

## We need your help!

Would you like to help Southampton get moving?

StreetTread 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 Southampton 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 StreetTread for more information or to join in one of our activities and events.



### StreetTread

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

For more information about volunteering for StreetTread or about walking and cycling in Southampton please get in touch using the details below.

**StreetTread**  
**Southampton City PCT**  
**Oatlands House**  
**Winchester Road**  
**Southampton SO15 5NB**  
**Phone: 02380 515206**  
**Email: [streettread@sustrans.org.uk](mailto:streettread@sustrans.org.uk)**

**Read more about getting active:**  
**[www.sustrans.org.uk/activetravel](http://www.sustrans.org.uk/activetravel)**

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# StreetTread

## Volunteering opportunities





Help to get your community on the move by training to lead a local walking or cycling group

As a Sustrans volunteer you'll receive full training and support

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

StreetTread 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 who can commit time to the project.

StreetTread has a selection of bikes available for use by volunteers and Southampton 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 Southampton. 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 cycle ride group. Training is provided by Sustrans with support to help you organise your own rides.



### Promote StreetTread

You can give invaluable help by distributing leaflets, putting up posters, giving talks to schools or community groups, or by holding a stall at events.

### Become a bike mechanic

Help recycle bikes to be used in the community, or support a cycle ride group 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, StreetTread 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'. StreetTread 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 StreetTread today.

Phone: 02380 515206 Email: [streettread@sustrans.org.uk](mailto:streettread@sustrans.org.uk)