



Volunteer bike mechanic – role description

The Centre for Better Health is a community-based charity in Hackney that promotes well-being and supports recovery from mental ill-health. Our services include a low-cost integrative counselling service; the Better Health Hub, which offers movement, craft and therapeutic courses; and our social enterprise (comprising of Better Health Bikes, Better Health Bakery and Better Health Products), which offers 12-week training placements for individuals that have been distanced from work owing to mental ill health.

Role objective

Better Health Bikes is a bicycle shop in Hackney created with the aims of recycling bicycles, providing affordable quality servicing and providing training placements for individuals to support their employment prospects as a part of their recovery. The Volunteer bike mechanic's primary role is to assist the bike shop's commercial operations, as well as support trainees that are on placement with us. This is an interesting and exciting opportunity for someone who is a keen bicycle mechanic, interested in recycling and supporting good mental health in the local community.

Main activities

- General bike maintenance & refurbishment
- Supporting a safe workplace and workshop environment

What we're looking for

- Good mechanical ability with attention to detail, professional experience is not essential. We will be looking for a minimum of:
 - Puncture repairs
 - Brakes – strip and install
 - Gears – strip and install
- Methodical, calm and tidy approach to work
- Good communication (including spoken English) and teamwork skills
- Strong appreciation of customer service skills
- Flexible and motivated team member
- Proactive and able to take on responsibility
- Willingness to sensitively support and engage trainees in their learning
- Commitment to equality and diversity

What we offer

- In-house training in a professional bicycle workshop
- An opportunity to develop your bicycle mechanic skills and techniques
- An opportunity to support good mental health in the local community
- Experience of commercial bike workshop operations and customer service/front of house
- This is an unpaid volunteer role and we are unable to refund any expenses, however a complimentary lunch will be provided

Commitment

The role requires a commitment of one day per week for three months. Roles can be extended beyond this point upon mutual agreement.

We require volunteers to attend two trial days and to supply at least one employment and/or character reference. If these are completed successfully, upon mutual agreement the three-month placement will start shortly thereafter.

With assistance from CBH, all volunteers will need to apply for a DBS Disclosure Certificate as part of their induction process.

How to apply

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