Life Cycle

Impact Report

2023 – 2024



We’re celebrating

25 years

of transforming lives
through cycling!



Welcome and thank you

This year Life Cycle has touched the lives of an incredible 12,869 people. We've boosted our already widespread reach by 5%. And brought the benefits of cycling to nine UK regions. **If you're reading this, it's likely you've been part of making that happen. Thank you.**

We're celebrating 25 years of Life Cycle's work too! That's 25 years supporting disadvantaged and marginalised people to boost their well-being, skills and social connections – all through cycling. **25 years made possible thanks to people like you.**

We couldn't be prouder of our expert bike mechanics, committed instructors, generous donors, dedicated staff and unwavering volunteers. On behalf of Life Cycle, and every person impacted by what's written in these pages: thank you.





We are Life Cycle!

We're a charity that transforms lives and the environment through cycling.

About us

We work with people of all ages, abilities and backgrounds at every stage of their cycling journey: From learning to ride, to building a career in the cycle industry.

We know that with the right support, anyone can benefit from bikes. We help thousands of people each year by providing:

1. Bikes that are safe, smooth and fun to ride.
2. Cycle training for all ages and abilities.
3. Cycling activities for people with additional needs.
4. Industry-accredited training for the public - and people in prison.

We're here to show that cycling can be safe, practical and affordable for most short journeys: No matter who you are, what you do or what you look like. We create positive spaces where people can be themselves, develop and reach their goals.

We're all about empowering people on their cycling journey.

Our vision and mission

Vision

A world with clean air and healthier people, where cycling is the chosen mode of transport, for most people, for short daily journeys.

Mission

Our mission is to help more people experience the benefits of cycling – transforming lives and the environment.



Access to bikes that are safe, smooth, and fun to ride

This year we **trained 99 people inside prisons** as accredited cycle mechanics while **refurbishing 860 bicycles** that would otherwise have gone to landfill. **60% of these bikes were given away discounted or free** to those on the very lowest income.

We created further pathways to employment by providing **community placements for 22 ex-prisoners.**

Our hub mechanics **serviced 1,285 bikes,** ensuring people were safe on the road. And made **free repairs to 2,288** at 'pop-up' Dr Bike events.

"They welcomed me with a smile and a helping hand, and offered me a road bike, which changed my life. Cycling has enhanced my physical health, mental well-being and social life. It has helped me overcome culture shock by allowing me to make friends and integrate into the community."
– Yosief, Asylum seeker in Derby



Your support means people like Mike, released from prison, can access a free bike to travel to job interviews and support as he makes a new start.

Cycle Training for all ages and abilities

This year our Bikeability instructors **trained 5,795 school children**. This is a **32% increase above pre-pandemic levels,** developing the next generation of cyclists.

We helped **473 adults to learn or refresh their cycling skills,** 77% of which were women.

- 97% rated training as "very good" or "excellent".
- 96% said their skills and confidence had increased.
- 77% of trainees now cycle more than 30 minutes a week.

It's such an important life skill; I was really pleased we could offer the opportunity. They quickly developed an excellent rapport with the children, responded to individual needs with great sensitivity, and remained positive and upbeat. Thank you!"
–Mrs Mann, Teacher at Kewstoke Primary

"I felt listened to and didn't feel embarrassed about having limited knowledge of cycling. I left feeling very positive."
– Linda, Adult Cycle Training participant



Your support makes sure no child is left behind when learning to ride – whatever their financial circumstances.

Cycling activities for people with additional needs

This year our Inclusive Cycling projects **helped 350 people** including...

- Group Cycling Courses for those facing societal barriers to cycling, including refugees, women, and minority groups.
- Tandem rides for visually impaired and disabled riders through our Two's Company project.
- Our Over 55s Group and Cycle Café, helping people connect and combat isolation.

Meanwhile, our Youth Project helped **731 children from deprived communities engage with cycling,** learning, and wellbeing activities – from cycle adventures to bike mechanic sessions.

"I'm a mum of four kids and I had a baby, six-months old when learning to ride the bike. When I started, it felt like a very big thing... how can I balance on this? But when I got on it, it was like, I can do it. I can now cycle, and I can join my kids and they are so proud of me."
– Swiba, Group Cycling Course participant

"I'm cycling more now than I have since my early 20s and I'm now 75. I record the mileage I do... I've cycled over 2,000 miles."
– Sylvia, Over 55s participant



Your support is creating safe spaces for women like Ayan (left), breaking down cultural barriers to the benefits of cycling.

Strengthening the cycling sector

Training and equipping

Life Cycle's impact goes further than our own projects. Through sharing our expertise, training and upskilling others in the sector, the "ripple effect" created beyond our involvement is vast. This year we **trained 108 people as 1st4Sport accredited cycle instructors** and **109 members of the public as accredited cycle mechanics.**

"I am already putting into practice the skills I have developed on the course. I am very grateful for this opportunity provided by the bursary. I feel it will definitely change my life for the better."
– Robert, free City & Guilds Cycle Mechanics Course participant

We offered free courses to like-minded charities, helping them build capacity. This includes:

- Emmaus: helping people find a route out of poverty and homelessness.
- Bristol Bike Project: repairing and rehoming second-hand bikes through training programmes.
- On Your Bike: recycling and supported mechanic training scheme.



With the help of supporters like you, we're equipping budding mechanics like Mckenzie, creating a ripple effect of knowledge sharing out into the community.

Strengthening the cycling sector

Connecting with the community

We also helped **113 people gain access to secure on-street cycle hangar storage**, and installed **138 free cycle stands** to community venues.

Finally, we provided access to electric bikes for a University of Bristol research study looking at health outcomes for cancer patients in local hospitals.

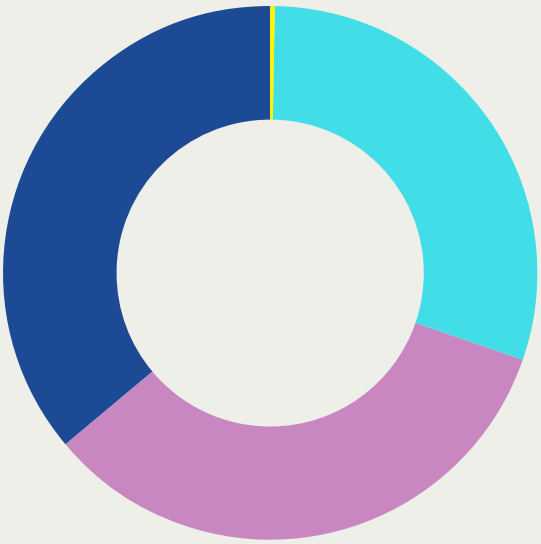
"Excellent service, thank you so much for our cycle stands! As a dental practice with no cycle stands we were getting feedback to have some installed. We cannot thank you enough."
– Free cycle stand recipient, Frome



Life Cycle supporters are making sure cycle stands like these are available across the community.

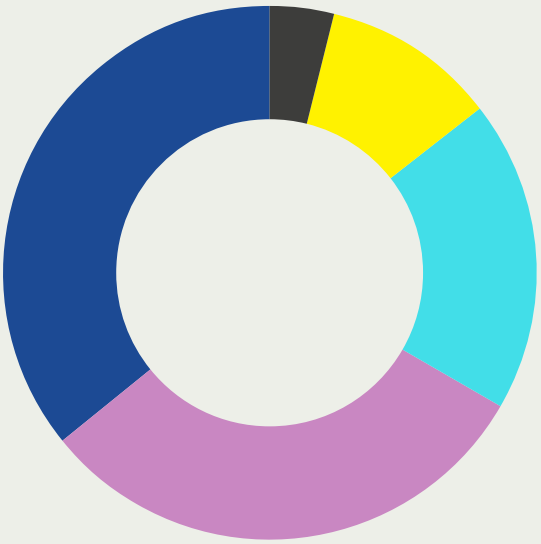
Annual Accounts 2023–24

These charts summarise the 12 months ending 31st March 2024.



Income

Training courses, bike sales & fees	£475,044	36%
Grants & Donations	£442,229	34%
Contracts	£395,337	30%
Investment income	£5,797	0.5%
Total income	**£1,318,407**	**100%**



Expenditure

Access to working bikes	£490,245	36%
Strengthening the cycling sector	£421,983	31%
Skills and confidence to cycle	£255,504	19%
Unlocking barriers to cycling	£146,309	11%
Cost of generating funds	£54,485	4%
Total Expenditure	**£1,368,526**	**100%**

Life Cycle has continued to make necessary investment in our IT infrastructure and accredited mechanic course upgrade – both strategic decisions to help us expand impact and reach. This deficit was planned and approved by trustees at the start of the year, to cover essential up-front costs and was partly funded by designated reserves. This exciting investment should break even by 2026.

Thank you!

None of this would be feasible without our amazing volunteers, collectively giving up 4,813 hours to help transform lives through cycling. We also want to thank the amazing staff, freelancers, and kind donors like you, whose inspirational support makes all we do possible.

A special shout out to:

Bristol City Centre BID, Bristol City Council – Wheels to Work, Crowd Funder - Cost of Living Resilience Fund, Foundation Derbyshire - The Tom Carey Fund, GWR - Customer and Community Improvement Fund, John James Bristol Foundation, National Grid, Quartet Community Foundation - Recovery Strategy (Sector Development), Redcliffe & Temple BID, Sarah Mowl, School for Social Entrepreneurs – Cost of Living Challenge Fund, Swire Charitable Trust, The 29th May 1961 Charity, The Bikeability Trust - Scale Up Funding, The National Lottery Community Fund: Awards for All, The National Lottery Community Fund: Reaching Communities, Wesport



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