

Companion Cycling

Volunteer Registration

Companion Cycling offers people with special needs the opportunity to cycle on a wide range of specialised cycles in Bushy Park. Our users may be individuals with special needs riding with family or friends, or they may be a group of riders from a residential home, day centre or special needs school or club.

Companion Cycling relies on a pool of willing and dedicated volunteers to continue to operate successfully. We are always glad to welcome new volunteers to help both at our regular weekend sessions and also during the week at various times.

Regular weekend sessions are held on Saturday mornings from 11.00am to 1.00pm and on Sunday mornings from 10.00am to 1.00pm. Sessions during the week are not usually at set times but are scheduled as and when our users request them.

As a volunteer at any of these sessions you may be asked to do any of the following according to your capabilities:

- Welcome users and help them find their way around
- Assist users in selecting the right cycle and help to adjust the cycle to suit them
- Ride with users in the park – either on a dual bike or alongside them on a single bike
- Make basic checks to ensure that the cycles are roadworthy (tyres, brakes &c.)
- Assist with the cleaning and general maintenance of the cycles
- Put bikes away and ensure the general tidiness, safety and security of the area
- Collect and issue receipts for payments and take future bookings

As a volunteer you only need to offer your help as often as is convenient for you, whether that is once or more a week or only once every couple of months – whatever help you feel able to give is welcome.

Please complete your details below if you wish to join us as a volunteer.

Please **PRINT CLEARLY**

Name:

Address:

..... **Postcode:**

Tel: **Mobile:**

E-mail address:

If you are under 18 please give your date of birth/...../.....

Availability: Please circle below which days you may be able to help.

Mon Tue Wed Thu Fri Sat AM Sun AM

You can help us by telling us how you heard about Companion Cycling:

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Relevant experience: Please give details of any relevant experience and interests:

Notes: Is there any other information which you feel may be relevant to your application?

Referees: Please give names and addresses of two people who have known you for a considerable time and are able to vouch for your abilities and integrity. These should preferably be former employers, teachers or professional people, not merely personal friends.

Referee 1

Name : Mr/Mrs/Ms **Position:**

Address:

..... **Postcode:**

Referee 2

Name : Mr/Mrs/Ms..... **Position:**

Address:

..... **Postcode:**

Please note that the information given on this form may be entered in a database for administrative purposes. This information will be used solely for the purposes of Companion Cycling and will not be passed on to a third party. If you agree to this please sign below.

Signed: **Date:**/...../.....

Please send the completed form to: Adrian Sumption, Companion Cycling, C/o 29 Teddington Park, Teddington, Middlesex, TW11 8DB
