



Travel Actively is Active Cumbria's new programme aimed to provide a wide range of cycling and walking interventions to help attract people into new ways of travelling actively in Barrow and Carlisle. For more information visit <https://www.activecumbria.org/behealthybeactive/travel-actively/>

We are currently developing our volunteer workforce and have a variety of exciting volunteering roles available. **Voluntary roles include:**

**Walk Leaders** – Love walking and meeting new people? This role is for you. Our Walk Leaders are provided with excellent training, peer support and resources to enable them to organise and safely lead short, Inclusive and accessible walks in local communities.

**Ride Leaders** – Love cycling? We are looking for people to train as ride leaders. This training will enable you to plan and safely lead cycle rides.

**Bike maintenance volunteers** – Like getting your hands dirty and fixing things? We will provide you with all the training you need to help fix bikes and, in turn, support others to become more active.

**Event facilitators and support** – Is engaging with people your bag? We are looking for people to help facilitate and support Travel Actively engagement and awareness sessions. These roles can include helping co-ordinate and run sessions and engaging with attendees.

### **Why volunteer with us?**

**We invest.** We value and believe in investing in our volunteers and, one of the ways we do this is by covering the cost of training.

**We support.** You will receive peer support from a member of the Travel Actively team.

**We recognise, acknowledge and reward.** Our volunteer reward system allows us to monitor the awesome contribution of our volunteers. We want the reward to benefit you and could include providing references, certificates of achievement and even paid sessional work.

In return all we ask that you provide us with some of your valuable time, skills, and expertise. We know people have varying commitments and we are happy to operate in a flexible manner.

**Contact us.** For more details on any of the voluntary opportunities please contact the Travel Actively Team on [TravelActively@cumberland.gov.uk](mailto:TravelActively@cumberland.gov.uk) or call Lynsey on 07721612889 or Chris on 07721629860.

**Active Cumbria**  
Cumberland Council  
Cumbria House  
107-117 Botchergate  
Carlisle  
CA1 1RD

t: **01228 226885**  
w: [www.activecumbria.org](http://www.activecumbria.org)



*Be part of it!*

