

<b>Title</b>	Parent and Child Cycle Activity Leader
<b>Group/Organisation</b>	Parenting North East
<b>Location</b>	The Hub (Newcastle Quayside)
<b>When and how often</b>	3 hours/ Once a fortnight
<b>Reporting to</b>	Aggie Maxwell, Director of Parenting North East <a href="mailto:aggie@parentingnortheast.org.uk">aggie@parentingnortheast.org.uk</a>

## About Cycling UK

Cycling UK inspires and helps people to cycle and keep cycling. We believe that cycling is more than just transport; it makes you feel good, gives you a sense of freedom and creates a better environment for everyone. We also know that cycling can play a major role to address the impact of social, economic and health inequalities across the United Kingdom. Our cycling clubs and groups organise regular cycling activity for their members and the wider community.

## About us

Parenting North East CIC is a social enterprise based in Newcastle upon Tyne. We offer family support to parents of young children through events where you can meet like-minded parents, get peer-to-peer support and a listening ear. We also offer a sling hire service and one to one consultancy.

At the start of 2018 we started our Cycling UK Community Club with sessions for parents and children to start cycling together. Our sessions allow parents to feel comfortable and confident cycling with their children on a bike seat or a bike trailer. Fortnightly sessions vary between introductory 'Learn to Ride' and 'Social Rides' on the Quayside cycle paths. And the club delivers both mixed and women only sessions, to ensure everyone feels comfortable taking part. The sessions are delivered in a friendly and encouraging way, with all the support parents need, helping more families cycle together!

## Purpose

Parenting North East are looking for an Activity Leader to help deliver their 'Parent and Child' cycling sessions. The Activity Leader will enable parents to start to cycle together with their children, using a cycle child seat or trailer. Supporting them in 'Learn to Ride' sessions getting use to riding a bike with a seat/ trailer, building their confidence and then leading groups on 'Social Rides'.

## Responsibilities

- Leading 'Learn to Ride' session with parents and children
- Leading 'Social Rides' jointly with other ride leaders
- Planning routes and completing ride risk assessments
- Welcoming riders and ensuring all sign the register or complete registration forms
- Helping to create a friendly and inclusive atmosphere
- Supporting less experienced cyclists building their confidence
- Taking reasonable measures to ensure the safety of the group
- Being part of a volunteer team
- Help in publicising club activities and rides

- Reporting any serious incidents during a ride to Cycling UK and our insurance brokers

## Skills

Ideally, you will have already, or be willing to work towards, the following:

- Be a parent use to cycling with young children (6mths to 4 years) OR someone with experience of cycling with young children
- Friendly, welcoming and encouraging attitude. Understanding the importance of the social interaction the club activities bring
- Sensitive to others' needs i.e. planning suitable rest stops
- Able to assess someone's general wellbeing and confidence on a bike before a ride
- Able to work in a volunteer team
- Reliable, well-organised and punctual

## Desirable Skills

- Up to date first aid qualification
- Experience of fitting Cycle Child Seats and Trailers
- Ride Leader- National Standards 'Bikeability' trained
- Knowledge of local routes
- Ability to do simple repairs i.e. puncture repairs during rides
- Able to complete an cycle safety check/ 'M-Check'
- Experience of cycling in a group

## Benefits

You have the satisfaction of sharing your time and skills to empower parents to cycle with their children. Ensuring more families cycle together in the future! In addition, ride leaders can expect to benefit from:

- It's enjoyable, rewarding and fun!
- The opportunity to meet new people and make lasting friendships
- Third party insurance on rides once registered with Cycling UK
- Skills development including leadership, management and communication skills
- Increasing your knowledge of local cycle routes and areas of interest
- Satisfaction of increasing health and wellbeing of your local community through cycling

## Training and Support

- Support from the volunteer group leader
- Ongoing support, from local Cycling UK Development Officer Andrew Thorp and Cycling UK
- Regular local Cycling UK network events and peer support from other clubs/ volunteers
- Training opportunities, such as Cycling UK accredited 'Ride Leader' course

## Safeguarding Children, Young People and Vulnerable Adults (if required)

Our Safeguarding Code of Conduct sets out Cycling UK's organisational commitment to safeguarding best practice. [Click here to view a copy of our guidance.](#)