



Transforming lives and the environment through cycling

Impact Report 2018-2019

We are proud to celebrate our 20th anniversary – and all we have achieved since 1999.

We started out with just one project and have now grown to a thriving organisation with five “Inclusive Cycling” projects, supported by over 100 volunteers. Over the last 20 years our mission has been clear: to support, encourage and enable people of all ages, backgrounds and abilities to cycle.

It’s been wonderful to look back over past Impact Reports and see how our work has consistently contributed to the creation of healthy lives and sustainable communities for us all.

Cycling can tackle so many issues:

From loneliness, by connecting people together, to poor air quality, by helping people out of cars and on to bikes. The issues we seek to tackle affect people of all ages, from all walks of life, so we work across multiple communities to transform their lives by cycling.



You're never too old to cycle...

“I would not have started cycling again after 50 years without tuition from Life Cycle. I suffer from depression and the only time I feel really alive is when I’m on my bike, in the fresh air, chatting to like-minded people on Life Cycle’s rides.”

Emma*, aged 66

* name changed to protect identity

Our IMPACT...

the year in numbers



Wellbeing

We enable people who wouldn't otherwise cycle to improve their health and wellbeing through our programmes.

Silver Cyclists
provided

596

opportunities to 113 people aged 55+ to get active and social

Bike Minded
provided

478

opportunities for 77 people experiencing mental health issues to improve their wellbeing

Two's Company
provided

189

opportunities for 50 visually impaired people to cycle on tandems with sighted volunteers



Bicycle refurbishment

We support prisoners to gain skills and qualifications by refurbishing donated bikes. Fixed bikes are sold at affordable prices to help people on low incomes to cycle.

144

prisoners learnt mechanical skills

883

people bought a refurbished bike and started cycling



Skills

We teach people the skills to ride wherever they want, whenever they want.

440

Gained confidence and independence through urban cycle skills training

512

Learnt empowering bike maintenance skills



Secure cycle parking

Our Take a Stand scheme provided small organisations with secure cycle parking, encouraging staff and customers to ride.

392

new cycle parking spaces created



Children and young people

Giving the next generation access to a healthy, low-cost and low-carbon mode of transport is the key to a brighter future.

2032

Children gained skills and knowledge through Bikeability training

411

Kids broadened their horizons at our weekly, after-school sessions



Volunteering

From tandem "front riders" to Bike Back mechanics – our volunteers gave a record number of hours to make our projects a success.

8542

hours spent volunteering for Life Cycle

Cycle of hope: Jimmy's story

20
years!



Jimmy had been in prison for 3 years. Whilst inside, he had learnt some mechanical skills, and achieved a Level 2 Velotech Gold qualification.

As his release date approached, he jumped at the chance to volunteer for Life Cycle's Bike Refurbishment project in Derby on 'Temporary License' because he wanted to work in a professional workshop and was excited to *"learn new things"*.

Jimmy fitted into the team well, and quickly got stuck in with the bikes. It was clear he enjoyed the role and was eager to exchange knowledge with the other mechanics: *"It was great to be working with cycles and learning things. Life Cycle's mechanic taught me a lot of new stuff, a lot! Things I didn't know he taught me and things*

he didn't know I taught him. It worked both ways so it was teamwork."

Jimmy took special care to ensure that every bike he worked on was running safely, before being sold to local people. For him, working for a charity like Life Cycle was a great source of pride. He especially enjoyed helping the most vulnerable people who came Life Cycle's way. For him *"teaching an asylum seeker with no money, who couldn't speak English, how to fix a puncture"* was a pivotal moment. *"I feel like I was able to make a difference with my work."*

With support from the Bike Back team, Jimmy applied for a job, was successful and is now in full-time employment. *"Working at Life Cycle has given me a good direction – a good influence really."*



The 29th May 1961 Charitable Trust • BBC Children in Need • Bupa Foundation • Derby City Council • The Dunhill Medical Trust • Garfield Weston Foundation • Henry Smith Charity • John James Bristol Foundation • Medlock Charitable Trust • The Nisbet Trust • The Rayne Foundation • Social Investment Business • The Singer Foundation • The Sobell Foundation • St James's Place Charitable Foundation • Travelwest • University of Bristol • The Barbara Ward Children's Foundation • Bristol Ageing Better • Quartet Community Foundation

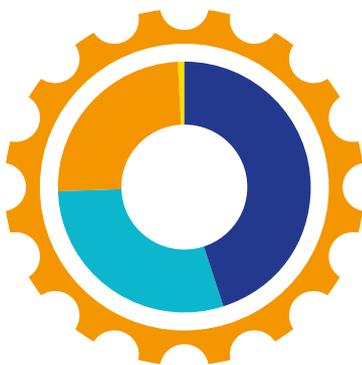
Reducing our carbon footprint



*“Buying a refurbished bike from Life Cycle has allowed me to cycle to work as an alternative to driving. I feel I’m helping the environment and being more healthy.” – Halima**

* name changed to protect identity

Income

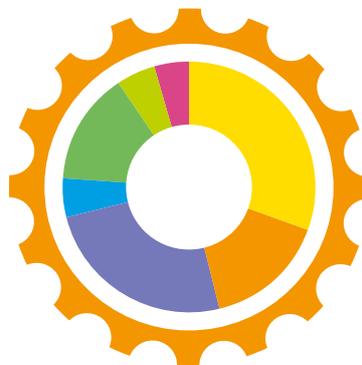


● Grants and Donations	£275,237
● Contracts	£150,502
● Training courses, bike sales and fees	£179,880
● Investment Income	£3,849
TOTAL INCOME	£609,468

These charts summarise the finances of the charity for the year ended 31st March 2019.

The small deficit is due to planned one-off spend of designated funds. This data is extracted from our full accounts, which were subject to independent examination.

Expenditure



● Bike Recycling and Prisoner Training	£190,096
● Bike Maintenance	£95,629
● Cycle Training	£153,794
● Youth Work	£31,199
● Inclusive Cycling	£88,193
● Cycle Parking	£30,905
● Cost of Generating Funds	£27,315
TOTAL EXPENDITURE	£617,131



Life Cycle UK
Transforming lives through cycling

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