

We need your help!

Would you like to help North Tyneside get moving?

Get Moving North Tyneside is an exciting project that's here to encourage people to walk and cycle more – to work, school or just for fun. We promote walking and cycling in communities across North Tyneside and at Cobalt Business Park.

Volunteering is both fun and rewarding – just a little of your spare time can make a big difference to your community.

Interested?

Contact Get Moving North Tyneside for more information or to join in one of our activities and events.



Get Moving North Tyneside

Walking and cycling are great ways to keep fit. Get Moving North Tyneside is here to help you choose active travel and improve your health.

For more information about volunteering for Get Moving North Tyneside or about walking and cycling in North Tyneside please get in touch using the details below.

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Read more about getting active:
www.sustrans.org.uk/activetravel

Registered Charity No. 326550 (England and Wales) SCO39263 (Scotland)



Get Moving North Tyneside

Volunteering opportunities





Get Moving walk groups are a great way to explore the area and meet new people as well as improve your health!



Cobalt Travel team volunteers lead regular guided rides to work

More people... more active... more often

Get Moving North Tyneside needs volunteers to help make the project a great success. We have a variety of volunteering opportunities which are fully supported by Sustrans' local project co-ordinator as well as a dedicated volunteer support team.

Most volunteering opportunities will require some training but this is all provided FREE OF CHARGE to anyone who can commit time to the project.

Get Moving has a selection of bikes available for use by volunteers and North Tyneside residents and can even arrange for a long term-hire bike for you to use.

What you can do

Become a walk leader

Train to lead walks in North Tyneside. Once trained you will receive support and guidance to help you set up your own walk group.



Become a cycle leader

Train to lead your own bike rides in North Tyneside. Training is provided by Sustrans with support to help you organise your own rides.



Help in the office

There is always plenty to do in the office – and there are a number of places you could work from to suit you.



Become a bike mechanic

Help recycle bikes to be used in the community, or support one of our cycle groups by training as a bike mechanic.



Help out with events

From bike rides with over 400 people to safe cycle sessions with children and families, Get Moving supports lots of events throughout the year and your support would make these events an even greater success!



Become a Bikeability instructor

Bikeability is 'cycling proficiency for the 21st century'. Get Moving will cover the cost of your training – all you need to do is get out and get instructing! A great course and an excellent way to get people on their bikes.



Contact Get Moving North Tyneside today.

Phone: 07824 813054 Email: getmoving@sustrans.org.uk