



Cycle Buddy Role Description

Cycle Buddies provide crucial support and motivation to assist cyclists with disabilities to participate in inclusive and adapted outdoor cycling. Volunteers support cyclists to achieve their fitness goals and enjoy cycling on the parkland beside our community centre.

Responsibilities:

- To complete Cycle Buddy training including disability equality training and basic cycle maintenance.
- To carry-out basic cycle maintenance, and keep the cycle hangar clean and tidy.
- To motivate and encourage disabled people and support them in achieving their personal fitness & skills aims.
- To accompany disabled cyclists and provide additional support for disabled people to participate.
- To help break down barriers to participation for disabled people including access, communication, and social barriers.

Person Specification and Skills Required:

- Effective communication and interpersonal skills
- Patient, friendly, approachable and a good listener
- Confident and diplomatic
- Enthusiastic, reliable and motivational
- An interest in cycling, health & fitness
- Over 14 years of age
- Committed to equal opportunities
- Open-minded and proactive in their assistance

Eastleigh Youth and Community Trust (formerly Eastleigh Youth Trust) Charity Registration 1154430.

Companies House Registration 8576533, manages Pavilion on the Park.

Pavilion on the Park 1 Kingfisher Rd, Eastleigh, Hants SO50 9LH