

# Welcome to Today's Webinar!!!



Audio Conference Phone Number(s): 866.740.1260

Access Code: 4364856

You will be placed on music hold until Ann Lundberg starts  
the audio conference.

**Helping clients gain independence and self-sufficiency: an example of how a 'bike for clients' project helps CVT clients connect with their community.**



## Learner's Outcomes for this Webinar

- Participant will be able to describe specific ways a bicycle donation program helps clients gain independence in their new communities.
- Participant will be able to describe how social workers/clients/volunteers and the community interact, from donation, request, to delivery, to be a successful client focused and community supported project.

# Primary Components

Client

Transportation  
Health  
Recreation  
Relieve stress  
Learn about environment & community

CVT

Meet client need.  
Resource with bike skills and connections  
Process to link clients to bikes

Bike Program

Find used bike  
Fix bikes  
Delivery of bikes to clients  
Organizational requirements

# Client

No cost  
transportation  
for client

A way to  
explore their  
community

Increases self-  
esteem and  
confidence

Helps relieve  
tension,  
contributes to  
health

Experience  
support from  
community who  
donates bikes to  
CVT

# CVT



# 'Bike for Client' Program

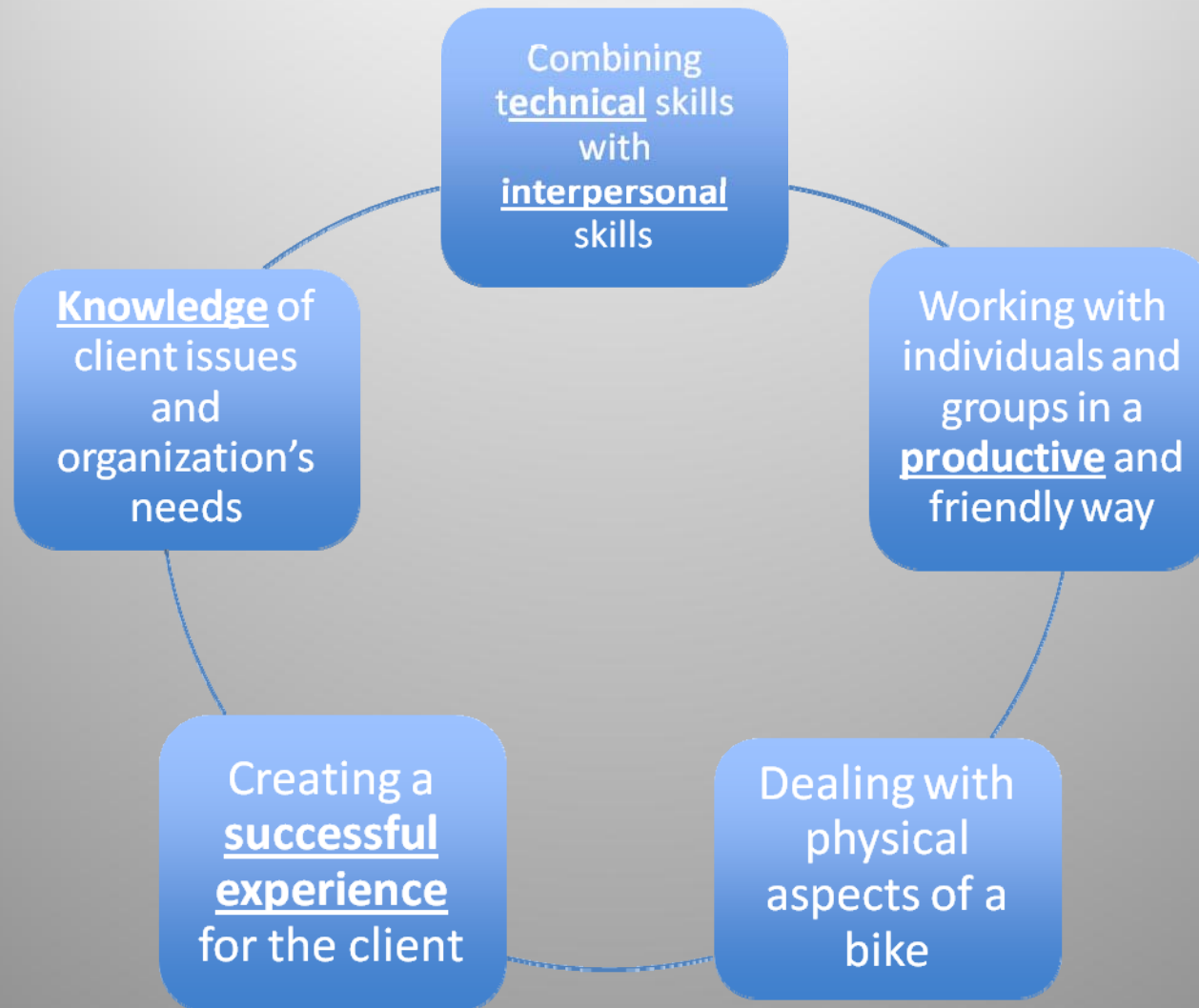
Finding  
and  
storing  
bikes

Fixing  
bikes for  
free

Working  
with  
social  
workers

Presenting  
the need  
to  
community

# CHALLENGES AND BENEFITS





# Bike Request Form

**Bike Request Form**  
for CVT Social Worker/Client requesting a Bike:



Client's # \_\_\_\_\_ Social Worker's Initials \_\_\_\_\_

Date of Request: (by email or phone) \_\_\_\_\_

[cvcvtdur31@gmail.com](mailto:cvcvtdur31@gmail.com) 651-699-9913

Deliver to St Paul house \_\_\_\_\_ or Client's home \_\_\_\_\_ (permission granted) include address & phone # for delivery

---

Information that will help me find the right bike for you!

AGE \_\_\_\_\_ GENDER \_\_\_\_\_

HEIGHT \_\_\_\_\_ WEIGHT \_\_\_\_\_

OTHER: \_\_\_\_\_

**TYPE OF BIKE REQUESTED:**

\_\_\_\_ 1) Mountain Bike (MTB)



\_\_\_\_ 2) Upright handlebar bike



\_\_\_\_ 3) Racing/Road handlebar style



\_\_\_\_ 4) Additional equipment wanted (will provide as available/possible to find)

\_\_\_\_ a) helmet      \_\_\_\_ b) lock and cable

\_\_\_\_ c) rear rack      \_\_\_\_ d) water bottle cage

# Example of donation receipt



## In Kind Donation Form

**Name:** . . . . .

**Address:** . . . . .

**City, state, zip:** . . . . .

**Phone:** . . . . .

**E-mail:** . . . . .

**Description of item(s):** . . . . .  
. . . . .  
. . . . .  
. . . . .

**Thank you for your donation.**

**Please return form to:**  
**Ashley Cotreau**  
**The Center for Victims of Torture**  
**848 Dayton Ave**  
**St. Paul, MN 55104**  
**612-433-4882, [acotreau@cvot.org](mailto:acotreau@cvot.org)**

---

*You will receive a receipt for your records. You may be entitled to a tax deduction. Please refer to IRS form 828 for details and consult your tax advisor.*











Thanks for coming today!!!

