

## **Manifesto – Sarah Strong**

### **LCC Board of Trustees Election 2022**

I have lived in London most of my life and been riding in the city for nearly twenty years. In that time, I have used cycling as a form of transport, to facilitate leisure activities, and to increase my sporting pursuits. I see the bike as a liberating factor in my life and in latter years I have become an advocate for cycling in mental health recovery and management – something which has particular significance for me personally.



If re-elected to the Board of Trustee for a second term I should like to draw further on my own experiences of various cycling communities in London to feed into projects as we emerge from the pandemic. I am looking forward to getting back in touch with some of the borough LCC groups in person after having only been in touch via digital means in the last couple of years. Since my election three years ago I have started working in the local NHS Trust. I should like to see what opportunities this might lead to in supporting cycling in London to benefit physical and mental health, both on an individual level and a wider societal context. Hence, I am a passionate supporter of increased bike facilities in the capital to help empower people through cycling.

The cycling community benefits from its diversity and, as a Trustee, I would be able to bring my knowledge to help forge links across the various cycling communities within London. I also plan to put more input into LCC's D&I work to work on making the organisation one that reflects the rich and diverse nature of the city. I hope that as Trustee I can contribute to future initiatives.

***LCC members nominating this candidate: Kerena Fussell (Proposer) and Federica Lippi (Seconder)***