



CYCALL VOLUNTEERING STRATEGY



“Unless someone like you cares a whole awful lot,
nothing is going to get better. It’s not.” – **Dr. Seuss**

2020–2021

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5 reasons to volunteer



1. Gain new skills
2. Meet new people
3. Make a difference
4. Give back to the community
5. Feel valued and be part of a team

...and have fun!

WHAT IS VOLUNTEERING?

We define volunteering as any activity that involves spending time, unpaid, doing something that aims to benefit the environment or someone (individuals or groups) other than, or in addition to, close relatives. Central to this definition is the fact that volunteering must be a choice freely made by each individual. (NCVO definition)



INTRODUCTION

Like many charities CYCALL was set up by a small team of enthusiastic volunteers. CYCALL was launched as a Community Interest Company in May 2018 and converted to a C.I.O. registered with The Charity Commission in April 2020. CYCALL runs adapted cycling sessions at Brooklands Park, Worthing. Our sessions have two main aims.

- ✓ **To increase the levels of physical activity who encounter barriers to exercise due to age, health or disability**
- ✓ **To offer opportunities for valuable social interaction for people who find themselves lonely or socially isolated due to age, health or disability**

We have a wide range of bikes to suit differing needs and also provide outdoor games such as Connect 4.

WHERE WE ARE NOW

CYCALL is a small organisation which prides itself for its delivery of a high quality service. We wish to retain the true essence of CYCALL as a community asset. As we grow and develop we are aiming to recruit more volunteers. We would like to promote volunteering opportunities for all and are particularly keen to ensure that our volunteers come from a diverse background. We are very keen to support volunteers who have a disability or health issue themselves.

"Alone we can do so little, together we can do so much" Helen Keller, Disabled activist and humanitarian

Volunteering For CYCALL

Volunteers are vital to the continued success of CYCALL. We do not see volunteers as a 'nice extra'. Volunteers are at the heart of our organisation. We want to ensure that volunteers feel valued, supported and appreciated. Volunteering is a great way to meet new people, build confidence and develop new skills. We have a wide range of volunteering opportunities ranging from IT support ,buddy riders, bike maintenance and Social Media.



OUR VALUES & KEY PRINCIPLES

- ★ Volunteers will be at the heart of CYCALL
- ★ We will involve volunteers in our decision making process
- ★ We will support volunteers to develop skills to meet both their own needs and the needs of CYCALL
- ★ We will recognise the value of volunteers to CYCALL
- ★ We value the skills that our volunteers bring to CYCALL
- ★ We will build trusting relationships with our volunteers



Our volunteering strategy for 2020-2021

- To develop our role of supported volunteering (supported volunteering refers to providing opportunities that have specific support structures in place that respond to identified support needs)



To actively challenge and address barriers to participation in volunteering



- To increase the number of people volunteering for CYCALL
- To offer training opportunities for CYCALL volunteers
- To take time to listen to & feedback to volunteers



HOW TO VOLUNTEER WITH CYCALL?

Please phone Martine on 07784918122 or email cycallworth@gmail.com to find out more about volunteering with CYCALL.

Our volunteering policy and application form can be found on our website : www.asouth4all.co.uk/cycall

All volunteers will need 2 references, undergo an enhanced DBS check and receive Child Protection & Safeguarding Training.