

Welcome to the third issue of Velocheer, the newsletter for and about Cycling UK's brilliant volunteers in cycling.

It's full of interesting stories, news, useful tips and advice so please take a well-deserved break and enjoy the read.

There's some very exciting things in the pipeline for 2019 so keep an eye out for the next issue of Velocheer to find out everything that's going on.

We look forward to sharing with you all the valuable work our volunteers are doing on behalf of cycling in 2019 and we'd like to wish you all a very happy holiday season.

Best wishes

The Cycling UK Volunteering Team

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Congratulations to our Volunteers of the Year 2018

We were delighted to take the opportunity to acknowledge their amazing efforts and thank some of our volunteers back in October at Cycling UK's Big Bike Celebration in Harrogate.

Dozens of nominees were whittled down to a shortlist of three finalists in each of the 10 categories. The winners were then presented with their trophies at the event. Pictured above are Balsall Heath Community Cycle Club from Birmingham, who won in the Best Cycling Group category for their rapid growth and involvement in the local area.

Also present to receive the award for Best Cycling Programme was Craig Grimes from Experience Community. The group is based in the North of England and provides leisure and tourism experiences to physically disabled people.

Alex Cuppleditch, Head of Volunteering at Cycling UK, says: **"The Volunteer of the Year Awards highlight the fantastic achievements of all our volunteers in enabling thousands of people to access cycling activities, whatever their backgrounds or ability levels. Well done and many thanks to all of them."**



Special offers for members!

Treat the cyclist in your life to a [Cycling UK Christmas gift membership](#) to receive a free Secret Santa gift of branded cycling goodies worth up to £27.99. You'll both also be entered into our Festive Prize Draw for the chance to win some fabulous prizes including a custom set of wheels and a city bike.





Try out our Group Data Management Toolkit

It can hardly have escaped most people's notice that this year saw the introduction of tight new rules on data protection.

As a result, Cycling UK has developed some tools to enable our Member Groups to manage their riders' data, as well as communicate with new and existing members.

After extensive work by our IT department, and trialling by several groups, the new toolkit is ready for other groups to try. It will be an easier and much more secure way of managing the confidential data provided to us by members, whilst also allowing groups to keep others informed about their rides and events. Lots of great new features will be added next year.

If you are from a Member Group and are interested in using the new tool, [please contact us](#) and we will send you information on how it works.



Susan and Norman are so far from the sofa, thanks to CTC Derby and Burton

Runner-up in Best Cycling Programme at the Volunteer of the Year Awards was **Couch to Coast**, organised by CTC Derby and Burton. The group kindly took time out recently to tell us all about the event and how it inspired new and returning cyclists to cover the 100 miles from Derby to Skegness this summer.

That might seem like a challenge too far for many but not for Susan McIvor and Norman Todd, who both overcame significant health issues to achieve the fantastic feat of riding a century in a day - something Susan never thought would be possible, but for the intervention of volunteers from CTC Derby and Burton. Their Couch to Coast scheme enables riders to undertake a series of progressively longer rides throughout the summer, at a pace that suits them, culminating in the final 100-mile push to the coast in September. Susan, pictured below at the finish, says:



“So much good has been achieved through the generosity, experience, kindness and encouragement of the group's regular cyclists.”

Susan McIvor

If your group is interested in putting on a series of rides similar to Couch to Coast, or would like to be part of our **Challenge Ride Series in 2019**, please [get in touch](#).

Club Confidential

Why should anyone join a cycling club? Obviously there are the social benefits of being part of a group but what else do people gain from joining an organised cycling group? We asked ride leader Brian Bell of Handsworth's Beat the Street Community Cycle Club and trike rider Glyn Salmon of En Velo CC on the Wirral to tell us [why they joined a cycling group](#). So if you are asked what the benefits of riding with others are, point people to this article. If you already ride with a group that's not affiliated to Cycling UK, you may also want to read [why you should join](#).



Picture this: Volunteer photographer Peter Cornish

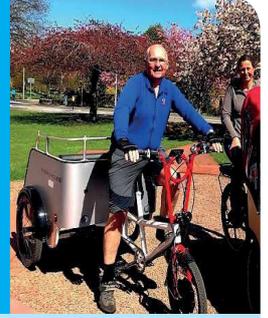
What makes a great photograph? It's hard to put down on paper but you know one when you see one. The eye-catching image above of Michelle Arthurs-Brennan from Cycling Weekly and Cycling UK's Sam Jones, together with an unnamed friend, was taken by our volunteer photographer Peter Cornish.

Peter offered his services to support our mission of inspiring millions more people to cycle by joining our pool of volunteer event photographers in the summer. As well as seeing his photos in print in the latest edition of 'Cycle' magazine, Peter's work could also be used on our website, in our other communications and in our marketing materials.

His next assignment will be taking some seasonal photos at [Southampton's Christmas Glow Ride](#) on Friday 7 December.

If you would like to volunteer your services too, whether photography is a hobby or you're hoping to make it your career, [please contact us](#) and we'll see if we have an opportunity that suits you.

Volunteer of the Month: Mick Heath



A lifelong cyclist, Mick Heath's passion for cycle campaigning and volunteering was ignited around three years ago. Having given his time and energy to numerous projects in Inverness since then, he's just been named [Cycling Champion of the Year for Scotland](#).

Mick has been a Cycling UK member for 20 years, playing an active role in his local group [Cycling UK Highland](#). However it was a conversation with the people behind Scottish campaign groups Pedal on Parliament and We Walk, We Cycle, We Vote that inspired him to dedicate himself to helping more people enjoy the pleasures of cycling.

Among Mick's many fantastic achievements is forming the first chapter of Cycling Without Age in Inverness in early 2018.

Many congratulations Mick!

Sarah's a real star in the world of virtual reality

Volunteering for Cycling UK can take many forms. When we decided to make a virtual reality film to give to police forces as part of our Too Close for Comfort campaign, we decided it should be as 'real' as possible and reflect current National Standard cycle training guidance on road positioning and looking.

We asked Cycling UK member and professional cycle instructor Sarah Wood to assist us on the day of the filming. She also kindly [wrote a blog](#) explaining her role and why it was important that she was there to advise, as well as the best place to be positioned on the road as a cyclist.



Thanks Sarah!

Hats off to Fylde Bicycle Belles!

The Belles, a Cycling UK Member Group, have been going since 2005.

Located on the Lancashire coast between Preston and Blackpool, they have 44 members and 12-15 active riders - all female. [Fylde Bicycle Belles](#) put on monthly rides for women only and an annual weekend away. Several members of the group also take part in Lanequest, which is orienteering by bike.

Secretary Karen Hope says: “The rides provide wellbeing, mindfulness and a social outlet”. The group’s favourite routes are: Kirkham to Longridge; Preston to Ribchester; and Clitheroe to Downham.

Karen adds that they are particularly proud of having a young, severely disabled teenager attending rides, thoroughly enjoying them and participating in weekends away.



Update your group details



Make use of your group’s publicity page

[Cycling UK’s website](#) has millions of unique visitors. They come to find out information about all things cycling, of course, as well as learn about our campaigning work, read product reviews and find technical information, as well as a host of other reasons.

But one of the most-searched sections is [Find Your Local Cycling Group](#). Every Cycling UK group has its own area on the site to tell the world about who they are, where they ride, register events and more.

That’s why it’s important to keep the page for your group up-to-date with the latest details, including a main contact person if there is one.

Please check your details are correct

Note: We have been made aware recently that some group pages are showing out-of-date contact information, as well as links to websites which are either corrupt or showing errors so please take a minute to check. Thank you.

Return to sender...

Just a friendly reminder that if you’re a Cycling UK Member Group Secretary, your Annual and Financial Returns are now due.

Many thanks to the groups that have sent theirs in already. We are processing them as fast as we can.

The deadline for receipt is Friday 7 December.



Volunteering Opportunities

We have lots of roles listed on our volunteering pages so why not take a look?

Don’t forget to follow us!

