

Our impact 2013-14

Life Cycle has been working since 1996 to get more people on bikes and cycling. We are passionate about the power of bikes to transform lives and the environment.

We teach people of all ages how to ride safely, keep their bike roadworthy and gain the confidence to make cycling part of their lives.

Freedom, convenience, low cost travel, access to jobs or leisure facilities, opportunities to exercise and de-stress or a chance

to socialise and make new friends – whatever people's reasons for wanting to cycle, Life Cycle is here to help.

The last 12 months have been extraordinarily busy, with more and more people interested in taking up cycling and wanting support to get going.

During the year Life Cycle supported 3,742 people through our various projects – whether that was by giving them skills training or helping them access a low cost bike.

The biggest change during the year was the employment of our first ever member of staff outside of Bristol and the establishment of a bicycle-refurbishment scheme in Derby.

We hope you will enjoy reading our brief review of the year and that you too will be inspired to cycle!

**Poppy Brett,
Chief Executive**



What we do in a nutshell

Bikeability

National standard cycle training for children

Training for Adults

Cycle skills training for adults

Two's Company

Tandem bike rides for people who are visually impaired

Bike Minded

Helping people achieve positive mental wellbeing through cycling

Silver Cyclists

Helping over-55s to keep fit and active through cycling

Bike Back

Refurbished bikes at affordable prices, in Bristol & Derby

Bike Generation

Inspiring young people to get active through cycling

Take a Stand

Free cycle parking for small organisations

Family Cycling

Supporting more families to cycle

Bike Maintenance

Teaching skills to keep bikes roadworthy



1,078

We provided small organisations with 1078 new cycle parking spaces



74% more than last year

“The lessons were excellent! I feel much more confident and love cycling now. I’m sleeping better, feeling fitter – I don’t know why I didn’t start sooner.”



Our refurbished bikes helped 386 people get cycling in Bristol and Derby

Regular, fun, engaging cycling activities helped 252 young people to get active

408

Our training enabled 408 adults to get cycling



63% more than last year



978

978 children achieved “Bikeability” level 2 certificate for cycling safely

“The over 55s group got me back on my bike and has given me the confidence to use it regularly. It’s made an amazing difference to my independence and sense of well-being.”

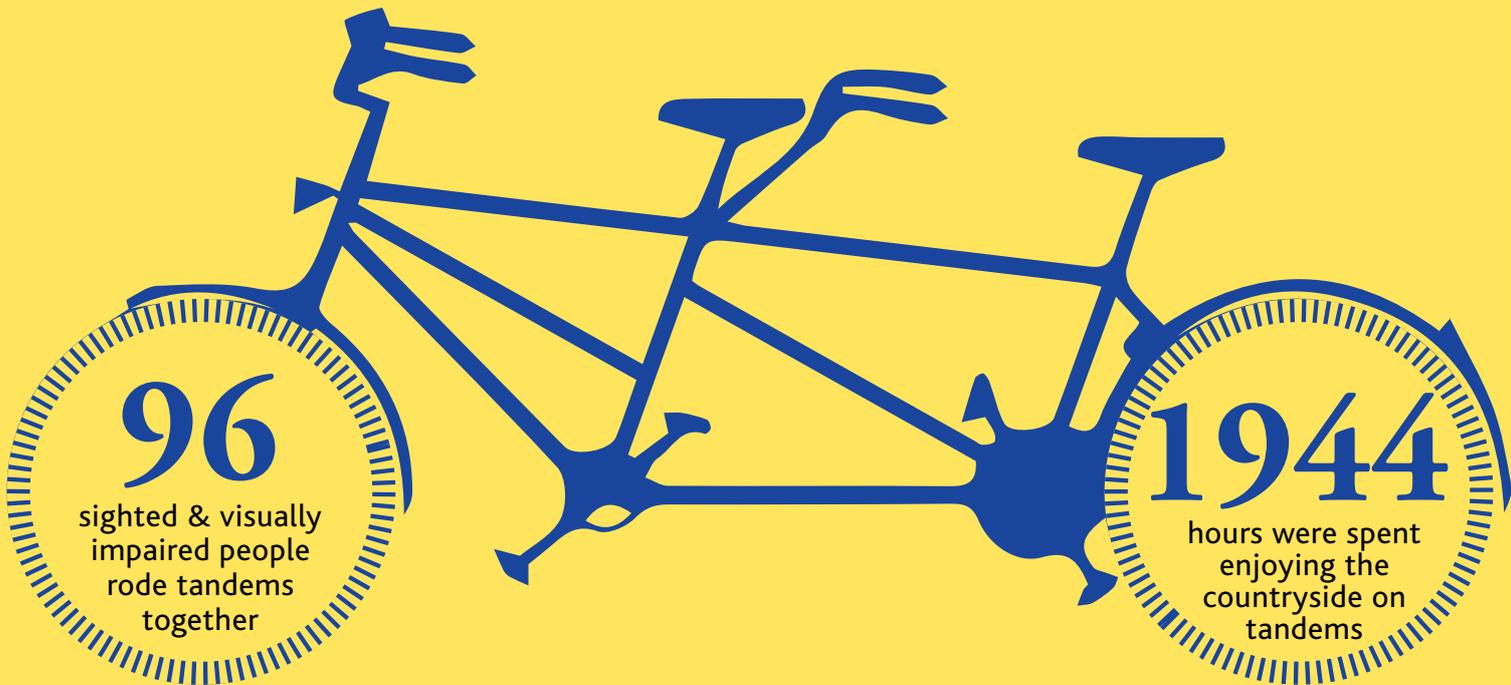
Participant – Silver Cyclists



People aged 55 and over came out riding 288 times



94 people trained to lead rides and deliver training to the National Standards

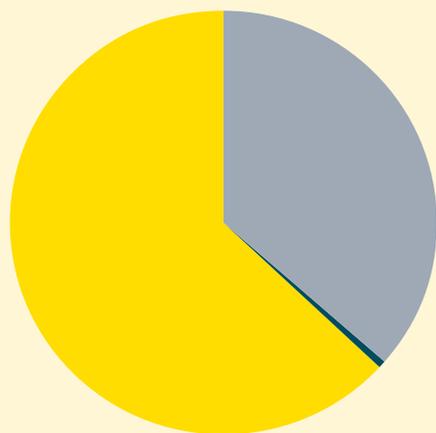


871 Our inclusive cycling projects supported 871 people to get out on bikes

↑ 32% more than last year

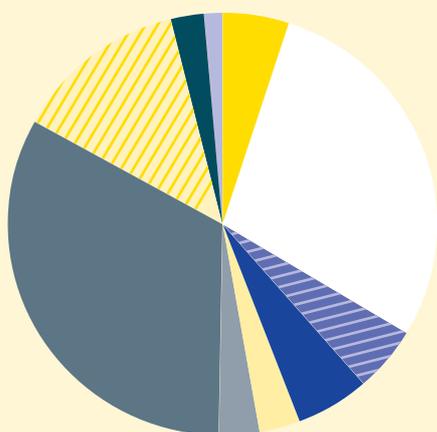
Financials

Income



Grants & Donations	£145,230
Investment Income	£2,687
Income from Charitable Activities (Contracts & Fees)	£251,106
Total	£399,023

Expenditure



Two's Company	£19,446
Bike Back	£108,333
Bike Generation	£18,725
Bike Minded	£21,461
Silver Cyclists	£11,011
Other Projects	£12,143
Cycle Training	£123,950
Take A Stand	£49,032
Cost of Generating Funds	£9,363
Governance Costs	£4,857
Total	£378,321

These pie charts summarise the finances of the charity for the year ended 31 March 2014. The data is extracted from the full annual accounts (copies available from Life Cycle office) which were subject to an independent examination.

Social Return on Investment (SRoI)

£1 invested = £8.05

Research undertaken by the University of Bristol into the social return for investment in Life Cycle UK, indicates that for every £1 invested, there is a social, economic and environmental return of £8.05.

Full research report available online at lifecycleuk.org.uk/our-impact

Thank you

Our thanks go to the many organisations whose support has been invaluable, including:

BBC Children in Need
 Big Lottery Fund
 Bristol City Council
 Business Environment City Point Ltd
 Derby City Council
 Garfield Weston Foundation
 Henry Smith Charity
 HMP Bristol
 HMP Stocken
 Lloyds Bank Community Fund
 Quartet Community Foundation: Comic Relief
 Local Communities
 Quartet Community Foundation: UoB RAG
 St Monica Trust
 Community Fund
 The Bromley Trust



Find out more at lifecycleuk.org.uk or call 0117 353 4580