

## Wow, what a lot has changed since the last issue of Velocheer, which was only sent to you in early March 2020.

Instead of looking forward to an amazing summer of cycling fun, many of us are either stuck indoors full-time or are only going out for solo or household rides in our local areas for exercise, shopping and essential work journeys - and the improved weather, longer days and ideal riding conditions only make the situation even more frustrating.

But there is still a lot going on at Cycling UK so we thought we'd bring you up-to-date with all things volunteering before Velocheer takes a break until the end of the lockdown period, whenever that is.

**“Thanks for your help and all you are doing with Cycling UK to keep us cycling.” Lowri Evans, Chester and N. Wales CTC**

During this time, some members of the Volunteering Team will be furloughed but there should always be someone available to deal with any enquiries or comments you may have. Please just [drop us a line](#) or contact us via [Assemble](#), our volunteering platform - see right.

In the meantime, we hope you are all staying fit and well and are lucky enough to be able to go out cycling. We look forward to more freedom in the very near future. **The Volunteering Team**

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## Assemble - our volunteering platform

Last issue of Velocheer, we told you that we'd be taking to the road during the coming months to meet as many of our volunteers as possible and show you how to use our [Assemble](#), our new tool for managing our volunteer network.

Sadly, we have had to postpone this event but we still hope you will have some spare time over the next few weeks to take a look at it and explore some of the fantastic features that will support you in your volunteering with Cycling UK, as well as help us to monitor and improve the diversity of the network.

Once you've logged in, you'll find there are extensive how to guides in the Document Hub, divided up according to your role and the functions available to you. There's also exclusive news about volunteering and tips on how to keep in touch.

For example, Member Group Secretaries can connect with their own volunteers via the My Team tab, while other volunteers can use the Directory to speak to others in their areas.

All Member Group Secretaries and other volunteers are now registered on Assemble so we'll be sending out more details to them directly next week. In the meantime, take a look at Assemble by going to:

1. <https://volunteer.cyclinguk.org/auth/login>
2. Click on Forgot Password?
3. Create new password
4. Sign in
5. Start exploring!

**Special offer  
for Cycling UK  
members**

**Introduce a friend to Cycling UK  
and receive a free cycling mug!**



Volunteer  
of the Month  
Ray Clay  
Leicestershire  
& Rutland  
CTC

## Ray is a shining light



Ray receives a Certificate of Appreciation from group President Jim Gerrard

**Ray Clay is a volunteer who has received many accolades from Cycling UK over the years. They are all richly deserved and recognise his huge contribution to the world of cycling in the East Midlands region.**

Ray was nominated for the award by new Secretary of Leicestershire and Rutland CTC Member Group Neil Dixon, who says Ray is always Going the Extra Mile for cycling. He wrote:

“Ray served as Secretary for 23 years of the group, which was previously known as the District Association. In addition, he has also been President on numerous occasions.

“Ray has also been very active in organising many of the iconic local events and activities in the area: he is the instigator of the annual Beaumanor Hall, Leicestershire spring bank holiday cycle camping weekend and was also the organiser of the annual carol service for Leicestershire and Rutland CTC, and involved in the group’s Triennial Veterans’ rides. He’s also been a leading light in the Meriden annual memorial service for fallen cyclists.”

### Try this!

See if you can complete our special [Assemble word search](#) - you'll find out what all the terms mean by checking the glossary on [About Assemble](#).

## Women’s Cycling Awards

We are very pleased to announce that one of our outstanding female volunteers was a winner of one of the inaugural [Women’s Cycling Awards](#) hosted by the [London Bike Show](#) (note the show is now due to take place in early July) and Cycling UK.

The awards were launched with the aim of inspiring many more women to get on bikes and encourage those who do, to push themselves to even greater feats.

Nobody does that more than the winner of the Volunteer of the Year category [Sarah Javid](#), who back in 2016 recognised that there was a need for a cycling group in her local area that catered specifically for the needs of Muslim women.

From the humble beginnings of a handful of friends going out for a mid-week ride, Cycle Sisters is now a popular and well-known group with excellent ride attendance, a repertoire of well-thought-out routes and a fantastic, inclusive atmosphere.



## Microvolunteering Day

This week saw the annual day of recognition for people who perform short but vital tasks to help a worthy cause. We had an amazing response to our offer for people to sign up to help cycling by [registering as Microvolunteers](#) on our Assemble platform - in fact, so many that we’ve closed this opportunity for now. HOWEVER, that doesn’t mean there aren’t still lots of ways you can make a difference from the comfort of your own sofa so take a look at [these 10 ideas](#).



## EXPERIENCE counts in Cornwall, Norfolk and Kent

With summer barely even started, you may well wonder why we've got a photo that is clearly of a winter activity featuring in Velocheer. The answer is that we are looking for your ideas on how to keep people interested in cycling during the colder months of the year.

Cycling UK is one of fourteen partners collaborating on EXPERIENCE, an innovative new off-season cross-Channel experiential tourism project across six regions in France and England: Brittany, Pas-de-Calais, Compiègne, Norfolk, Kent and Cornwall supported by grants from Interreg, the EU development fund.

Experiential tourism connects visitors with the essence of a place and its community. Whether it's pedalling along on an art trail, or a star-gazing tour to an observatory, every experience is a guaranteed memory.

We will provide the training and guidance to local communities in these areas to develop cycle friendly destinations and experiences to be enjoyed throughout the year, as well as supporting the creation of new routes and itineraries to suit the cycling tourist.

So, we want to hear your thoughts and suggestions as to what these could be. If you've got an idea for an experience that you'd love to explore by bike, or a unique cycling trip that you've already done anywhere in the world that you think other cyclists would love, please do [get in touch](#) with your ideas.

## Helping key workers help save others

Unfortunately, as you know, many of our flagship events this year have had to be cancelled or postponed because of the Covid-19 pandemic. However, we are happy to announce that we are redirecting some of our resources to help others in the fight against this deadly disease.

The [Big Bike Revival for Key Workers](#) aims to reach thousands of key workers in England and Scotland with free cycling services during spring and summer 2020 to enable them to keep travelling to work. Many thanks also to the many Member Groups who have forgone their annual Subscription Allocation to help support this initiative.

## Club Confidential: What our volunteer satisfaction survey said

We recently conducted a survey of our Member Group Secretaries and Community Cycle Club volunteer contacts to find out:

- their levels of satisfaction with volunteering with Cycling UK
- their general wellbeing and
- information about the diversity of the network.

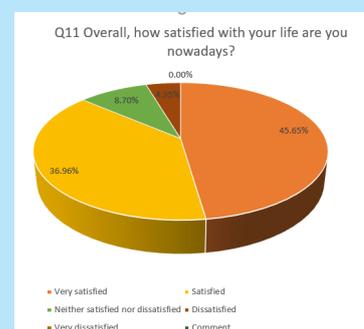
Many thanks to the high numbers of you who took part and provided this valuable information to us as we seek to grow and diversify our volunteers.

**“Being involved in a local Member Group is a great way to promote cycling and get to meet other people who are passionate about cycling.”**

Despite the survey being sent out just as the coronavirus crisis was unfolding, initial results show they are either satisfied or very satisfied overall with their lives, while 78% of those who completed the survey are satisfied or very satisfied with their volunteering role within Cycling UK.

**“Before volunteering I cycled with the group for approx 15 years, I volunteer to pay back the enjoyment I get from cycling in this group.”**

The survey will be repeated next year to see if those rates can be improved even further and we'll have a more complete report into the insights provided by the 2020 survey in the next issue of Velocheer.



## Halifax Imperial Wheelers: they're litter picking good!

Voluntary Group of the Month Halifax Imps CC



Members of Halifax Imperial Wheelers Cycling Club, who organised a litter pick just prior to the lockdown to clear a four-mile section of the West Yorkshire Cycle Route of unsightly rubbish. To read the full story, log on to Assemble and go to the News section or check out [Volunteering News](#) on our website. Well done to them - we'd love to hear about what your group has been up to, either before or during the lockdown so [please get in touch](#).

## They are much appreciated



Dan and Jan Montgomerie from Cycling UK N. Hants were recently awarded Certificates of Appreciation by Cycling UK for raising thousands of pounds over the past few years for [the Cyclists' Defence Fund](#) by organising the annual Phil Hampton Memorial Ride. Sadly, the ride was cancelled this year but should be back in 2021.

## Volunteer Celebration

The Volunteer Celebration 2020 was due to take place in Liverpool in early October.

We still hope to host a celebration event of some kind, although the Volunteer Awards this year are currently on hold.

There will be online presentations, workshops and activities for all so keep an eye out for more news on this soon.

Do let us know if there's anything you'd specifically like to see on offer or would like to share with other volunteers.

## Wonders on wheels

During the current crisis, many people are using bikes to help out others. For example, helped by [the loan of a Cycling UK e-trike](#), SNP Councillor Emma Roddick, who created the 'Covid-19: Merkinch & South Kessock Community Support group', has been using it to transport groceries, prescription medicines and creative boxes to families who are in self-isolation in these areas of Inverness.

The trike is normally used by our Wheelness project in the city. Are you helping anyone in your local community out by using your bike? If so, [we'd love to hear about it](#).



Don't forget to follow us!

