



Volunteer bike mechanic

Location: Better Health Bikes, 13 Stean Street, London E8 4ED

Hours: One day/6 hours per week (11am-5pm)

Our vision is for individuals to lead satisfying and hopeful lives without the stigma of mental ill health. The Centre for Better Health is a community charity that supports wellbeing and recovery from mental ill health. Our services include a low-cost counselling service; the Better Health Hub, which offers movement, craft and therapeutic courses; our social enterprise (comprising of Better Health Bikes and Better Health Products), which offers work-skills training placements for individuals that have been distanced from employment owing to mental ill-health; and our young adult service, Pathways to Better Health, which offers practical support for young adults in City and Hackney.

Role purpose

Better Health Bikes is a bicycle shop in Hackney created with the aims of recycling bicycles, offering affordable quality servicing and providing work-skills training placements for those who are out of work, or in jobs they don't enjoy, and are struggling with their mental health.

Our social enterprise bike shop is supported by volunteers, who commit to volunteering one day a week for six months. Volunteers assist our friendly team of mechanics to recycle and service bikes, and keep our donated bike stock organised by sorting, assessing and labelling parts. Occasionally, volunteers may work alongside trainees who are on placement.

This is an interesting and exciting opportunity for someone who is a keen bicycle mechanic, and is interested in recycling and supporting good mental health in the local community.

What's the difference between a volunteer and trainee and which role is right for me?

We require volunteers to have prior practical knowledge and experience of bike mechanics, and to feel confident, if needed, to work alongside trainees who may be struggling with their mental health. Many of our volunteers choose to volunteer to develop their skills and to give something back.

Our trainee placements are for adults who are out of work, or in jobs that they do not enjoy, and are struggling with their mental health. No prior knowledge of bike mechanics is expected, although individuals are welcome to apply if they do have this. Trainees set goals for their placement and have 1:1 check-ins to discuss any areas they feel they need support with and to reflect on their progress.

Main duties

- Bike maintenance and refurbishment
- Collaborating with mechanics to create a supportive learning environment for trainees
- Adhering to and supporting safe work practices

What we're looking for

Qualifications	
Skills	<ul style="list-style-type: none">• Good communication skills• Ability to work independently and as part of a team• Attention to detail• Customer service skills



Knowledge	<ul style="list-style-type: none"> • Good mechanical knowledge and practical ability, including <ul style="list-style-type: none"> ○ Removing and reassembling braking systems ○ Removing and reassembling drive trains ○ Setting up brakes and gears ○ Carrying out a headset service ○ Carrying out a bottom bracket service
Experience	
Competencies	<ul style="list-style-type: none"> • Methodical, calm and tidy approach to work • Flexible and motivated team member • Proactive and able to take on responsibility • Confident to work independently with minimal supervision • Commitment to equality and diversity • Willingness to sensitively support and engage trainees in their learning

Commitment

Please note that a minimum of six months' commitment is required of all volunteer mechanics. Volunteer placements are one day a week, on the same day each week. Roles can be extended beyond this point upon mutual agreement.

Why volunteer for us

The Centre for Better Health is embedded in the local community and has a strong track record of delivering effective services to support wellbeing and recovery from mental ill health.

We offer a professional, supportive and friendly working environment and rewarding volunteer roles that have a direct impact on the community we serve.

We can provide an opportunity to develop your bicycle mechanic skills and techniques, and to gain experience in a professional bike shop.

Considerations before applying

- ✓ As part of the application process, prospective volunteers will be required to attend a brief, informal interview and to successfully complete two trial shifts. We also require at least one employment and/or character reference and a DBS, which we will support you to obtain.
- ✓ This is an unpaid volunteer role and we are unable to refund any expenses.

How to apply

For further details, please contact training@centreforbetterhealth.org.uk

To apply for this voluntary position, please complete the application form on our website, detailing how your skills, knowledge and experience meet the requirements of this role.

<http://www.centreforbetterhealth.org.uk/get-involved/volunteering>