

## Guidelines for Volunteer Cyclists and All Participants

Please can you record a video message which we can share with Bahman. If you can make a video recording of some of your cycle/scooter/scoot/run/roller skate etc that would be brilliant. Not only can we share it with Bahman, but we will post them on Roundabout's YouTube channel, which we hope will inspire others to take part.

We welcome GoPro speeded up recordings of whole ride/run etc, or short recordings. If you are not able to take any videos, then please email a photo with a message and we will share it with Bahman and upload to Roundabout's website.

Please can you include this in your video or email:

1. Introduction – please introduce yourself
2. Say *"I am cycling/walking/running my Roundabout 6km with Bahman today"*
3. Then please let us know where you are, e.g. *"I am in my garage in Birmingham cycling my 6km for Roundabout"* or *"Today I did my 6km Roundabout cycle in Manchester. I started at Manchester University Library and then cycled past all the halls of residence"*. The more details you can share the more we are sure it will encourage and help Bahman to keep going.

Send any videos as '.MP4' file to Rachel Livingstone  
[roundaboutdramatherapycharity@gmail.com](mailto:roundaboutdramatherapycharity@gmail.com)

We would be very grateful if you are on social media could you please post about this challenge, tag Roundabout in. We are Twitter: @roundaboutdrama Facebook: <https://www.facebook.com/roundaboutdrama> and include a link to Bahman's JustGiving page <https://www.justgiving.com/fundraising/bahman91>

Thank you very much for helping on behalf of all the clients we support at Roundabout.