

We need your help!

Would you like to help Luton get moving?

Active Lives, Healthy People 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 Luton with group walks and rides, local maps, bike loans and much more.

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

Interested?

Contact Active Lives, Healthy People for more information or to join in one of our activities and events.



Active Lives, Healthy People

Walking and cycling are great ways to keep fit. Active Lives, Healthy People is here to help you choose active travel and improve your health.

For more information about volunteering for Active Lives, Healthy People or about walking and cycling in Luton please get in touch using the details below.

Active Lives, Healthy People
8 Power Court
Luton
Bedfordshire
LU1 3JJ
Phone: 01582 732919
Email: activelives@sustrans.org.uk

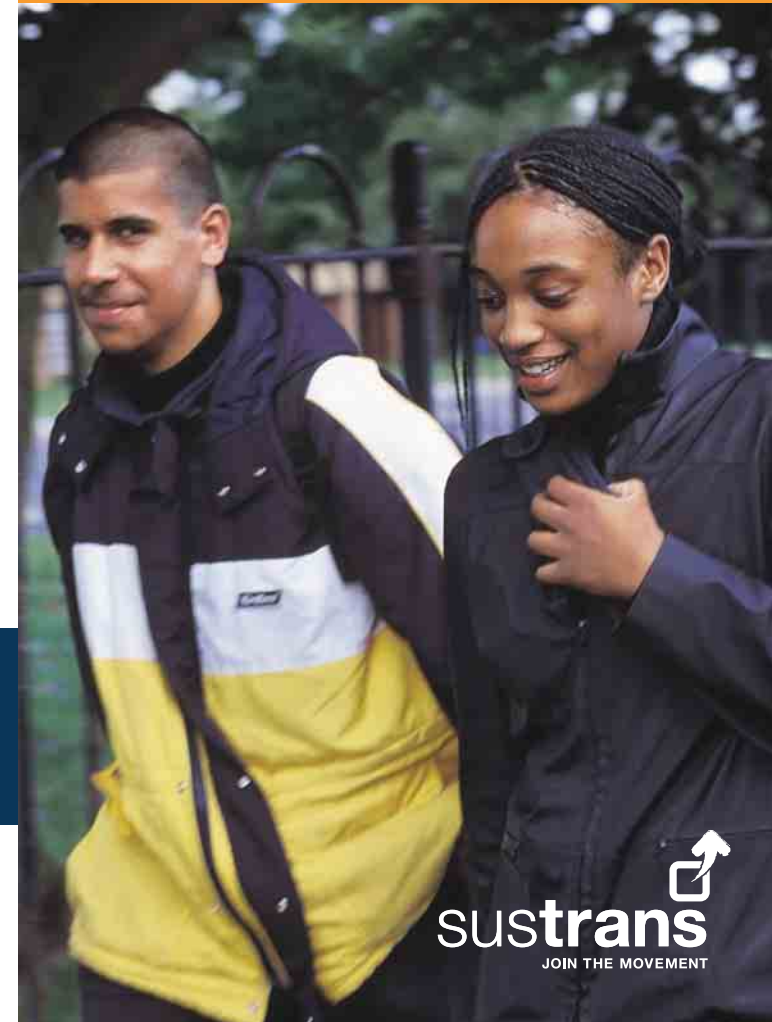
Read more about getting active:
www.sustrans.org.uk/activetravel

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Active Lives, Healthy People

Volunteering opportunities





Train to lead a walk or cycle group and help your community to get active!

A cycle skills training session at the Sustrans Active Travel Centre in Luton

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

Active Lives, Healthy People 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.

Active Lives has a selection of bikes available for use by volunteers and Luton residents and can even arrange for a long-term hire bike for you to use.

What you can do



Become a walk leader or cycle leader

Receive training and support to help you set up and lead your own local walking or cycling group.

Become a Sustrans Ranger

As a Ranger you'll help to look after and promote a section of the National Cycle Network and so encourage more people to walk and cycle.



Help in the office

There is always plenty to do in the office - from dealing with members of the public, to administration and helping plan events and exhibitions.

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 Dr Bike sessions to safe cycling sessions and participating in Luton Carnival, Active Lives, Healthy People supports lots of events throughout the year and your support would help make these an even greater success.

Become a casual cycle trainer

If you can cycle on roads confidently, communicate well and want to share your enjoyment of cycling then why not join Luton Borough Council's (LBC) Cycle Training Team? This is a paid post with full training and flexible working options. LBC deliver Bikeability – 'cycling proficiency for the 21st century'.



Contact Active Lives, Healthy People today.
Phone: 01582 732919 Email: activelives@sustrans.org.uk