

The Scottish government has committed to making 20mph the norm across all its local councils by 2025



Volunteering

WAYS TO SUPPORT CYCLING UK

There are a number of volunteer opportunities available at Cycling UK to support our new strategy. From helping out our HR and finance teams with admin to lending a hand at a Big Bike Revival event to becoming a local campaigner, there's something to suit everyone's time, energy and skills. You don't need to be a Cycling UK member and we can support you to volunteer if you have specific requirements. **volunteer.cyclinguk.org**

Awards

ROLL OF HONOUR

Many of our member group volunteers have been recognised with Going the Extra Mile certificates and badges for their outstanding commitment to enabling other people to enjoy cycling. Their names will now appear on our Roll of Honour, alongside those nominated in previous years for Thank you Certificates, Certificates of Achievement and Lifetime Achievement Awards. To find out more about them, see **cyclinguk.org/cycling-uk-roll-honour**.



Left: Michael Millington
Right: Leslie Spencer

Fundraising

YOUR CYCLING LEGACY

Your passion for cycling could help improve lives for generations to come. For more than 100 years, Cycling UK members have left gifts in their wills to do just that. It's easy to arrange and will ensure others can share in your love of cycling.

"Leaving a gift to Cycling UK in my will is the best way to honour what cycling has given me," said life member Michael Millington. "Cycling has given me so much, and I want to pass that joy onto generations to come."

It's a view shared by Leslie Spencer, who has been a Cycling UK member for 25 years and who is also leaving a gift in his will. "I'm 76 and cycle a 19-mile gravel trail daily before breakfast," he said. "I'm not on any medication and my metabolic age is 58 – that's what cycling has done for me."

David Bailey's inspiration was his concern for the climate. He said: "I have chosen to leave a gift in my will as I believe cycling is a most healthy and environmentally benign mode of transport. It helps combat dangerous climate change. Cycling is quiet, doesn't cause congestion and helps to

reduce the demand for more countryside-damaging roads".

Cycling, as these members remind us, has profound and wide-ranging benefits. It helps tackle climate change, improves health and wellbeing, and provides opportunities for lifelong friendships. A gift in your will today supports all of these things and has the power to help create happier, healthier and greener communities for generations to come.

There's no obligation to leave a gift to Cycling UK but, after caring for your loved ones, please consider your cycling legacy. Your gift can make a huge difference.

Cycling UK has partnered with Farewill to provide a free, simple will-writing service, making it easier for everyone to have a will that honours their wishes. For information or to access this service,

visit **cyclinguk.org/giftinwills** or scan the QR code with your phone. Alternatively, phone Emma Morris on **07584 345489** or email her at **giftinwills@cyclinguk.org**.

