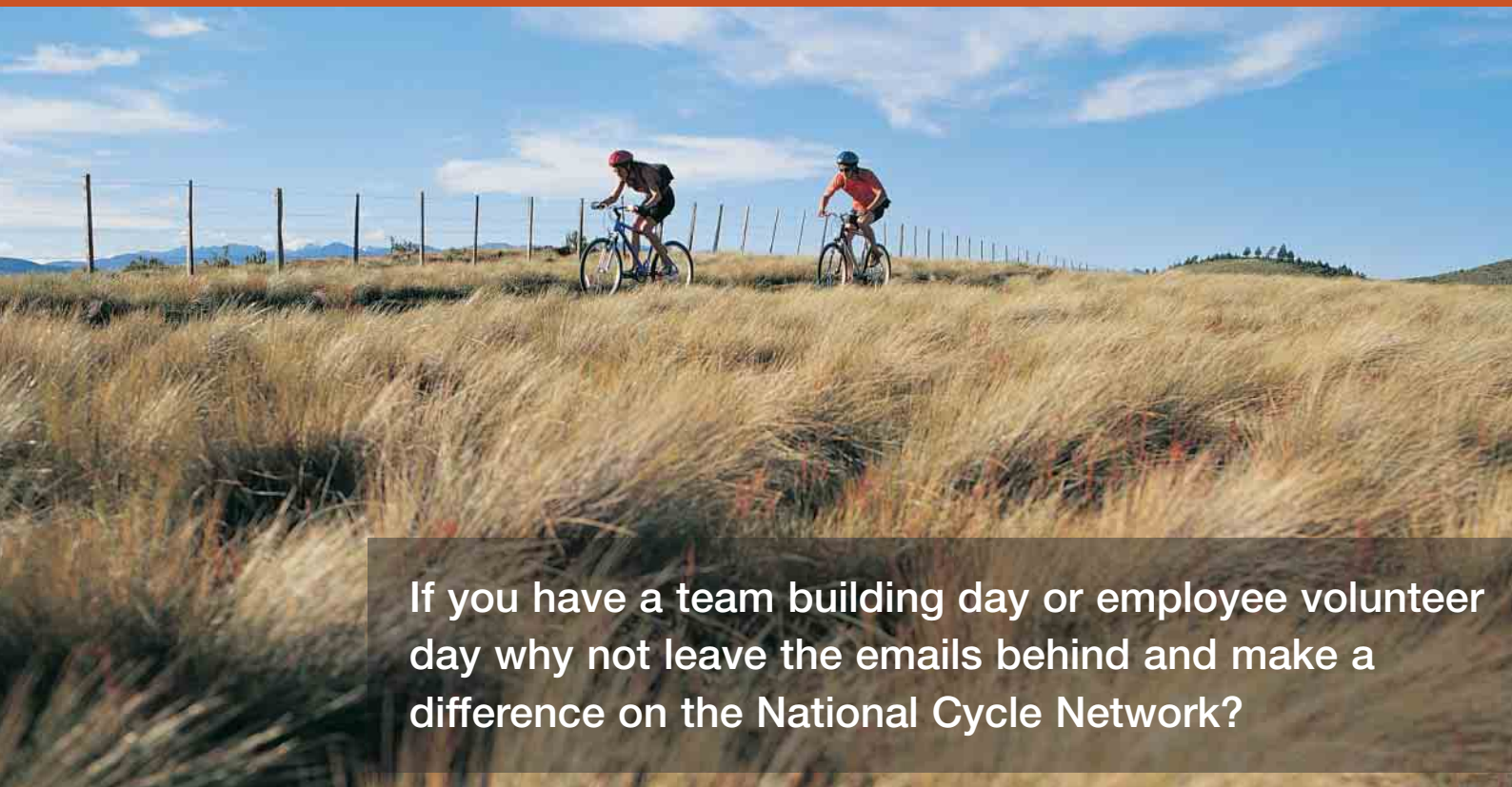


make a difference

employee volunteering on the National Cycle Network



If you have a team building day or employee volunteer day why not leave the emails behind and make a difference on the National Cycle Network?

Sustrans, the UK's leading sustainable transport charity, has huge experience of working with volunteers. More than 2,500 Sustrans volunteer rangers help us to look after the National Cycle Network and many work groups have also donated their time to help.

Sustrans is the charity behind 12,000 miles of National Cycle Network. Almost one third of these routes are entirely traffic-free, using old railway lines, towpaths or bridleways.

These traffic-free sections of the Network, as you can imagine, are the most popular. They are used by millions of people every day, and take children to school, people to work, friends to each other. Our volunteer rangers work to keep these routes well maintained, and they offer you and your colleagues an opportunity to help our charity and the local community with a relaxing and invigorating day out. You can enjoy a rewarding team building day while benefiting the environment and all those who live locally.



Where can you do it?

The National Cycle Network passes within one mile of half the population of the UK, so there is almost certainly a route near you.

What can you do?

There are lots of simple hands-on jobs to get your team **physically active**, and talking and working co-operatively away from their computer screens. These are just some of them: **Paint a bridge. Widen a path. Plant trees and wild flowers. Beat the brambles. Pick up litter. Repair a sculpture. Build a bench.**

We'll identify and agree the task with you. Availability of tasks may vary depending on area and time of year, and the size of your team.

What do we need to know?

Tell us when you are available and how far you can travel and what you would prefer to do. We also need to know how many of you will participate. **Usually 20 is a good maximum** on any one site. If it's a much larger number we may divide you into two groups and organise two different events close together.

Safety

Safety is of the highest priority for us. Volunteers should not be exposed to risk. We will agree the risk assessment procedure with you and ensure that all those attending have the necessary induction before they start work, the tools for the job, and that any essential safety wear is available. If necessary, we will meet you on site beforehand. All volunteers for Sustrans are covered by our public liability insurance.

Tools

You will usually need hand tools that most of your team will already have such as secateurs, brooms, shovels, and bow saws. We will advise about any personal protective equipment that you may need to obtain such as gloves. These are easily and cheaply available through the internet. If materials are needed such as paint or tools we can advise about the correct type and how you can source them economically.

Support

Sustrans staff or volunteers will support you on your workday to ensure that it gets off to a good start, runs smoothly and finishes safely. They will be able to tell you more about the National Cycle Network and answer questions about Sustrans and the practical projects that we run. They can also explain how you can develop your support for the charity. **We will also be available throughout the day** for advice and to answer any questions that you may have to ensure that your day is a success.

Publicity

If you wish to publicise your contribution to the community, please contact our press office to discuss possible PR opportunities.

Fun

Don't underestimate the need for your team to enjoy themselves and the fun that can be had from working as a team to complete simple practical works out of doors. And don't forget to go for a ride on the National Cycle Network at the end of the day.



Book it now!

Sustrans is a charity so it is essential that we cover our support costs to help you organise your team workday. We therefore make a charge of £750 per day although this is reduced to £500 if your company is a Corporate Supporter.

To arrange a day out for your team on the National Cycle Network, or to find out more about the benefits of our Corporate Supporter package, call Jenny Sheriff on **0117 915 0114** or email: **makeadifference@sustrans.org.uk**

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