

Celebrating people who are passionate about enabling others to cycle



I hope you are well. I am back from my year of maternity leave, having had baby Flo in March 2021. Thanks very much to Gjoril Berg, who ably stood in for me while I was away.

As we look forward to Volunteers' Week on 1 to 7 June 2022 with the theme of 'Thanking volunteers for all they do', I'd like to say a big **THANK YOU** to everyone who continued to support cycling during the pandemic by putting on rides and events, organising social activities, and carrying out small acts of kindness by bike, especially those of you who had to cope with the numerous rule changes across all the nations of the UK on behalf of your groups.

With Covid restrictions, thankfully, mostly lifted for now, we have removed the Covid officer role and associated resources but we do urge everyone to remain vigilant and consider ways you can help reduce transmission at a local level, as well as keeping an eye out for any changes to your national rules and guidance.

We can now look ahead to a wonderful summer of cycling as we used to know it!

Alex Cuppleditch,
Head of volunteering

Volunteers' Week 2022



With Volunteers' Week just around the corner, we'll be encouraging our members and supporters to say 'thank you' to everyone who helps run our local cycling groups or community cycle clubs, puts on rides and events, encourages others to cycle, or carries out many of the other numerous tasks that help us in our mission to get millions more people cycling.

Whether it's just buying them a cup of coffee, baking a cake, sending them a thank you card or even hosting a small gathering, it's important to recognise their amazing efforts, particularly during the past two difficult years.

For anybody who has been a volunteer for a long time, or has made a particularly significant contribution, we have our **Going the Extra Mile** award programme. So do let us know of anyone, like Dave Hearn below, who deserves an extra pat on the back.

In this issue



- > Volunteer of the Season: Dave Hearn
- > Group of the Season: Fife and Kinross CTC
- > Club Confidential: Valuing our values
- > Covid Guidance Updates
- > Bike Week
- > Volunteers' Week
- > Tri-Vets 2022
- > FREE tickets to the National Cycling Show
- > Farewell to Jim Court

Free!

Cycling UK volunteers can claim free tickets to the National Cycling Show on 18-19 June 2022.
Use code **CYCLINGUK** and apply by Friday 6 May!

**Claim your
tickets here**

Volunteer of the Season

Dave Hearn

Dave, who works as a Bikeability instructor, has been a Cycling UK member for an amazing 45 years and has served on the committee of Coventry CTC for almost as long.

Dave is the organiser of the forthcoming annual **Meriden Cyclists' Memorial Service** and has also been volunteering at a vaccination centre, so we were delighted to send him a Going the Extra Mile Lifetime Achievement Gold Award badge and a certificate, which were presented to him at the group's AGM by Bob Tinley, chair of Coventry CTC. Many congratulations and thanks to Dave for all he has done and continues to do for cyclists.



Join Cycling UK and receive a FREE gift!



If you are not already a member of the charity, now is a great time to join. We have a set of **BikeRegister** security tags worth £12.99 to give away to anyone who becomes an individual or household member of Cycling UK using the code BR22. Please don't forget to tell your family and friends about this great offer!



Group of the Season

Fife and Kinross CTC recently celebrated an incredible century of delivering cycling activities and events in their beautiful area of Scotland. Their Founder's Run on Saturday 23 April 2022 attracted approximately 23 participants with riders from neighbouring and historically-linked Cycling UK member groups **CTC Edinburgh, Lothians and Borders** and **CTC Tayside**. The group will have a **full programme** of other events during 2022, including a Centenary Dinner in October. Congratulations from all of us!



**Collaborating
as One Team**

Club Confidential: Valuing our values

Recently, we **delivered a workshop on Cycling UK's values** to over 40 volunteers and supporters. These **five values** guide our day-to-day actions and long-term planning, and also underpin our vision of a healthier and cleaner world because more people cycle. With a nod to one such value, **Collaborating as One Team**, we want to make sure all volunteers know how we intend to all work together to bring about positive change for the cycling community and for society at large.

You can **watch the workshop again** and keep an eye out for details of the next one. We'll also be restarting our popular Time with Tom advice and support sessions this month – details will be on the Events Guide and via email.

Covid guidance

With the pandemic seemingly on the wane in most areas, and restrictions all but gone in all four nations, we have now removed the Covid Officer's Toolkit and associated resources. We do encourage event organisers, however, to keep in mind measures to reduce transmission when carrying out their risk assessments.



Bikeweek

6-12 June 2022

As well as Volunteers' Week, **Bike Week** is also happening during the first half of June, alongside national celebrations for the Queen's platinum jubilee, of course. We are encouraging as many people as possible to **register rides** during the week to get more people on bicycles.

These last few years have seen a lot of change, and many people took up cycling or rediscovered it, dusting off that old bike sitting in the shed to get out there again. So, let's really celebrate cycling: it's our chance to all come together and tell the UK that cycling is the answer to many of the issues facing us today. We have **lots of materials** to help you and all registered events will be covered by **our Special Events Insurance**.

Our values

Collaborating as one team
Enabling the movement
Believing in better
Cycling for all
Being brilliant

Micro Volunteering Day



Cycling UK's volunteers are helping make the world better by bike in many different ways, both in person and online. **Microvolunteering Day** is on 15 April every year and celebrates the simple and flexible ways in which you can volunteer from the comfort of your own home by, for example, being a member of our **Pumped Up Crew**.

We now also have Facebook group moderators for some of our popular off-road trails, which frees up staff time, allowing us to develop further routes, such as the recently launched **Cantii Way** in Kent, for which we are **also recruiting Facebook moderators**.

Tri Vets

This year, 2022, provides the chance to take part in our **triennial Tri-Vets series** of 100km or 100-mile rides for cyclists aged 50 and over. The rides take place every third year and those who complete a ride within the allotted time qualify for a Tri-Vets date bar to add to their badges. If your group would like to put on a ride, please see our guide for organisers in the **Event Organiser's Toolkit** for details of how to register.



Farewell to Jim

Sadly, Cycling UK member and outstanding volunteer in cycling, Jim Court, passed away recently. Jim, from Stockport, was CTC Volunteer of the Year for the North West in 2008 and the founder of Stockport Community Cycling Club, which evolved into a social cycling club for adults and families, enabling almost a thousand people to start or rediscover cycling on club rides. It served as a template for the hundreds of **community cycling clubs** now supported by Cycling UK.