



Tom is a volunteer, trustee and safeguarding lead with WAVE Adventures. Just prior to lockdown, Tom had completed his climbing wall award and was very active running sessions for WAVE Adventures.

Obviously, during lockdown all our group activities were suspended and all indoor climbing venues closed. However, Tom gave his time to update our safeguarding and liaised with Elaine Butt at Bolton CVS. He also supported our preparation for Adventure Activities Licensing Authority (AALA) application which is very involved and time consuming.

More recently, Tom developed and is running a lockdown bike challenge which has inspired over 30 people get on bikes and get their daily exercise.

He has undertaken one-to-one socially distanced biking sessions to vulnerable adults who wouldn't otherwise get their much needed daily exercise, helping to avoid isolation and deterioration of mental health.



Tom is a great advocate for our charity and supports our organisational development as we strive to offer the very best service we can to disadvantaged people of all ages in Bolton.

**He is truly inspirational!**