photographer Peter Cornish, who took the photo of Paul (in the cap) and group.

Club Confidential: Member Group AGMs and Annual Returns - please send us your dates now!

Thanks to the many groups that have already [sent in their AGM dates for 2019](#).

If you haven't done so, please [let us have the time, date and venue of your AGM](#) as soon as possible so Cycling UK members can come along to find out what's been happening locally and get involved.

Note that the Annual Returns will be sent out in a slightly different format this year, with the volunteer lists sent by Excel spreadsheet as previously, and the activities as a link to a short SurveyMonkey questionnaire to complete.

This should make it a lot easier for groups to tell us what they've been up to over the past year, as well as making it much easier for us to analyse any trends.

We hope that by next year, groups will be able to make changes to their volunteers using [the Volunteer Hub](#), as discussed below.

Using the Volunteer Hub

As you may have read in [the last issue of Velocheer](#), we are busy developing our [Volunteer Hub](#) by adding new IT tools to enable groups to recruit, manage and communicate with their volunteers.

At least half of our Member Groups are now using our [Groups Management Tool](#) to perform regular tasks, such as sending out newsletters and emails to new members, ride leaders, committee members and others. It's a simple way to stay in touch with other members whilst staying GDPR compliant. We are [always on hand](#) to help if you'd like to get started using it too.



The new [Volunteer Engagement Tool](#) is now being trialled by several staff and volunteer groups around the country to advertise local volunteering opportunities.

For example, there are roles for [bike maintenance and ride leader](#) volunteers in Greater Manchester as part of our [Big Bike Revival](#) programme, as well as roles for [Health Ride volunteers](#) in West Yorkshire to support people with physical and mental health issues at weekly cycling sessions. If you live nearby, why not apply today?

Once the trials are complete, more groups will be invited to use the tool to create and advertise their own roles, plus much more.

Our volunteers inspire the next generation

Voluntary
Group
of the Month
New Forest
Cycling Week



Many thanks to all the volunteers, especially retiring Secretary [Geoff Clark](#), a finalist in our Volunteer Awards, who once again made the family-friendly [New Forest Cycling Week](#) such a success. Cyclists of all ages and types came together for the annual event, which is based at Avon Tyrell Activity Centre in Bransgore, Hampshire. There were led rides, a children's time trial, picnics, barbeques, kite flying, beach trips, children's activities and, of course, lots of ice-cream and cake-eating too! The week is a very special time for many people who return year after year to savour its unique atmosphere and inspire the next generation of riders. Well done all. **Thanks also to Cycling UK's volunteer photographer Peter Cornish, who took the fab photo above.**

World Suicide Prevention Day

Can you help? Cycling UK is a supporting partner for the World Suicide Prevention Day Ride Around the Wirral.

The event aims to raise awareness of preventable deaths from suicide and raise funds for suicide prevention with a cycle ride around the Wirral Peninsula on Sunday 15 September at 9:30am.

Last year, over 80 people took part in the ride and it is hoped even more will do so this year.

We are therefore [looking for more ride leaders and assistant ride leaders](#) to help move the group safely around the 35-mile route.

Scottish volunteers have stars in their eyes

Cycling UK partner project [the Inverclyde Bothy](#) has received some brilliant news. Its volunteers have been shortlisted for [the REACH FOR THE STARS! - Inverclyde Community Awards 2019](#) in the Volunteer Team Impact category.

The Bothy itself has also been shortlisted as one of five finalists in the Voluntary Organisation of the Year category.

Shona Morris, the Bothy Project Manager, says: "We are extremely happy about this wonderful news. The Bothy team have worked exceptionally hard over the past 15 months to develop what we have and to support the volunteers. Well done Inverclyde Bothy Team and its fantastic volunteers!"

Do you know other volunteers in Scotland who deserve recognition for their significant contribution to enabling more people to cycle? Cycling Scotland has launched its [Cycling Champion of the Year Awards 2019](#). You can [nominate individuals, businesses and shops](#).

We volunteer too!

Cycling UK is keen to encourage its staff to volunteer as well, with the introduction of our staff volunteering policy, which enables its officers to take up to two days leave a year to volunteer for others. As the result of [her pledge to take another woman cycling](#) made as part of our Women's Festival of Cycling, Head of Volunteering Alex Cuppleditch recently took returning cyclist Pam (right) out for a ride along the Billy Trail on Hayling Island, Hants. Pam said: "I am very happy I actually got my bike out of the shed and rode it today." Alex described her experience of volunteering as: "A great privilege to be able to pass on my knowledge and passion for cycling to Pam, who hopes eventually to ditch her car and cycle round the island."



Don't forget to follow us!

