

Hello Cycling UK Volunteers

I do hope that you and your families are well during these interesting times. I wanted to let you know we have been working hard behind the scenes to ensure that you have our full support ready to get back into action when this pandemic is over.

Happily, the current [government restrictions](#) have just been updated so small, [organised Cycling UK group rides](#) are now permitted in line with the relevant guidance for each nation. However, larger events and activities are still cancelled, sadly. We are closely monitoring the situation and will let you know as soon as there are any updates to share. We will also be issuing tips on riding as a group very shortly.

As the national cycling charity, we want to be able to support you in staying safe, fit and happy during these difficult days so that is why we are looking into other measures to enable your group's activities to function and volunteer roles to be reinstated.

Last week, [we released an article](#) related to mental health that has great advice and key support services. We also have [interesting ideas for alternative ways](#) you can engage with your group.

In the meantime, I'd like to wish you all a very happy Volunteers' Week and look forward to normal service being resumed soon.

Alex Cuppleditch, Head of Volunteering

In this issue

Monday - We hear you.....p2
Tuesday - Feeling fine.....p2
Weds - It's the little things.....p2
Thursday - Lockdown Love.....p3
Friday - Ride with Pride.....p3
Saturday - Culture club.....p3
Sunday - Bike Week is back!..p3



VOLUNTEERS' WEEK

Volunteers' Week starts today!

Despite these challenging times, we'd still like to show some love and appreciation to our volunteers during Volunteers' Week. This year, the focus is on recognising rather than celebrating, with a different theme for every day:

Monday - Listening & Support
Tuesday - Health & Wellbeing
Wednesday - Microvolunteering
Thursday - Lockdown Love
Friday - Nature & Outdoors
Saturday - Culture
Sunday - Sport and Leisure

Keep an eye on our social media channels for the ways in which we'll be marking each of these themes throughout the week. There's also a preview in this issue of Velocheer of some of the highlights we'll be featuring on our website and elsewhere.

Do let us know what you've been up to while we've been on lockdown, especially if you've been helping out others in some way or you've been helped yourself by a fellow cyclist.

Have you been keeping your group's morale up by regular Zoom calls or WhatsApping each other? Or have you come up with a new way of staying active together whilst keeping a social distance? Turn to Page 2 to find out how some of our groups are coping during the pandemic.

**Special offer for
Cycling UK members**

Up to 15% off at Cycle Surgery



MONDAY - We hear you

As well as regular updates via Velocheer, Cycling UK supports its volunteers in a variety of different ways.

We have a [Groups Engagement Officer](#), Tom Page, who is always available to listen to any queries or concerns you may have.

We also provide advice and information via [our Volunteering Hub](#) and now we also have [Assemble](#), our volunteering platform which enables other volunteers to get in touch with each other and where you can find all the latest news specifically for volunteers.

Assemble also contains all the documents and guidance you need for your role as a volunteer with Cycling UK so why not [log on](#) and have a look at it today?

To support our groups during lockdown, we've also got [ideas on how to keep motivated](#) until full group riding starts again: for example, iSpysolation, a scavenger game dreamt up by South Devon CTC (as pictured below) is a great way to stay engaged with your riders and perhaps involve new ones?



TUESDAY - Feeling fine

Staying fit and healthy is obviously of prime concern at this time and cycling, luckily, is one of the best ways to do this.

Not only is it great for physical health, it's also a great psychological boost too. But what if you're really struggling to stay positive and upbeat, especially without your regular support network around you, whether that's a cycling group or family and friends? Perhaps you're also missing the boost to wellbeing that comes from being able to carry out your regular volunteering role?

Last week, for Mental Health Awareness Week, we put together [a guide to where you can find extra support](#) for your mental health. It is a comprehensive list of all the sources of advice and help available, from the NHS Mood Self-Assessment Tool to support for those suffering from anxiety related to Covid-19.



Some might be enjoying the chance to relax a bit during lockdown, whilst others are probably missing the opportunity to cycle with others or carry out their usual routines, especially if they are shielding or classified as vulnerable. But at least this bike is being put to good use!

WEDNESDAY - It's the little things that mean a lot

While on lockdown, even though group riding and events haven't been possible, many of you have still been encouraging more people to cycle by supporting our campaigns and other initiatives, whether through writing letters to local papers or taking photos.

We are very grateful for all these actions, which though relatively short in terms of time, make such a big difference to Cycling UK being able to make the most of the current cycling boom.

Look out on Wednesday for more news about some of these [microvolunteering activities](#) and their impact.



THURSDAY - Lockdown Love

Thursday is all about showing our appreciation for those who have been helping out others during the pandemic, whether as cyclists or otherwise. We've been hearing lots of amazing stories about our volunteers sewing facemasks and PPE, supporting refugees, delivering medicines to the vulnerable, creating cycling quizzes, fixing up bikes for keyworkers, with one even shaving her head!

We'll be releasing our special Lockdown Love video showing people giving their appreciation to those helpers, as well as awarding them a virtual ring of our bicycle bells with a Going the Extra Mile Bicycle Bell award (as pictured above)!

Don't forget, you can still let us know about any acts of kindness you've heard of or experienced during the pandemic by getting in touch with the [Volunteering Team at Cycling UK](#).



F-RIDE-AY - Ride with Pride

Last month saw the launch of our [Rainbow Laces](#) campaign aimed at increasing diversity within cycling, one of our main focuses this year within the Volunteering Team. We [were thrilled](#) with the numbers of people who reacted positively to the campaign and who requested a set of free rainbow laces to show their support for Lesbian, Gay, Bi, Trans (LGBT+) inclusivity and raise awareness for International Day Against Homo-, Trans- and Bi-phobia on Sunday 17 May.

We are also delighted that Cycling UK is partnering with LGBT cycling group [PRIDE OUT](#) to mark Pride Month with a day of socially distanced bike rides, under the hashtag #OurPrideRide on Saturday 13 June during Bike Week.

The Adventure Syndicate's [Emily Chappell](#) explains from a personal point of view why this is so important.

SATURDAY - Culture Club

Wine has been featuring in some people's lives during lockdown, no doubt. But one of Cycling UK's longtime volunteers has not only been pouring it out into glasses but has also been poring over the labels...

Why? Not only because he likes to think of himself as something of a wine connoisseur, but also because of the images on them. There's a surprisingly large number of bottles of wine - and beer - that feature bicycles in some shape or form and on Saturday, you can find out some of the stories behind the collection and why it almost threatened to get out of hand. We love the group riding shot on this one!



SUNDAY - Bike Week is back!

2020 has obviously been a very strange year for cycling. Lockdown, combined with amazing weather for many of us, has led to ever greater numbers of people taking to pedal power. But the coronavirus crisis has also meant that there haven't been the usual events and group activities to harness this new-found enthusiasm for cycling.

However, **Bike Week this year**, aims to change that with **seven fabulous days** of activities to help people include cycling into their lives.

On Thursday 11 June, the theme is 'Be a Hero' so we'll be saying 'Thank you' to all those helping others through cycling, including NHS workers riding to work.

There's lots of inspiration too for people new to riding so spread the word among your family and friends using #7DaysOfCycling.