



Setting up a cycle group

Southern Cycle for Health aims to increase awareness of the health benefits of cycling.

By providing access to cycle pods across the Trust area, we can:

- Encourage and motivate inactive people to take up cycling
- Increase the number of people in the Southern area who have access to bikes

Success of the programme relies on the enthusiasm of volunteers from local community groups who train as Cycle Leaders and lead Cycle for Health groups within their community.

Interested?

For more information, contact:
Clare Drummy (Physical Activity Coordinator)

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028 3831 7156

Volunteer Cycle for Health Leader

As a Volunteer Cycle Leader, we will equip you with **Cycling Ireland Ride Leader** training (Level 2) and provide:

- Access to fully equipped and maintained bikes and safety equipment for your group in our cycle pods *
- Ongoing support and refresher training
- Insurance cover for the Cycle Leader
- Resources
- First aid training

(*Access to these resources is restricted to current SHSCT Cycle Leaders)

Your role will involve planning and carrying out cycles in your local area, in line with your training, ensuring these meet safety standards. You will keep in touch with the programme coordinator to ensure we are aware of any maintenance issues and provide regular updates on your delivery.

Benefits

Your volunteering will provide opportunities to:

- Develop your leadership, communication and people management skills
- Meet new people
- Discover the area and spend time outside
- Be more physically active

What type of person are we looking for?

We are looking for volunteers who are passionate and enthusiastic about cycling and are eager to learn. You will need to be:

- Friendly with good communication skills
- Reliable, punctual, honest and well-organised
- Able to work independently, with guidance and support