



The Access Bike Project Peer Mentor Programme 2018



Turning old bikes in to opportunities

This one of a kind workshop based mentoring scheme supports participants to learn technical bike maintenance skills while developing social, practical, personal and emotional skills in a safe, supportive environment. Participants work alongside both their peer mentor and volunteers of all ages in a dynamic and diverse workspace that challenges expectations, grows confidence, improves self-esteem and facilitates friendship.



What are we offering?

Our experienced management and trained mentor team will provide:

- Focused peer mentor time each week for an agreed period or ongoing - One to One support and technical training in cycle repair and maintenance and related activities
- A reliable point of contact at anytime for referral/support agency and participant
- Monitoring and evaluation of progress and participation
- Support for independent travel. i.e. to and from the bus stop/station
- Regular discussions with participants and referral agency to plan personal targets

In addition, we will be offering AQA level 1 and 2 qualifications for those who are ready, across personal, technical and practical skills development within the workshop.

Who do we usually work with?

While open to everyone, we believe our mentor scheme best suits:

- Young people looking to develop independence, self-esteem, confidence and practical skills, especially among mixed groups of disabled and non-disabled people.
- Students struggling to engage with education, who could benefit from reconnecting to other young people and working within a guided and constructive environment.
- Disabled young people who are interested in volunteering/work but need a safe, supportive environment to raise expectations, improve confidence and independence.
- Young people already inclined towards biking needing encouragement to pursue it through gaining riding confidence, making like-minded friends and learning bike mechanic skills.

What does it cost and how long do you get?

We recommend four hours a week for a 10 week programme but we can discuss all options to suit. We charge £25 hour for 1:1 peer mentor time in the workshop plus an additional hour each session for travel support, monitoring and evaluation, meetings and reviews, reporting and management. For more information and to make an initial appointment contact Project Manager Anna Bonallack **E:** anna@cscic.org **T:** 0773 4086879



The Access Bike Project Peer Mentor Programme 2018



The Team



Alfie Stephens is the project manager of Access Bike, but more importantly is a bike mad 22-year-old born and raised in the Stroud area, who complements his time at Access Bike with professional Dirt Jump mountain biking. He's a wizard mending the bikes and forever coming up with new and engaging ways to share his skills as a mentor. As project manager Alfie has been key in developing the mentor programme we have today and is the mentor lead for all mentees.

Robin Ellis-Cockcroft, 23, Alfie's right-hand man and key support on the mentor programme. While he loves pounding the pedals, Robin's true interest in the project is in how it brings together disabled and non-disabled young adults in the same space. He loves to generate and help facilitate these interactions, support learning on both sides and to encourage mentees and volunteers alike to think about, and work alongside, each other's specific skills and needs.



Anna Bonallack is a Community Engagement consultant and expert in Education for Sustainable Development. She champions inclusion and youth community, bridging the gaps between disabled and non-disabled young people. This dedication has led to the creation and direction of the award-winning projects Creative Camping and Access Bike. Anna is always available to discuss placements, funding and post mentoring next steps.

The Access Bike project is part of the not-for-profit organisation Creative Sustainability whose core values are:

- **Inclusion:** Reducing inequalities, including everyone.
- **Sustainability:** Balancing the needs of people and nature.
- **Empowerment:** Strong, confident and active communities.

For more information on the work and ethos of Creative Sustainability please follow the link: www.cscic.org

For more information please visit: www.AccessBike.org/mentoring



The Access Bike Project Peer Mentor Programme 2018



What can mentees expect to achieve?

- Increased confidence in personal skills, sustaining focus, communicating with others, time-keeping, reliability, working in a team, problem solving
- Raised self-esteem about own capabilities, skills and knowledge
- Raised expectations for achieving fulfilling and enjoyable work
- Increased feelings of self-worth through being useful and active in the community
- Forming healthy relationships with peers and positive role models



Courtney, 23

“I’ve loved meeting new people at the project, learning bike skills and hanging out with the guys. I’ll miss all my friends at Access Bike and hope to come back soon to do more mentoring!”

Cai, 15

“Before I came here, I didn’t really spend too much time with people – I wasn’t the most social person. Now I can fix pretty much anything. I’m currently working towards getting my bike mechanic qualification and then I could work in that. I really like it here. It’s a fun place to hang out!”



Sam, 15

‘I liked fixing stuff and it was cool to go there and help people fix their bikes. I got to make some cool bikes and it was fun test riding them and seeing which was best at wheelies. I didn’t finish my 10 weeks as I started at a new school, but I still see Alfie at Rush Skatepark and we ride together sometimes’

