

Life  
Cycle

# Impact Report

2025



# Welcome and thank you

## **We believe a bike has the power to change a life.**

Whether lifting a child from transport poverty; unlocking a career for an ex-offender; or making exercise accessible for someone with disabilities – Life Cycle makes change through cycling possible.

**This year, we touched the lives of 12,370 people.** And with rising inequalities, a climate emergency and public health crisis – this impact means more now than ever. That's why I'm so grateful to our steadfast volunteers, dedicated staff, committed instructors and generous funders who make every number, quote and story in these pages possible.

And if you want to know more you're in the right place.

**Our 2025 Impact Report is packed with stories that bring Life Cycle's work to life.** From a visually impaired person reclaiming their childhood cycling passion, to a former prisoner riding his self-built bike home to loved ones – what you'll read in these pages is truly inspiring.

**So settle in and discover the simple tool of a bike as an agent for change.**



**Ed Norton**  
**CEO**  
Life Cycle

A handwritten signature in black ink that reads "Ed." with a long horizontal stroke underneath.

# A year in numbers

April 2024 – March 2025



## 842

**bikes saved** from landfill and restored.

## 6,025

**school children** taught to cycle.

## 1,586

**young people and visually impaired people** accessed inclusive cycling projects.

## 204

people qualified as accredited bike mechanics, including **prisoners and ex-offenders**.

# Transforming lives and the environment through cycling

A bicycle – with the knowledge to ride and maintain it – can change a life. At Life Cycle, we help people of all backgrounds unlock the power of cycling.



## 1. Access to bikes

We restore unwanted bikes into safe and smooth to ride cycles. Whilst doing so, we help prisoners find pathways to employment and combat transport poverty.



## 2. Cycle Training

We help children, adults and families learn to cycle. From training in schools to one-to-ones – we equalise opportunities, boost green travel, and strengthen communities.



## 3. Extra support

We help people facing barriers such as disability, social circumstance, or financial challenges, access the benefits of cycling.



## 4. Industry accredited training

We train community leaders, the public, and people in prison in bike mechanics – strengthening the sector, while equipping deprived communities.



# 1. Access to bikes

**60% of UK residents don't have access to a bike, while thousands of bikes are thrown away annually.**

This year, our prisoner rehabilitation and bike recycling project – Bikes Beyond Bars – was there to bridge the gap.

**We restored 842 bikes destined for landfill.**

Of these, almost half were given away to refugees, ex-offenders and people seeking work – boosting independence and affordable access to green transport.

***“So many opportunities were out of reach before now.”***

– refugee Anika\*, after receiving a Life Cycle bike.

We used bike restoration to inspire learning and positive change – helping 260 people in prison gain mechanical knowledge, soft skills, and paths to employment.

**Working alongside each prisoner, we delivered 127 Cytech bike mechanic qualifications – offering each prisoner hope of a brighter future.**

Our Activity Hub provided placements for 16 people on release, helping them gain further Cytech qualifications, work experience, and steps towards employment.

## **Our mechanics repaired 3,581 bikes:**

making them safe and smooth to ride through servicing at our public workshops. This included a weekly “Bike Kitchen”, that helped hundreds of refugees maintain their only mode of transport.

For refugees, this made travel to school, support services and new friendships possible.

## **We also installed 229 free cycle stands at community venues,**

improving daily access to bike parking for hundreds of people.

Bikes restored at our in-prison workshops are now helping refugees – making travel to English lessons, support services, and new friends possible.





## Tools to restore a bike – and change a life.

Step inside our in-prison workshop and you may find yourself surprised to be in prison at all. With the calm atmosphere and low whirring of gears, there's many a friendly face to talk to.

### Meet prisoner and now talented bike mechanic, Ben\*.

It won't be long before he shows you the bike he's just finished building with great enthusiasm.

When we first met Ben he was serving the latest in a long line of sentences. Growing up in a troubled home, with limited support, he had little hope of breaking the cycle of reoffending. But at the workshop, everything changed.

**By connecting with a Life Cycle tutor, Ben gained far more than bike mechanic skills. He found a new sense of purpose, belief in himself, and for the first time, imagined the possibility of life outside prison.**

After gaining his qualification, Ben mentored other prisoners, repaired bikes for prison staff and even built one to ride home on release. Now out of prison, Ben uses his bike to

visit loved ones, and puts his skills into practice fixing bikes for his neighbours. Writing from his new accommodation, he told us that Life Cycle had been his first chance to give back to society.

***“Life Cycle gave me the chance to pass on my skills to others and do something that benefits the community.”***

Thanks for being there for people like Ben.

**Your ongoing support means we can help many more people like Ben to turn their life around.**



With help from Geoff, Life Cycle tutor, Ben found an alternative life after prison.

Our Bikeability training in schools gave children the life skill of cycling.



## 2. Cycle Training

**Cycling boosts mental health, fitness, and independence. At Life Cycle, we believe everyone should have the opportunity to learn.**

**This year, we trained 6,025 school children, breaking a Life Cycle record.**

100% of schools taking part rated our training as "Excellent" or "very good".

***"The instructors were brilliant. Really engaging and we would welcome them back any time."***

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***"The children loved the sessions, thank you!"***

Our Adult Cycle Sessions taught first time learners, and helped others boost their confidence.

**We taught 365 adults to cycle. That's one for every day of the year.**

Two thirds of these trainees were women – reducing gender inequalities in cycling.



Thanks to our free Adult Cycle Training, women like Izzy gained confidence to cycle in the city.

# A skill for life.

**When we first met Paige she was struggling with her confidence.**

Experiencing bullying at school, she needed a safe space to be herself. Somewhere to grow, build her confidence, and find joy in learning.

**Luckily our Youth Project was there to help. Working with Benny – our friendly youth worker – she unlocked a life skill she hadn't thought possible.**

Our Youth Project helped hundreds of children like Paige find a place outside school to grow and learn.

Initially Paige could only ride with stabilisers, but thanks to Benny, she rode away independently the very same day. Now you can't stop her.

***"Literally every day I go out on my bike. I can stand up now and go up all the hills!"***

**Your support brings bikes, cycle skills, and learning, to neighbourhoods where children would otherwise go without.**

**Thanks for opening doors for children like Paige.**



Through Two's Company, Sally was able to cycle again – despite losing her eyesight.



# Losing sight but still cycling.

**Losing her sight never took away Sally's love for cycling, but it did take away the means.**

As a child Sally was fully sighted. She had a deep love for cycling and fond memories of flying down hills, trying to keep up with her cousins. But when she lost her vision, any sport at speed became almost impossible.

**That's when Sally found Two's Company.**

Hopping on a tandem, with a sighted volunteer in front – Sally's favourite sport was

made possible again. And in a world where many things were lost for Sally, reconnecting with her childhood hobby meant a lot.

***"That fresh buzz from it. The adrenaline, the excitement. It's invaluable. A blind cyclist would do anything to protect it."***

Your support for Life Cycle opens doors for many people facing barriers to cycling.

**Thanks for bringing the joys of cycling to disabled and visually impaired people like Sally.**



### 3. Extra support

**Health, financial and environmental – the benefits of cycling are endless. But some people face barriers to getting started.**

This year we supported 1,586 people through inclusive cycling projects – bringing life changing benefits to those most in need.

**Our Youth Project engaged 1,297 kids from Bristol's most deprived neighbourhoods.**

We provided after-school sessions, mechanic lessons, and holiday adventures. Designed to build confidence and broaden horizons, we were there to support kids at risk of school exclusion – many without access to a bike at home.

***"I like going to the Youth Project because it's good and healthy. It's good for your mental and physical health and is relaxing and calm."***

**– Maysara, aged 10.**

## **Our Two's Company project helped 82 visually impaired and disabled people access exercise.**

Our riders made social connections and gained access to the countryside. This was made possible by 45 dedicated volunteers, who gave up their time to help build community and learn about visual impairment.

***"To lose your sight, you feel you can never go anywhere fast. An opportunity that makes you feel fast and active is amazing."***

– Steve, Two's Company participant.

Our Supported Group Rides boosted mental health, social connection and access to exercise for 82 older people. Through route planning support we empowered people to organise their own peer-led activities – proving age is no barrier to the freedom of cycling.



With help from our volunteers, our tandem rides made bike adventures possible for disabled and partially sighted people.



## 4. Industry accredited training

**With more than 25 years of experience, we're passionate about sharing our knowledge with similar minded groups.**

This year, our Hub trained 77 people from other organisations working to reduce inequalities. Each gained an industry accredited bike mechanic qualification while expanding our impact to new neighbourhoods.

**We upskilled leaders from groups working to reduce transport poverty.**

We trained ex-offenders and young adults – providing a leg up for disadvantaged but talented people looking to make it in the cycle industry.

***"I'm really looking forward to using my skills in my job and to help others learn."***

– Archie, young course participant.

We trained 32 people as 1st4Sport instructors – equipping them to teach thousands of children the life skill of cycling.



# Mechanic knowledge where it's most needed.

**Dan runs a community bike shop. Based in Hartcliffe, 52% of local children are classed as disadvantaged.**

At Dan's workshop, he teaches bike mechanics to youth at risk of exclusion. It's a lifeline for a community struggling with antisocial behaviour and no affordable transport.

**But cycling technology is ever changing, and training expensive. With a small community project, Dan couldn't afford the training he needed to keep up.**

Having completed our Cytech course, Dan is helping excluded teenagers learn and grow.

Thankfully, Life Cycle was able to offer Dan a bursary on our accredited Cytech course. And the impact was huge.

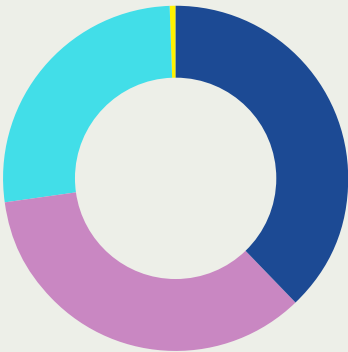
***"With the knowledge gained from the Cytech course I can train my staff and volunteers to make cycling and bike mechanics more accessible in one of Bristol's most deprived areas."***

**Your support equips leaders like Dan – bringing a ripple effect of knowledge into the communities that need it.**



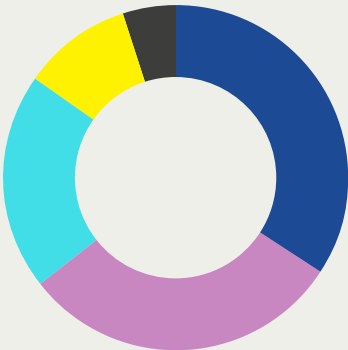
# Annual Accounts 2025

12 months ending 31<sup>st</sup> March 2025.



## Income

Grants & Donations	£465,440	38%
Contracts	£432,223	35%
Training courses, bike sales & fees	£324,834	26%
Investment income	£6,502	0.5%
<b>Total income</b>		<b>£1,228,999 100%</b>



## Expenditure

Industry accredited training	£466,052	34%
Access to bikes	£411,406	30%
Cycle Training	£277,537	20%
Extra support	£138,818	10%
Cost of generating funds	£65,738	5%
<b>Total Expenditure</b>		<b>£1,359,551 100%</b>

This year, Life Cycle closed some projects to increase our financial resilience and prioritise projects meeting the greatest social and environmental need. We also modernised our accredited bike mechanic training, developing our charitable work while driving paid bookings to our training centre. This investment combined with project closure has put us on track to break even in 2026 as planned.

# Thank you!

**People like you make our work possible. Thank you to our:**

## **Volunteers:**

Who gave up 4,179 hours of their time. Piloting tandems, saving bikes from scrap, and providing a role model at our youth project – thank you!

## **Fundraisers and donors:**

You collectively raised £45,735 through sponsored events, gifts and appeals. Including smashing our Big Give Christmas target in just six hours. We're so grateful.

## **Freelancers:**

Each freelance mechanic and cycle tutor kept our projects running, passing on skills, maintaining essential equipment and keeping Life Cycle alive.

## **Trusts and Foundations:**

Who gave generously to make each project possible, including:

The Denman Charitable Trust, Foundation Derbyshire, Great Western Railway, John James Bristol Foundation, Masonic Trust, The National Lottery Community Fund, The Nisbet Trust, Quartet Community Foundation, The Singer Foundation, Sport England, Travelwest, University of the West of England



\*Names changed.

# Life Cycle

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