

## Hello Cycling UK Volunteers

**During the pandemic, we have been trying to keep you and our other volunteers continually updated on the current restrictions and how they impact our groups and clubs in the four nations of the United Kingdom.**

We have issued guidance specifically for [groups and clubs](#), alongside our general [coronavirus Q&As](#), and lately we have also added the following:

- Coronavirus guidance for Cycling UK staff, participants and volunteers
- Coronavirus risk assessment checklist for groups
- Coronavirus return to activity guidance

At the end of last month, we also provided a:

- Return to cycling activity plan for England, Wales and Northern Ireland
- Return to cycling activity plan for Scotland

These documents [are all available online](#) and via our volunteer engagement tool, [Assemble](#), in the Document Hub.

Please keep an eye on our pages and communications for further updates.

In the meantime, we are looking forward to our virtual [Volunteer Celebration](#) in October so please register for the various events on offer and stay safe and well.

**Alex Cuppleditch, Head of Volunteering**

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Cycling UK volunteers in Birmingham. Photo by volunteer photographer Wayne Fox

## Volunteer Celebration 2020

**Despite the coronavirus putting a stop to many of our group activities and events this year, we are still celebrating the incredible contribution of our volunteers, many of whom have continued to keep up morale in their local communities by dreaming up and putting on alternative ways of keeping their riders entertained.**

We'll be meeting some of them and hearing what they've been up to during the **Going the Extra Mile Lockdown Love Awards** at our Volunteer Celebration 2020, which takes place online on the afternoon and evening **Saturday 3 October**.

The theme for this year's event is Diversity and we will have a range of workshops, video presentations and training sessions around this theme plus news of an exciting new group volunteer role. The event will finish with the fun **Big Bicycle Quiz** for families, teams, groups and individuals presented by Cycling UK volunteer, Anglican priest, DJ and music teacher Lorraine Dixon.

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|--------|--|
| 3.00pm | Safeguarding Adults in Cycling                               |
| 4.00pm | How to take care of your riders and make them feel welcome   |
| 4.50pm | Do we really need inclusive cycling groups? panel discussion |
| 5.45pm | Find out about an exciting new group volunteer role          |
| 7.30pm | The Big Bicycle Quiz pt 1                                    |
| 8.00pm | Going the Extra Mile: Lockdown Love Awards                   |
| 8.15pm | The Big Bicycle Quiz pt 2                                    |

**For full details and how to register:**  
[www.cyclinguk.org/Volunteer Celebration 2020](http://www.cyclinguk.org/Volunteer_Celebration_2020)

**Help us improve cycling and win prizes!**

**Take part in our Summer Raffle**



## DIVERSITY SURVEY

**Continuing the theme of Diversity, we would like to have a better understanding of your experiences and reasons for volunteering and what more we could do to make our volunteer network more representative of the communities we work with.**

Therefore, we will be sending out [a short Diversity survey](#) next week to all our volunteers with a few simple questions about how you have found volunteering with us.

This survey is an important part of our work to understand what impact Cycling UK has on growing a diverse network of volunteers and what more needs to be done.

**Many thanks for your help with this.**



Photo by Wayne Fox, volunteer photographer

## A welcome break



Photo by Peter Cornish, volunteer photographer

Despite the coronavirus lockdown putting a stop to nearly all Cycling UK's events this year, one that did go ahead more or less as normal was the annual New Forest Cycling Week at Avon Tyrrell at the end of July, with small group rides only, strict hygiene measures and social distancing in place of course.

## EXPERIENCE the joys of cycle tourism in Norfolk, Kent and Cornwall



Exploring the beautiful and interesting N. Kent coast. Photos by Roland Seber

With staycations on the rise, many of us have stayed at home this summer and explored the beautiful Norfolk, Kent and Cornwall countryside by bike.

Cycling UK and regional partners are creating new Cycle Hubs in these counties as part of the [Interreg-funded EXPERIENCE project](#). Cycle Hubs are destinations combining the region's best cycle routes with accommodation and hospitality suited to the cyclist's needs, encouraging people to visit lesser explored areas and boost local economies throughout the year.

Please complete [our short survey](#) to tell us about your favourite places to ride, sleep and eat in Norfolk, Kent or Cornwall. Your recommendations will help more people to enjoy cycling as part of their trip.

Thank you for your feedback and we look forward to hearing your views!

The [EXPERIENCE team](#) at Cycling UK

## Microvolunteers are marvellous

We've been impressed with the number of our volunteers who have been supporting our campaigns and projects over the summer as microvolunteers registered on Assemble. For example, Janet, Jamie, Sarah and Andrew all contributed to the Ramblers' Lost Rights of Way project, while lots more of you helped us make the Highway Code safer for cyclists. Look out for more microvolunteering opportunities this autumn both on and off Assemble.

## PUMPED UP CREW NEWS

We're feeling pretty [Pumped Up](#) with the success of our new campaign to recruit hundreds of volunteers to carry out small tasks encouraging new and returning cyclists to carry on riding throughout the autumn and winter.

The [Pumped Up Crew](#) now has over 225 members throughout the UK ranging in age from 24 to 81, with dozens more joining every week.

### Pumped Up Crew in numbers

225

Number of  
Pumped Up  
Crew  
members



Hours of  
volunteering  
time

400

400

Tasks  
completed

#PUMPEDUPTOCYCLE



## Group the Month: Falmouth Wheelers

Voluntary  
group  
of the  
season

We loved the photos sent in by [Falmouth Wheelers](#) showing us what they've been up to during lockdown.



Not only did they summit Everest and Snowdon and finish the London Marathon and RideLondon, they also took part in Audaxes, Pilates, kettle bells and more, as well as raising funds for local charities and helping out the community by delivering prescriptions and food - by bike of course.

Well done all of them!

## Festival fever

As part of our commitment to diversity, we've started to mark some of the commemorative days of non-Christian religions and cultures. For example, Eid al-Adha, which took place in early August, was celebrated by some of our Birmingham groups with a socially-distanced picnic ride. We are now looking forward to Dusserha in October and Divali in November and welcome ideas for other special days and events to mark with cycling activities.

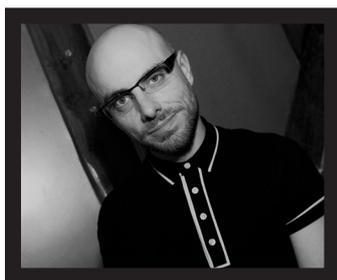
Photo by Wayne Fox



You may have noticed many of the wonderful photos in this edition of Velocheer and our other publications have been taken by our new volunteer photographer Wayne Fox.

Wayne has been a semiprofessional photographer for a number of years and has already completed a couple of assignments for us.

He says: "Hello. I enjoy taking photos of people doing all sorts of crazy things; great and small. I take photos on a freelance basis for REX/Shutterstock".



Wayne is also an enthusiastic cyclist and a volunteer bike mechanic with Walsall Bike Project.

Thank you Wayne for your outstanding contribution to helping us get millions more people cycling.



Photo by Wayne Fox, volunteer photographer

## History of cycling in focus

Showing how much cycling photography has changed over the centuries, it's interesting to compare Wayne's images with [those that are in the collection](#) of the National Science + Media Museum. Discussing the fascinating snaps in a recent blog, the museum's Toni Booth says they also: "Demonstrate the enduring appeal of heading out for a bike ride with friends".

## Club Confidential: Time with Tom

Throughout lockdown, we've all recognised the importance of keeping in contact with each other, even if it's only online. For many of us, this has been a positive experience as we've discovered how relatively easy it is to meet up without actually leaving the house.

Making the most of the available technologies, we decided to set up some virtual support sessions for our cycling groups called Time With Tom, Tom Page being our Volunteer Groups Engagement Officer. The webinars are accessed using Microsoft Teams and don't need any special software or equipment to watch

So far, Time With Tom webinars have covered such topics as:

- Meet the Volunteer Team;
- Using our Groups Toolkit to contact members (Cycling UK Member Groups only);
- Co-ordinating Ride Leaders using Assemble
- Cycling UK's membership transformation project;

On Tuesday 15 September at 7pm, Tom will lead a webinar on: our Group Publicity Page and Registering Events: How to manage and make changes to your group's publicity page on the Cycling UK website. He'll also look at how you can register and advertise rides and events with Cycling UK.

Recordings of previous editions and a list of upcoming workshops are available to download from the News section on [Assemble](#), our volunteer engagement tool, if you are registered on it as a Cycling UK group volunteer:

Please [contact Tom](#) if you have any feedback or would like to suggest future topics he could cover.

### Why is using Assemble so good for cycling?

Assemble is a very powerful tool for Cycling UK as it can help us in our mission to get millions more people to start and keep cycling, especially at this time of pandemic. How? By enabling us to recruit, manage and monitor the army of volunteers required to bring about the changes we desperately need!