



SILVER CYCLING BUDDY

What is Silver Cycling?

Be in at the beginning! Silver Cycling is a new initiative to encourage older people to cycle in Regents' Park. It is particularly aimed at people 60+ who may be isolated and lonely. We have twelve bikes kept in Regent's Park: 4 E-bikes, 3 tricycles, 3 side-by-sides and two that take a wheelchair. You can see photos of them here:

<http://www.westeustonpartnership.org/health-and-wellbeing/ability-bikes/>

It will be run by a sessional worker on Tuesdays 11 – 2pm in Regent's Park and is entirely free to cyclists who can book 1-hour sessions. Anyone coming alone will be offered a companion cyclist to go with them.

What will you be doing?

You will be helping to get the bikes ready and offer companionship to those who want it by cycling with them. Through your friendly manner you will be encouraging riders to get to know one another. Additionally, you will be ensuring that each rider completes the necessary brief forms. The E-bikes will need collecting beforehand from our Hampstead Road office and taken to Regent's Park, to be returned at the end of the session. You need to be available on Tuesdays from 10.30 – 2.30 pm. You will be required to have a DBS check for this role.

If you would like to help promote Silver Cycling too, that would be a bonus!

Skills and qualities you will need

- Enjoy cycling and understand the benefits of cycling
- Inclusive attitude
- Have a friendly and approachable manner
- Able to write in English
- Willing to be outdoors in all weathers.

What we offer you

You will have an induction and regular contact and help from the WellFair Co-ordinator, with support meetings as and when required. You will have access to free careers guidance from our experienced Employment Outreach Officer. Out of pocket expenses will be reimbursed. Reference after 3 months.

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