



## Cycling for Wellbeing Freelance Instructor

### Introduction

Bikeworks developed and piloted a **Cycling for Wellbeing** program in the first quarter of 2021 and it is now being rolled in the Spring/Summer in both East London and West London. The program was developed in response to the COVID crisis and aims to reach adults in East London who are experiencing a range of physical and mental health and social issues. Participants are referred to the program through social prescribers who are embedded in GP practices, by mental health professionals and community groups and in some situations they are referred via the Bikeworks All Ability Club prior to coming onto the Wellbeing program.

Modelled around the [NHS 5 Steps to Mental Wellbeing](#), the 4 week program encourages people to form **sociable networks**, **pay attention** to the present moment, **learn new skills** and incorporate regular **physical activity** into their lives. Participants will explore local places of interest that they feel could benefit their wellbeing, including ways to '**give to others**' through volunteering with community organisations.

Adults experiencing a wide range of social or health issues (loneliness/ anxiety, poor mental health, weight management, other medical issues) take part in 8 sessions, usually over a month-long period- so sessions are twice per week. Instructors teach up to 10 participants (8 in West London) in pairs and sessions are 2 hrs long. Instructors are paid at a rate of £18/hr, with an additional hour per instructor for each session for the tasks of bike prep/storage/ admin/ road surveying etc. Instructors are ideally consistent throughout a single program.

Working through the level 1 national standard cycling skills incorporated into the sessions and routes are planned accordingly to incrementally increase the complexity and distance of the rides.

- **In East London-** the sessions are mainly exclusively off road for the majority of the time using Olympic Park, Victoria Park and Hackney Marshes , however instructors may take the group on road to link 2 places up, or if the participants want to go to a particular destination.
- **In West London-** the program has a greater amount of need to go on road as the park facilities are more broken up so a strong ability to 'snake' with groups of participants. WOrmwood and Little Wormwood Scrubs are the starting parks and then you take the group farther afield.



The group build up through the 8 sessions to riding longer distances to local places of interest where they are introduced to various community organisations which offer either cycling or volunteering or further learning opportunities, or simply nice places to visit later with their families.

Some participants have complex health needs and so may attend with a support person of some sort- a BSL interpreter for deaf/ Hard of hearing participants; a social prescriber for a session or two with a person who experiences social anxiety; a support worker for a person with uncontrolled epilepsy.

### **Scope of the Role**

Being a Cycling for Wellbeing instructor involves sharing information about the 5 elements of the Wellbeing program and delivering fun and tailored cycling activities in a way that links the national cycling syllabus to the program objectives of increased wellbeing through strengthening the 5 areas highlighted in the 5 steps. The 2 instructors are jointly responsible for record-keeping and administrative tasks around monitoring and data reporting, as well as for contributing to a whatsapp group chat which is set up for each Wellbeing group.

### **Purpose/ tasks of the job**

- To provide cyclists with a warm welcome and encouraging attitude, sharing appropriate information, advice, guidance, and support.
- To deliver engaging National Standard cycle activities, mainly Level 1 control skills, to groups of adults in collaboration with one or more other instructors.
- To communicate the 5 steps of Wellbeing and the mental and physical health benefits of cycling to participants, including delivering 'lite' mindfulness activities- breathing, stretching, taking a moment to enjoy the scenery.
- To motivate participants with a wide range of physical and mental health issues to complete the 4 week program.
- To plan and manage progressive and interesting routes in collaboration with the other instructor, using quiet roads and off-road routes according to the confidence and competence of the whole group, which may have varied skills
- To collaborate with Bikeworks colleagues from other program areas to utilise and maintain shared resources appropriately (eg PPE supplies, the bike fleet and storage facilities).
- To assess participants' needs and adapt the program dynamically according to the group dynamics, interests and health and fitness levels.
- To carry out dynamic risk assessment of cycling activities, including planning, risk assessing and documenting routes for longer bike rides to places of interest in the area.



- To carry out administrative tasks such as recording participant attendance and achievements and report in a timely way using online systems.
- To facilitate the collection of good news stories and case studies by notifying project manager of possible participants who may be willing to be interviewed/photographed
- To take reasonable care for the health and safety of cyclists in accordance with legislation, and government guidelines.

When working on the Wellbeing activities and issues are reported directly back to the Cycling for Health Project Manager.

### **Person Specification**

#### **Essential Skills and Experience**

- Have a positive and welcoming manner with the ability to motivate others and engage with people from a wide range of backgrounds, including people with physical or learning disabilities.
- Be a competent and confident cyclist able to ride to Level 3 of the national standard and be in possession of a roadworthy bike on which to deliver cycle training.
- Be a qualified national standard instructor with prior experience of delivering a range of national standard cycle training in group settings, including experience with groups of adults.
- Experience of leading or managing groups of cyclists either on or off road with the ability to adapt cycling activities to the needs and interests of a varied group.
- Knowledge of the local area (East or West London) that can be adapted to creating fun and interesting rides.
- Ability to assess a cycle for roadworthiness and make basic adjustments to ensure it is roadworthy.
- Have good organisational and communication skills with the ability to carry out administrative and record keeping duties in a timely and accurate manner.
- Able to dynamically identify, minimise and manage risk.

#### **Desirable skills and experience**

- Hold a current First Aid at work qualification (or within the last three years).
- Be in possession of or willing to undergo an enhanced DBS check.
- Be a registered 1st4sport level 2 award instructor.
- Prior knowledge or experience in meditation or mindfulness techniques a plus, as is sports coaching qualifications/experience in any other sport.



**Salary and Conditions:**

This is a freelance role paid at £18/hr