

**BRT 2 page.1**

Canterbury and Coastal Rethink Carers’ Support Group

**“BIKE RIDE, Walk, TALK”**

**Terms of Reference Supplement**

**Group Coordinators: Paul Marsh & Rebecca Nakalema Bike Activity Lead: Paul Marsh**

The Bike Ride, Walk Talk group is an activity group linked to the Canterbury and Coastal Rethink group and will operate under their Terms of Reference. Decisions for the group will be made by the Group Coordinators in conjunction with the Activity Lead.

The group will meet periodically and will access the bicycle resource provided by Wheel Potential.

Paul will agree dates and times of sessions with Wheel Potential

Paul will identify a second lead who will be the back rider. The back rider does not have to be the same person for each session, and needn’t be DBS checked.

The route will run from the Wheel Potential lock up at Toddlers Cove and along the Great Stour Way. Distance will be agreed on the day to suit the riders’ abilities and experience.

Paul will ask Wheel Potential for some guidance in matching bikes to riders.

New riders will be asked to turn up half an hour before the session to be matched to a bike and to practice and become familiar with it.

The maximum number of riders per session will be six plus the two leads.

The group can be accessed by:

Carers and those with lived experience known to the Group in direct receipt of the Group newsletter, and their family and friends. This group activity is not open to referral by any other organisation.

This group will be promoted through the Group newsletter and at Group meetings.

The Group membership for Wheel Potential costs £80 per year to be paid by the Canterbury & Coastal Rethink Carers’ Support Group.

All riders excepting the Leads are invited to pay a donation of £1 towards the cost of access to Wheel Potential equipment and any running costs, i.e. mobile phone.

A mobile phone with password protection will be held by Paul Marsh and will be the contact number for this group activity. Phoning or texting will be the form of contact between the group and group member.

All records, contact details and information will be held by the Canterbury & Coastal Rethink Carers’ Support Group.

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Those wanting to come along to the activity will have to book a place a minimum of two days before the activity. If the maximum number of riders has been reached it may be possible to run two rides on the same day.

A first aid pack, a mobile phone and extra water should be carried by the Bike Lead.

A safety briefing will be given before each ride to include a description of the route, any hazards to watch out for, and what to do if you have a problem.

A sign-in sheet will be completed prior to the ride which will include the name of the rider, their mobile phone number and an emergency contact phone number. This will be carried by the Bike Lead on the bike ride. The contact sheet will be destroyed after each session.

All group members will be given an information sheet to explain expectations for behaviour and safety considerations. This will include:

* Group mobile phone no: 07498930495
* Please book your place up to two days before the ride session
* Please ensure you are physically fit enough to take part in this activity. If you have a disability or physical condition, please advise with the information we need to support you. No personal care can be provided. You may bring a carer for your support but he/she must be booked in at the same time as you make your booking.
* If you bring your own bike it must be in good repair and in a safe condition
* You must wear a helmet and a high vis vest if issued (usually on a public road).
* Please wear suitable clothing for the activity and for the weather conditions.
* Bring water and any needed snacks.

September 2018