



## Impact Report 2015-16

### Introduction

At **Life Cycle UK** we believe in the power of the bicycle to change lives. Cycling offers freedom, independence and connects people to local jobs and services, as well as each other. It provides a means to exercise, an easy way to maintain physical and mental health and is a non-polluting transport option that improves urban environments for us all.

But many people need encouragement, training and support in order to feel confident enough to get on a bike and start cycling. That's where **Life Cycle UK** comes in: we help people of all ages and backgrounds to unlock the benefits of two wheels.

An independent evaluation by The University of Brighton and University of Surrey found that our Bike Minded project offers "exceptional social return on investment".

### Snapshot

“

I've spent half my life on antidepressants. It got to a point when I thought things were not going to end well for me if life carried on the way it was going... Having a bike has enabled me to be more social and feel less isolated. I'm working again now, I cycle for my commute and I'm part of the **Life Cycle** team... It's transformed me both mentally and physically.

”

**Warren, Bike Minded Participant**





## The difference we make

**When Jamal\* arrived at Bristol Prison he was struggling to cope with his situation.**

He hadn't been doing a practical job on the outside so *"didn't know one end of a bike from the other"* but was desperate to do something to take his mind off his sentence, so applied to work in our bike recycling workshop.

After just a few weeks, Jamal found he was discovering skills that he never knew he had. What he most liked about being in our workshop was that it gave him an opportunity to *"build up self-confidence, learn new skills"*. Here he wasn't written off as a lost cause, or treated as someone incapable of changing. He was working with people who believed in him.

Jamal's knowledge of bike maintenance came on leaps and bounds. He felt that gaining a sound knowledge of bike mechanics was really valuable to him as a person, giving him something he could *"fall back on"* after release.



By the time Jamal left our workshop he had completely refurbished a dozen broken bikes for use by the local community. He had learnt how to *"do things properly"* and left with a nationally recognised City & Guilds Level 1 qualification in bike maintenance – *"the cherry on the cake"* of the whole experience.

Jamal says he now feels much more confident about life after prison and would really like to continue learning on release.

\*not his real name

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## How we helped

Our services helped people in **Bristol, Derby, Bournemouth** and across the South West to access the resources, skills and support to get cycling:



### Confidence Training

We teach respect for cycling and help people gain the **skills, knowledge and confidence** to cycle safely on the roads.

**1,188**

**children** learnt to cycle safely and confidently.

**410**

**adults** had confidence boosting cycle training.

**277**

**HGV drivers** received cycle awareness training.



### Supported Cycling Activities

Our **inclusive cycle programme** helps disadvantaged groups to improve their physical, mental and financial health by taking up cycling.

**1,550** hours

Visually-impaired people and sighted volunteers enjoyed **1,550 hours** cycling together on tandems.

**403** opportunities

Over 55's took up **403 opportunities** to join a gentle group ride and make new friends.

**198** places

Individuals experiencing mental health issues took up **198 places** on wellbeing rides.

**276** young people

**276** young people benefitted from free after-school and holiday cycling activities.



### Refurbished Bikes

Our bike refurbishment programmes **teach prisoners** mechanical skills and provide **affordable bikes** to those on lower incomes.

**87**

Prisoners gained new skills in bike mechanics, enabling...



**569**

... people to buy an affordable refurbished bike.



### Cycling at Work

Our **Take A Stand®** scheme provided small organisations with **358** new secure cycle parking spaces: **for FREE!**

**358** cycle spaces

**437** bikes fixed

Our **Dr Bike mobile mechanic** worked with employers to fix **437** staff bikes



This year we became a **City & Guilds accredited training centre** for bike mechanics – so prisoners in our workshop now earn recognised qualifications.



# Thanks to our volunteers

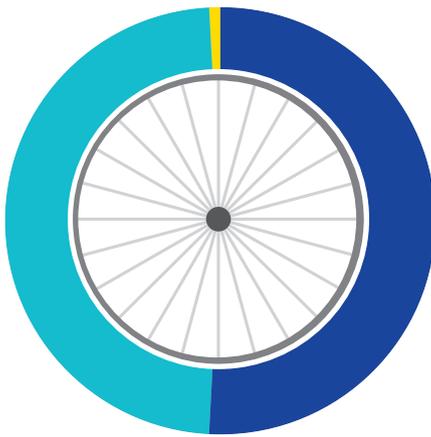
Our work simply wouldn't be possible without the help of the 93 amazing volunteers who gave up 3,949 hours of their time to help more people get cycling and live healthier, happier lives.

"Taking up mainstream activities as a person without sight can be daunting...but 6 hours in the fresh air; pedalling with someone trained to be safe who can control the bike with me on the back; what could be better? The front riders are all volunteers ... it's a special privilege to be part of this group."

Mike, Two's Company participant

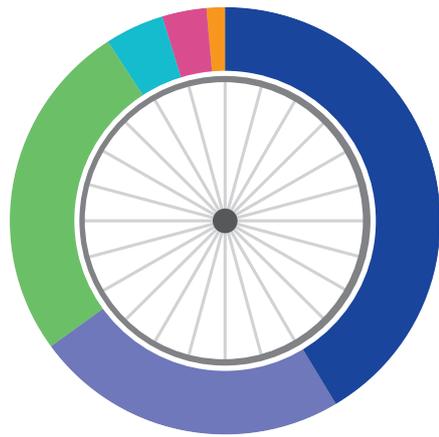


## Financials



**Income**

● Grants and Donations	<b>£235,139</b>
● Income from Charitable Activities (Contracts & Fees)	<b>£224,067</b>
● Investment Income	<b>£3,270</b>
<b>Total income</b>	<b>£462,476</b>



**Expenditure**

● Bike Refurbishment and Prisoner Training	<b>£180,169</b>
● Cycle Training	<b>£102,032</b>
● Supported Cycling	<b>£111,907</b>
● Cycle Parking	<b>£20,045</b>
● Cost of Generating Funds	<b>£14,245</b>
● Governance Costs	<b>£5,469</b>
<b>Total expenditure</b>	<b>£433,867</b>

These pie charts summarise the finances of the charity for the year end 31 March 2016.

The surplus of £29k, includes £14k designated to support the continuation of our Bike Back Bristol project. The data is extracted from our full annual accounts, which were subject to an independent examination.

## Thank You

- BBC Children in Need**
- Big Lottery Fund
- Bournemouth Borough Council**
- Bristol City Council
- Bupa UK Foundation**
- Derby City Council
- Family & friends in memory of Alex Evans**
- Garfield Weston Foundation
- Henry Smith Charity**
- HMP Bristol, HMP Stocken & HMP Nottingham
- Imagine If Foundation**
- James Tudor Foundation
- Lloyds Bank Foundation**
- Quartet Community Foundation
- The Peter Harrison Foundation**
- University of the West of England – Community Fund
- University of Bristol – Community Fund**

Find out more at [www.lifecycleuk.org.uk](http://www.lifecycleuk.org.uk)  
or call us on **0117 353 4580**