

Life Cycle UK

Start cycling • keep cycling • love cycling



Impact Report 2014-15

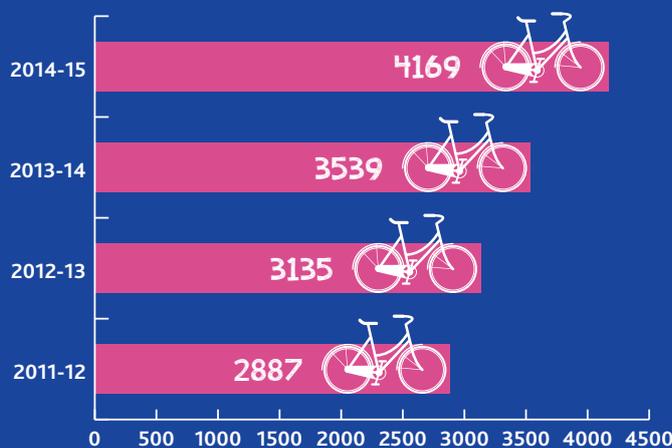
Introduction

At **Life Cycle UK** we believe in the power of the bicycle to change lives and the environment. Cycling transforms people's physical and mental health: it offers freedom; independence; brings people together and connects them to local facilities and jobs – as well as offering a low-carbon transport option that improves urban environments for us all.

However, in order to start cycling many people need a little extra training, encouragement and support. That's where **Life Cycle UK** comes in. As interest in cycling continues to grow, we are helping more people than ever to unlock the benefits of two wheels ...



Year on year growth 



Total numbers directly engaged 



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:



Refurbished Bikes

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

567

People bought an affordable bike refurbished by prisoners.

117

Children exchanged their outgrown bike for a larger model.

110

Prisoners gained new skills in bike mechanics.



Confidence Training

Our training ensures people have the **skills and confidence** needed to cycle on the roads and teaches respect for cycling.

968

9-11 year olds learnt to cycle safely with our Bikeability Team.

438

adults accessed confidence boosting cycle sessions with our expert instructors.

82

people learnt maintenance skills to keep their bikes roadworthy.

460

HGV drivers received cycle awareness training.



Supported Cycling Activities

Our **inclusive cycle programme** reaches those who are excluded from cycling and enables them to gain the positive benefits that others take for granted.

1,728 hours

Visually-impaired adults and children enjoyed 1,728 hours tandem cycling alongside sighted volunteers.

358 opportunities

Over 55's took up 358 opportunities to join a gentle group ride and make new friends.

195 places

Individuals experiencing mental health issues took up 195 places on wellbeing rides.

542 young people

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



Cycle Parking

Lack of cycle parking prevents people from cycling. **Take A Stand®** helps small organisations to install secure parking.

Small organisations were provided with:

954

new secure cycle parking spaces



The difference we made

“
It's very rare you come to prison and find a job you enjoy. The bike workshop keeps you occupied in your mind and helped me realise what I can do: before I could only fix punctures, now I can do loads. I haven't had a day off in 6 weeks – I ring my mum every morning and say I'm going to work!
”
Prisoner at HMP Bristol

“
Kay, Over 55-s rider said:
If it weren't for you I would never have started riding again.
”

“
Eugenia bought a refurbished bike
I bought a Life Cycle bike and I love it! Knowing where it comes from and that in buying it I support such a great project makes me feel good every time I cycle – which is everyday! Thank you so much!
”

“
Maria told us ...
I've suffered from depression for 18 years and tried everything to manage the condition. I wanted to cycle for years but was terrified. I then found Life Cycle UK... The impact cycling has made on my life is indescribable. My fitness has greatly improved, my depression lifted and I feel more happy and free. Thank you for helping me make a big positive change in my life.
”

“
Bill joined our Two's Company tandem rides after losing his sight:
It was an extraordinary experience, exhilarating and one of the best things I have ever done.
”



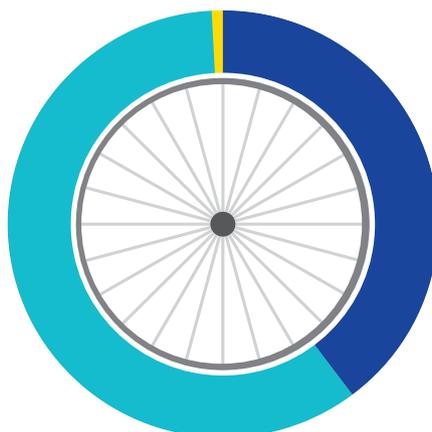
Get involved

We are enormously grateful to the 80+ individuals who between them volunteered over 3,000 hours of their time this year to support our work. If you are interested in supporting Life Cycle, why not:

- Donate us your unwanted bicycle to refurbish
- Volunteer with our projects
- Book our “Dr Bike” mobile mechanic for your workplace or event
- Ask your local Councillor to commission our Take a Stand® scheme
- Support us with a regular donation

Financials

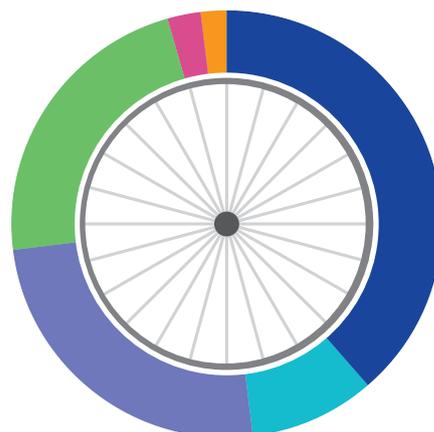
Income



● Grants and Donations	£199,846
● Income from Charitable Activities (Contracts & Fees)	£298,346
● Investment Income	£3,161

Total income **£501,353**

Expenditure



● Bike Refurbishment and Prisoner Training	£159,037
● Cycle Training	£102,445
● Supported Cycling	£92,939
● Cycle Parking	£38,505
● Cost of Generating Funds	£10,716
● Governance Costs	£6,874

Total expenditure **£410,516**

These pie charts summarise the finances of the charity for the year end 31 March 2015.

The surplus of £91k is due to several grants received at the end of this financial year for expenditure next financial year, an increase in reserves to levels recommended by the charity commission, as well as £19k 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
Bristol Green Capital 2015
The Clothworkers Foundation
Derby City Council
Henry Smith Charity
HMP Bristol and HMP Stocken
Imagine if Foundation
The MacRobert Trust
Quartet Community Foundation
The Sobell Foundation
Swindon Borough Council
St Monica Trust Community Fund
Trusthouse Charitable Foundation

Find out more at www.lifecycleuk.org.uk
or call us on **0117 353 4580**