

# Essex Pedal Power Volunteer

## Bike Build Role



The Active Wellbeing Society is a community benefit society and cooperative working to build healthy, happy communities living active and connected lives. We deliver a wide range of free activities and services aimed at improving wellbeing at an individual and community level.

Essex Pedal Power will be giving free bikes to priority wards of Harwich & Dovercourt, to increase physical activity, improve mental health and increase job and training opportunities. Our aims are to overcome the barriers to cycling, encourage sustainable travel with those who are usually excluded and improve the health and wellbeing of residents encouraging more people to cycle in and around the town; making Harwich & Dovercourt healthier, greener, safer and less congested. We provide cycle training, Bikeability training, led rides, loan bikes, recycled bikes and in partnership with Cycling UK develop community clubs to offer a pathway for continued engagement.

**Volunteering with the Essex Pedal Power team** you will help assemble bikes before they can be distributed to a beneficiary of the free giveaway scheme. The bikes will need to have wheels, seats, pedals, handlebars, stands, reflectors, decals, lights & GPS fitted as standard. Volunteers will need to follow instructions, complete safety checks and work within a safe working environment.

### **As an Essex Pedal Power volunteer, you can expect:**

- A fun and welcoming team
- Full training and induction to volunteering on the project
- To be kept in the loop about plans for the project and good news stories
- Expenses, including mileage covered in line with our volunteer policy
- To always have a point of contact should you have any questions
- The opportunity to build skills and confidence through an individual development plan

We're looking for someone who is enthusiastic and friendly, willing to work as part of a team to build bikes ready for give away to the public.

**If you have an interest for bikes and bike maintenance  
you are exactly who we are looking for!**

## WHEN & WHERE:

**Sign up to become a volunteer now  
by visiting our website:**

<https://theaws.co.uk/support>

**Sessions go live very soon!**

**SIGN UP  
ONLINE**