

Vision

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

Mission

We help more people get cycling, to transform lives and the environment.

What we do

To achieve this, we:

1. Offer access to working bicycles.
2. Help people gain the skills & confidence to cycle wherever they want.
3. Offer extra support to anyone who faces barriers to unlock the benefits of cycling.
4. Strengthen the cycling sector by training bike mechanics, cycle instructors and partnering with local organisations to boost cycling.

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Welcome!

This year, cycling has been a lifeline for many people who struggled due to high inflation and the cost-of-living crisis. In 2022-23, we helped a record **12,306** people to access affordable transport, improve their mental wellbeing and take healthy exercise.

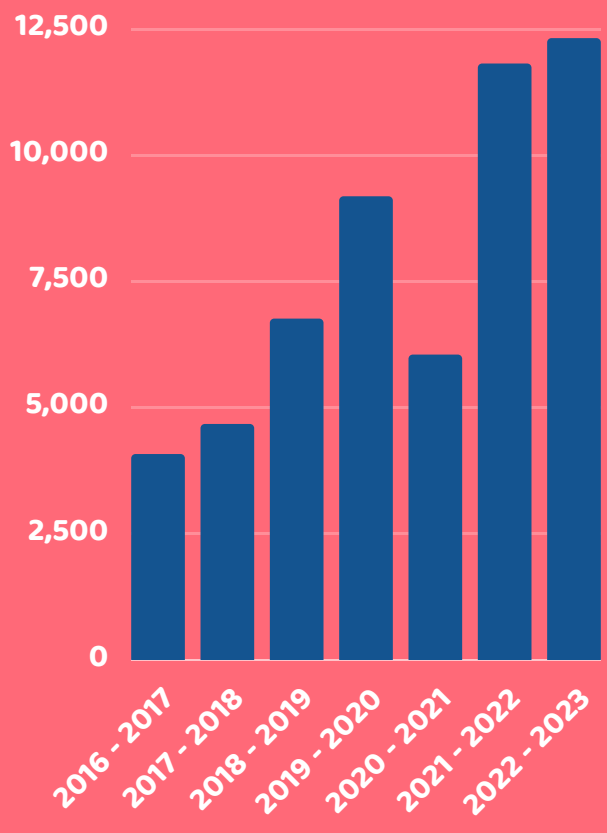
"Very obvious benefits immediately from a very well-run organisation" – Abid*



Member of Southmead's Sudanese community gaining confidence at our Cycle Courses for adults.

*names in this report have been changed.

Number of peple helped



Access to working bicycles

We trained **117** prisoners as City & Guilds accredited cycle mechanics, whilst refurbishing donated bikes:

"I thought I'd try and get some relevant experience before I'm released, I think having this qualification gives me potential for employment. It's been about bettering myself. I've learnt loads, the proper way to do things, and why." – Ryan*

These prisoners helped get **800** old bikes (all donated by the public) back on the road and into use by people in need of cheap, reliable transport.

We serviced **1,459** bikes at our public workshops, up from <250 bikes/year pre-pandemic.



Sonny attended a City & Guilds mechanics course on a bursary. He's since been employed by Life Cycle!

"Best place for a quality bike at a fair price! Very helpful, friendly, and knowledgeable team, thank you for all your help… Fitting on my lights, lock and other bits as well as telling me about the Wheels to Work scheme which helped me out massively." – Clara*, buyer of a subsidized bike.

We also made free repairs to **1,910** bikes at 'pop-up' Dr Bike events.

Up 11% on 2021-22 – as the cost-of-living crisis meant many people wheeled a previously disused bike out the shed and needed help to get it running again.



Dr Bike session at the Festival for our Future in Bristol.

Skills & confidence to cycle

Our qualified instructors taught **5,269** school children in 2022-23 (+4%) – despite disruption from teachers' strikes, heatwaves and cold snaps.

- **98%** of schools said the training was "very good" or "excellent".
- **89%** of parents feel more confident to let their child cycle on the road.
- **72%** of children now cycle for at least 30 minutes each week.

"Instructors are well-trained. Children come back enthused with improved skills for both cycling and road safety in general. Very pleased with the excellent service." – Ashton Gate Primary



Instructor Tess delivering 1 : 1 Adult Cycle Training.

They also taught **476** adults to learn or refresh their cycling skills. Countering the typical cyclist profile, 72% trainees were women!

- **97%** rated training as "very good" or "excellent".
- **97%** said their skills and confidence had increased.
- **80%** of trainees now cycle at least 30 minutes each week.



Our instructor Mike teaching the City & Guilds Level 1 in Cycle Mechanics.

"I don't have to use the car anything like as much as I did. This helps me financially, whilst also helping to reduce carbon emissions and traffic congestion." – Halima*

Our qualified Bike Mechanic Tutors taught **102** people to learn basic bike mechanic skills at Beginners Bike Maintenance courses. 100% rated the course as either "Excellent" (88%) or "Good" (12%).

"I learnt so much! I didn't know anything about looking after our family's bikes and now I'm much more confident I could spot issues and fix them." - Ali*

Extra support to unlock the benefits of cycling

"I think Life Cycle are amazing. I am cycling more than I have done for 50 years!" – Jo*

We were pleased to help **473** people through our "Inclusive Cycling" projects.

These included:

- **Beginner** and **Returner** cyclists' courses.
- **Cycle Buddies** to provide 1:1 support to socially isolated people.
- **Group Leisure Rides** targeting areas/groups less likely to cycle.
- **Two's Company** tandem rides for people who have a visual impairment or disability.
- **Over 55's Group** and **Cycle Café** for older people.

"They always came to where was convenient for me. It was at my own pace...helping me ease out my comfort zone. It gave me the push to try new things. It was really good for my self-esteem to tackle something I had been nervous about." – Ayesha*



Over 55s Group and Two's Company participants at a Cycle Café meeting.

"It can be hard sometimes to get back to your life once you get off the tandem – because cycling with Life Cycle feels like pure joy and freedom." – Steve*

"My mental and physical health have greatly improved. People I haven't seen for a while can't believe the change in me." – Ed*

"My asthma has definitely improved dramatically since I moved to Bristol and I put it down to the fact that I am now cycling on a regular basis which I never used to do before. I am 72." – Ken*

Our Youth Project ran free, weekly, 'open access' activities in three deprived communities that helped **409** kids start engaging with cycling through a mix of games, trips, and mechanics sessions.



School Holidays Youth Project session at Southmead Adventure Playground.



Ride Leader Liam demonstrating bike maintenance at the Youth Project.

We also helped **597** children via structured cycle training activities funded by a "Widening Participation" grant from The Bikeability Trust, piloting ways to reach kids at our 'open access' community sessions – many of whom miss cycle training at school.

'Gears felt mysterious, I always thought there was a lot more to it. If you'd have asked me what this thing [a "third hand" tool] was two weeks ago I'd have had no clue, now I think it's one of the most useful things going.' – Jamie*

Strengthen the cycling sector

Whilst the number of people we support grows each year, the impact Life Cycle alone can have on UK cycling levels is modest. So, we upskill individuals at other cycling initiatives to create a "ripple effect" of benefits beyond our involvement.

This year we trained:

- **84** people as 1st4sport accredited cycle instructors.
- **146** members of the public as City & Guilds accredited cycle mechanics.



Ex-prisoner receiving a certificate for City & Guilds Level 1 course in Cycle Mechanics.



1st4sport Cycle Instructor Training.

We also offered fully funded bursaries to many people from low-incomes – by partnering with groups such as:

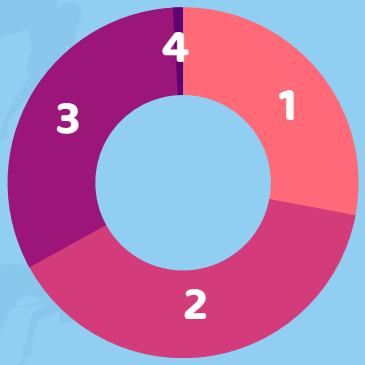
- **Warmley Wheelers**, a group in South Gloucestershire, who give people with health conditions the chance to get into cycling on adapted bicycles.
- **Active Lincolnshire**, who are establishing seven community bike recycling schemes in their county, with refurbished bikes given away for free.
- **On Your Bike**, a bike recycling scheme in Bridgwater, to train mechanics as part of our capacity-building "Get Somerset Cycling" partnership.

We are also providing access to electric bikes and cycle training for a research study run by the University of Bristol and local Hospitals looking into how e-bike use can improve health outcomes for cancer patients.

Lastly, we installed **149** new secure cycle parking spaces at local venues, free of charge.

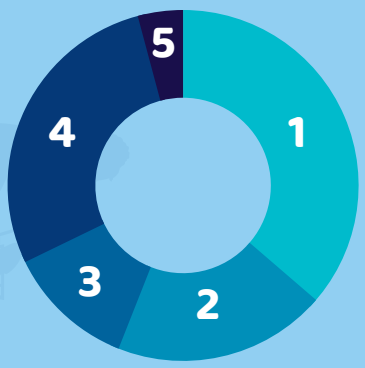
"Thank you for making it so easy for us to be able to provide this service to our community, we could not have afforded to provide [cycle] stands ourselves. It has increased the number of adults and children coming by bike, as we now have a secure place to lock the bikes up." – St Michaels Church, Hamworthy

Annual accounts



Income

1. Grants & donations	£310,727	28%
2. Training courses, bike sales & fees	£433,624	39%
3. Contracts	£356,318	32%
4. Investment income	£10,444	1%
Total income	**£1,111,113**	**100%**



Expenditure

1. Access to working bikes	£433,352	36%
2. Skills and confidence to cycle	£234,760	20%
3. Unlocking barriers to cycling	£140,993	12%
4. Strengthen the cycling sector	£334,457	28%
5. Cost of generating funds	£49,670	4%
Total expenditure	**£1,193,232**	**100%**

These charts summarise the finances of the charity for the year ended 31st March 2023.

Some context to the numbers:

Life Cycle has been making necessary investments in our website, digital systems and staff - enabling us to continue growing sustainably while increasing our social impact.

To this end, a budget deficit was approved by the trustees before the start of the year to facilitate our ongoing development. Of this deficit: £30k is the planned IT development funded from designated reserves, £20k is from general reserves and £32k relates to the timing of restricted income. We are excited to share the results of our investment in our next Impact Report.

A BIG thank you!

None of this would happen without the support of our team of staff and freelancers – helped by 115 amazing volunteers, and generous funders like you.

A special shout out to:

HPC Community Fund/Somerset Community Foundation; The Garfield Weston Foundation; The Bikeability Trust; The National Lottery Community Fund; Sports Foundation for the Disabled; Quartet Community Foundation; National Grid; John James Bristol Foundation; The James Tudor Foundation; The 29th May 1961 Charity; Barbara Ward Children's Foundation; Sport England; Wesport; Cycling UK; The GC Gibson Charitable Trust; The Dorothy Hay-Bolton Charitable Trust; The David Brooke Charity; The Noel Buxton Trust; Duke of Devonshire's Charitable Trust; The Aldo Trust; The Marjorie and Geoffrey Jones Charitable Trust; The Leonard Laity Stoate Charity; The Douglas Arter Foundation; The Truemark Trust; The Leigh Trust; The Fairfield Charitable Trust; The Robert Gavron Charitable Trust; Richard Davies Charitable Foundation; Dame Violet Wills Will Trust; The Anton Jurgens Charitable Trust; The Annett Trust, Chase the Sun,

and lastly - **each and every individual donor who has supported us.**

