



WEST LOTHIAN BIKE LIBRARY CIC – PEER SUPPORTER

Role Profile for **Peer Supporter Volunteer**.

The Organisation:

West Lothian Bike Library (WLBL) is a not for profit, community interest company. We help people to get active and connected through cycling and associated activity. We aim to tackle inequalities in health by making cycling an activity for all, regardless of background, income or ability.

Our projects and activities aim to improve health and increase independence, confidence, employability and skills. Where cost is a barrier to cycling, we donate and/or loan free of charge recycled bikes to those in need.

WLBL runs an Inclusive Cycling scheme with a pool of adaptive bikes for people with additional support needs. We offer training and led rides, designed to help improve cycling confidence.

The Role:

This role is about promoting the activities of WLBL by encouraging, supporting and sharing best practice with individuals who are experiencing health inequalities or have barriers to taking part in cycling.

- Taking part in activities alongside individuals or groups, sharing success stories, as well as supporting to overcome barriers
- Supporting promotion of WLBL through published case studies, group talks etc., subject to prior approval by the Board of Directors.

For insurance purposes, it is essential that volunteers only carry out tasks within the remit of their allocated role. It is essential that no adjustments out with this remit are carried out unless registered with WLBL as a Cycle Mechanic.

Responsibilities:

- Support individuals to overcome barriers to cycling.
- Take part in cycling activities alongside individuals experiencing health inequalities.
- Share own experience with individuals and groups with an aim of motivating others.
- Reporting any issues or opportunities arising to the Project Coordinator.
- Carry out all tasks with respect to the health and safety to yourself and others.
- Demonstrate respect for other volunteers, cyclists and staff.
- Maintain the confidentiality of data and information belonging to WLBL, their staff, volunteers and Customers.
- Attend training sessions as appropriate.

(n.b. it is essential that you do not carry out any adjustments or repairs to bikes unless you are also registered with West Lothian Bike Library as a Volunteer Mechanic)

Training will be assessed on an individual basis and subject to minimum commitment levels.

All volunteers must agree to our [Volunteer Commitment](#) prior to commencing a role with us.

Personal Requirements:

- Aged 18 or over.
- Friendly, approachable and sociable.
- Reliable.
- Patient.
- Motivated.
- Enthusiastic about cycling.
- Adaptable to change
- Confident speaker.

Location:

The role is based at Crofthead Community Centre. Expenses will be paid in line with WLBL Expenses Policy.

Commitment Required:

The level of commitment will vary dependent on the needs of the individual or group being supported. This will be agreed between the volunteer and Project Coordinator on a case by case basis.