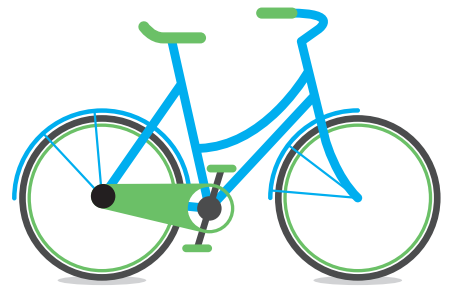


Impact Report 2016-17

Changing lives one bicycle at a time ...



We believe in ...

... the power of the bicycle to change lives, so we've made it our mission to bring, **freedom, skills, exercise, confidence** and wellbeing to people living disadvantaged lives through our unique cycling projects.

We empower people of all ages including young people, older people, people with disabilities, mental health issues, physical health issues, ex-offenders and offenders.

We support individuals to get cycling in many areas, but particularly Bristol & Derby.

4,064
people helped
this year

Proud moments ...

... Our work at **HMP Bristol** teaching bike mechanics to prisoners **won a prestigious award** for prisoner rehabilitation.



Thanks to **100 volunteers** who gave **4,500 hours** of their time, we were honoured with a **Queen's Award for Voluntary Service**.

Skills



"I can take apart a bike from scratch and put it back together. I am learning something I didn't know before and I feel confident doing it. When I come outside I would like to continue with this."

Romean

Bikes donated to our schemes in Bristol and Derby enable prisoners with few skills to learn cycle mechanics.

Prisoners can gain City & Guilds accredited **qualifications** that boost their confidence and employment prospects.

- **92 prisoners learnt new skills**
- **546 bikes recycled**

Fixed bikes are returned to the community to help those on low-incomes start cycling. These support our other 'Inclusive Cycling' projects.

Our after school cycling activities in deprived urban areas, help children with health issues and low aspirations to exercise and broaden their horizons:

- **385 kids got active at our weekly sessions**

Aimee had been trying unsuccessfully to ride a bike for two years when we met her. After two weeks we got her cycling: then we couldn't get her off the bike at home time!



Exercise

"My mum is so proud of me, she is getting me a bike of my own so I can use it more often."

Aimee



Well being

We support those with mental health issues to get outdoors, socialise and re-connect with the world around them.

- 87 people joined our supported cycle programme: three quarters report "significantly" or "enormously" improved mental health

We help the over-55s to stay physically active and socially vibrant as they age.

- Our gentle rides gave 116 older people 483 opportunities to get active

We give adults and children with visual-impairments the freedom to enjoy tandem cycling, with the help of sighted volunteers.

- 1,400 hours of freedom for disabled people



Freedom



*"After losing my sight in a horrific car crash I never thought I'd be able to ride a bike again. **Two's Company** has given me exercise, freedom and friendship."*
Jenny



Confidence

- 1,336 Kids learnt the skills to start cycling
- 283 Adults gained the confidence to re-start
- 452 HGV drivers attended Cycle Awareness Training, making the roads safer for all



720

secure cycle parking spaces provided to small businesses & community groups for free



Thank You

BBC Children in Need • Big Lottery Fund • Boshier Hinton Foundation • Bournemouth Borough Council
Bristol City Council • Derby City Council • Garfield Weston Foundation • Heart Research UK • Herefordshire Council • Henry Smith Charity • HMP Bristol • HMP Stocken • HMP Nottingham • Imagine If Foundation
James Tudor Foundation • North Somerset Council • Quartet Community Foundation • The Peter Harrison Foundation

Help keep the wheels rolling ...



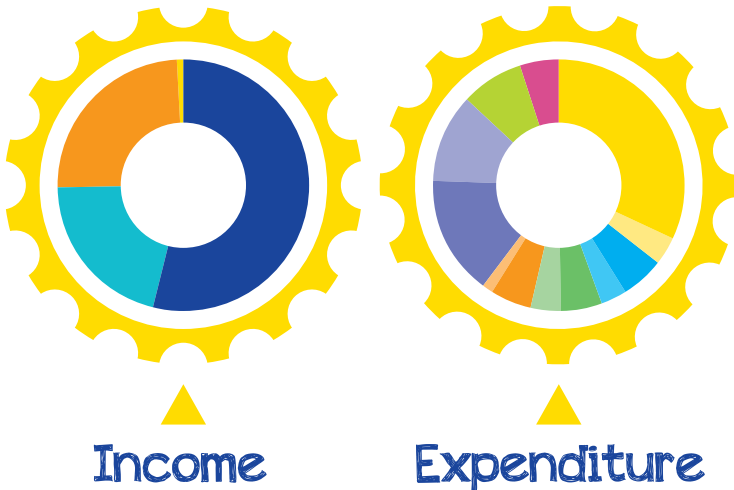
Support Life Cycle UK by making a monthly donation:

- You choose your donation amount
- No wasted resources on fancy freebies
- Every penny supports our work

Join our community of supporters today:
www.justgiving.com/lifecycleuk

“Exceptional social return on investment”*

*University of Brighton & University of Surrey, 2016



These charts summarise the finances of the charity for the year end 31st March 2017.

The surplus is due to several grants received at the end of this financial year for expenditure next financial year. Data is extracted from our full accounts, which were subject to independent examination.

Income

● Grants and Donations	£283,888
● Contracts	£108,971
● Training courses, bike sales and fees	£127,286
● Investment Income	£4,064
TOTAL INCOME	£524,209

Expenditure

Skills	● Bike Recycling & Prisoner Training	£155,355
	● Maintenance Courses	£18,557
Exercise	● Youth Work	£27,180
	● Health	£15,346
Wellbeing	● Mental Wellbeing	£26,386
	● Over 55s	£18,183
Freedom	● Tandem Rides	£25,778
	● Free bike repairs	£6,197
Confidence	● Kids Cycle Training	£75,156
	● Adult Cycle Training	£54,529
	● Cycle Parking	£39,143
	● Cost of Generating Funds	£24,063
TOTAL EXPENDITURE		£485,873

Contact Us

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