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Sessional Work Opportunities at Cycling Projects

Introduction

Cycling Projects is a national charity focusing on the delivery and development of community engagement cycling programmes. We do this through three key programmes within the charity – Pedal Away, Wheels for All and Bike Buddy.

Pedal Away offers a programme of led rides for community members specifically targeting those people who are inactive or are wanting to return to cycling. The rides are laid back, welcoming and enjoyable for all, using parks, trails, greenways and quiet routes on road. We place much emphasis on encouraging people to cycle and to enjoy the support of Pedal Away and its existing users from its programmes across the North West.

Wheels for All is a well-established inclusive cycling programme governed, developed and delivered by Cycling Projects. Each Wheels for All centre offers regular and accessible cycling opportunities for all abilities and activities are delivered under the guidance and support of Cycling Projects sessional staff. Wheels for All places a broad range of adapted cycles in locations that are accessible and pleasant to cycle within.

Bike Buddy is a new initiative borne out of a lockdown need to commute and make short journey safely. Our programmes in Liverpool, Sefton and Trafford support targeted groups with bespoke cycle skills and training on a bike that is fit for purpose, ensuring that recipients get to cycle on their own terms. Help with route planning, buddy rides, regular group sessions and small group rides can be agreed on an individual basis so that riders get to the places they want to be.

Bike & Boots is a Knowsley-based programme funded through Public Health with the emphasis to support people back into employment through a variety of cycling and walking initiatives. We support applicants with journey planning and a range of cycle skills and maintenance to help get them to their new job.

Where do we operate?

We currently deliver Pedal Away programme in Knowsley, Salford, Sefton and Preston.

The Wheels for All programmes operate on a national level but we are specifically looking for support staff and volunteers for Merseyside, Greater Manchester, Lancashire and Cheshire.

Pedal Away, Wheels for All and Bike Buddy– what do we require?

We are looking for people who are enthusiastic and passionate about enabling people to be active regardless of their ability. You do not have to be a committed cyclist, but someone who can engage with people from all walks of life and respond to group and individual needs.

A willingness to support people with limited ability and a broad range of impairments is ideal to ensure everyone enjoys a pleasant and beneficial cycle experience. You may have good experience in supporting family members with disabilities or you may be involved in respite care and want to offer your support skills in a Pedal Away, Wheels for All or Bike Buddy setting or you could be a cyclist that just wants to share your experience with others. It's important to be able to liaise with local day centres and organisations to arrange bookings, confirm arrangements and be flexible enough to adapt to the changing needs of our participants.

It is also necessary to provide attendance and income information by recording data using registers, new user forms and to track donations and payments received on your sessions. We also require you to take photos and short video clips, when appropriate, to be used on our social media channels to help promote our activities.

Structure of work

Pedal Away offers a regular daytime timetable which then extends to evening rides through the spring and summer. We require sessional staff to run weekly beginner day and evening rides, family rides and support our online Ditch your Stabilisers sessions. We often team up with Health Improvement or Park Rangers to develop a fun and active shared activity such as bug detectives or pond dipping nature trails. We have recently launched 0-30 miles in 12 weeks, which is proving a very popular activity and we have a raft of summer activities lined up with partner organisations to deliver cycle rides, skills and basic maintenance with families.

Our Wheels for All centres can operate several times a week whilst others just the one day. This can be evenings or weekends but most operate during the week. Since the pandemic, we have been creative in our approach to cycling and have established bike hire and loan schemes and developed our newest initiative, Bike Buddy.

We operate a staffing structure whereby we will place leaders into specific rides as part of the Pedal Away programme so that they can build a rapport & relationships with the regular riders and our volunteer ride leaders.

We will also call upon WfA trained staff to deliver sessions on a set day and time each week to nurture relationships that provide a positive experience. We also deliver holiday programmes and support one off local and national events.

Bike & Boots offers support to clients on the programme with route planning and buddy rides and walks as well as offering basic bike maintenance.

Bike Buddy is more organic as this is a combination of a core offer supported by individual plans for progress to be negotiated between the participant and the ride leader.

All sessional staff are under the management of Cycling Projects head office or by specific project co-ordinators. In both circumstances hours and tasks will be agreed with the sessional workers beforehand. Available work opportunities are sent to all staff and sessional staff involved in the charity on a regular basis and cover is sometimes required at short notice.

Sessional staff can work to suit their own circumstances – whether that's a couple of hours or several days a week. We are a very flexible organisation and are generally happy to fit around any other arrangements that staff have. With this in mind, lots of our regular delivery is scheduled to start at 10am and is mostly finished by 3pm.

How we support you

An induction programme including Ride Leadership and WfA accredited training will be given to you so that you are comfortable and confident in supporting delivery at the Wheels for All centres. We are also providing a covid induction session prior to commencement.

You will be mentored by Cycling Projects key staff, experiencing a variety of Pedal Away and Wheels for All centre activities and events.

If needed we will offer maintenance training and disability awareness training as well as First Aid training at regular intervals.

Payment of Pedal Away, Wheels for All and Bike Buddy support is by the hour and is usually at a rate of **£8.92** an hour. This may differ slightly across the programmes.

If you are interested in discussing the opportunities further then please fill in the accompanying application form and we will arrange a time for you to meet the team at Cycling Projects, for an informal chat and an opportunity for you to find out more about our work.

Contact: georgina.armstrong@cyclling.org.uk for the application pack