

# Essex Pedal Power Volunteer

## Kitchen Support 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 was established to give out free bikes to priority wards of Jaywick Sands and Clacton, 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 city; making Clacton and Jaywick Sands 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 plan meals, purchase food and then make and serve hot meals to the bank of hard-working helpers who provide their time free of charge, often all day. You will need access to a vehicle to transport food from one venue to another and to pick up supplies.

Food prep experience preferred.

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

- A fun and welcoming team
- Full training and induction to volunteering on the project and each walk
- 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 promote Essex Pedal Power and the benefits of cycling.

**If you want to support your local community and have an interest in food, you're exactly who we're looking for!**

## WHEN & WHERE:

**Mondays & Tuesdays**  
**11am - 2pm.**

**ACL Clacton, St Osyth Rd, Clacton-on-Sea**  
**CO15 3BN.**

**SIGN UP**  
**ONLINE**