



*For immediate release*

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## **British Gliding celebrates Volunteers' Week 1-7 June** *New Glide Britain video showcases volunteer roles*

**WALK into any gliding club and practically everyone you meet will be a volunteer whether it's the person who welcomes you when you arrive, cuts the grass or teaches you to fly.**

Volunteers are what makes gliding a cheap way to learn to fly with most people going solo in under 12 months for around £1,000<sup>1</sup> - similar to the cost of learning to drive a car.

Pete Stratten, Chief Executive Officer of the British Gliding Association, said:

“Volunteers have always played a vital part in gliding.

“They are rightly described as the lifeblood of our sport and it would simply grind to a halt without them.”

Hundreds of events are taking place across the country to mark Volunteers' Week. The annual campaign recognises the contribution volunteers make to our communities every day.

For gliding clubs the event will be a chance to showcase the range of volunteering opportunities on offer, encourage people to try volunteering for the first time and help people find out how through volunteering they can make a difference to a sport or community they are passionate about.

People's reasons for volunteering vary from person to person.

Some common reasons include a love of gliding, the chance to learn new skills, health benefits of being out on an airfield, the opportunity to socialise and use their professional skills to help their club, supporting something their children are involved in or quite simply for the buzz and excitement.

Most volunteers in gliding get involved as participants first and then become volunteers. There are also volunteers who choose not to fly – they just enjoy being connected with the sport.

Sports research<sup>2</sup> demonstrates that sports volunteers get a boost to their happiness and wellbeing through their involvement.

You can find out more about the many volunteer roles at UK gliding clubs by watching the latest videos on Glide Britain's YouTube channel

<https://www.youtube.com/channel/UCAsyazUSKdSI3yHjvzH5nag/videos>

For more information about volunteering in gliding and to find your nearest gliding club, visit [www.gliding.co.uk](http://www.gliding.co.uk)

1 British Gliding Association 2018

2 <https://www.sportandrecreation.org.uk/pages/volunteering/>

## **Ends**

### **Note to editors:**

### **For more information and photo opportunities please contact:**

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### **Key facts**

- The British Gliding Association (BGA) is the governing body for the sport of gliding in the UK and represents more than 80 gliding clubs stretching from

the Highlands of Scotland to the south-west tip of Cornwall in England. Wherever you live, you are never far from your local gliding club.

- Gliding is an inclusive sport and enjoyed by people of all ages and physical abilities. Subject to completing the required training, you can fly a glider solo at age 14. There is no upper age limit.
- Many people first experience the thrill of gliding by taking an introductory discovery flight at a BGA member club and become hooked.
- There are currently around 7,000 glider pilots in the UK.
- Each year pilots from gliding clubs across Great Britain represent the UK at World and European Championships. Britain is represented at both Junior and Senior level, and the Women's World Championships.
- Aerobatics are an established and growing part of gliding, and an excellent means of improving and developing pilot skills and confidence. Whether young or more senior in years, aerobatics does not discriminate. It is all about flying skill, airmanship and having fun.
- Gliding brings the science, technology, engineering and maths (STEM) agenda to life to inspire the next generation of pilots and engineers using the principles of aerodynamics and lift which keep an unpowered aircraft airborne.

For more information visit [www.gliding.co.uk](http://www.gliding.co.uk)

Follow @BritishGliding the official twitter account for the British Gliding Association and #glidebritain

To find out more about Volunteers' Week visit [www.volunteersweek.org](http://www.volunteersweek.org)

Follow @NCVOvolunteers the official twitter account for the week and #volunteersweek