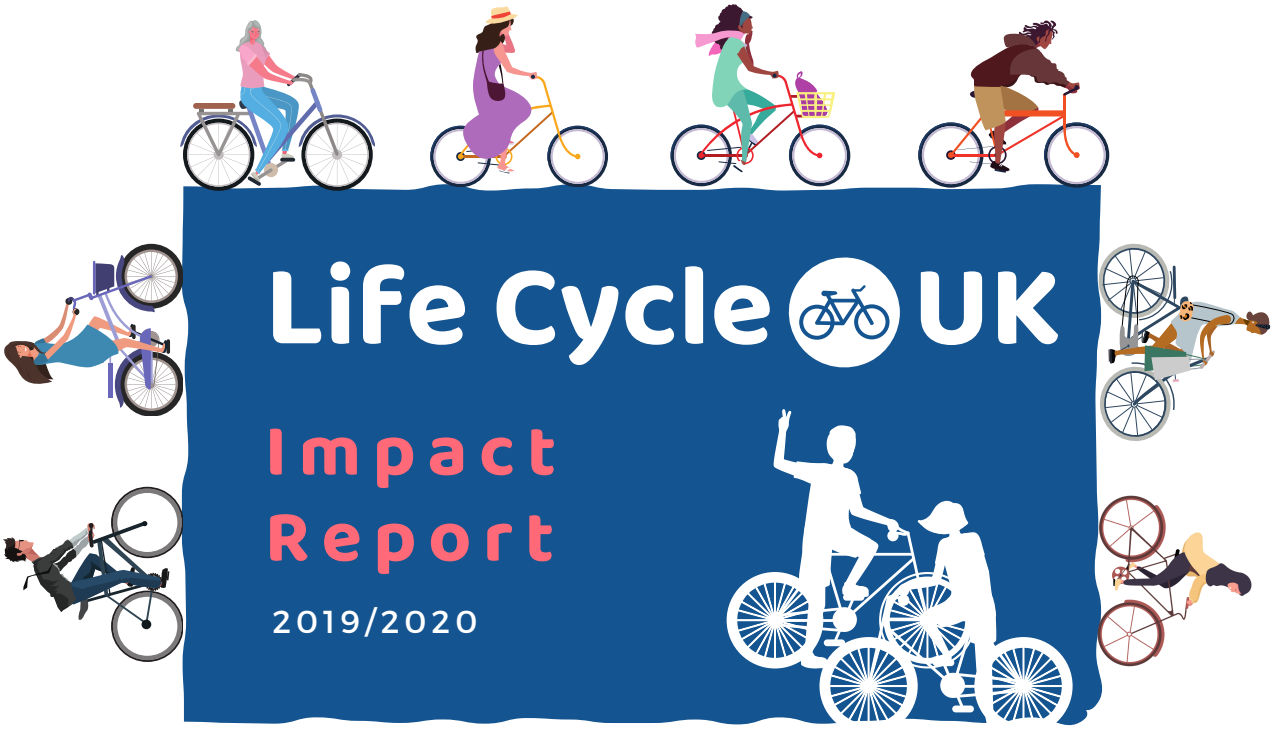


Life Cycle UK

Impact Report

2019/2020

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

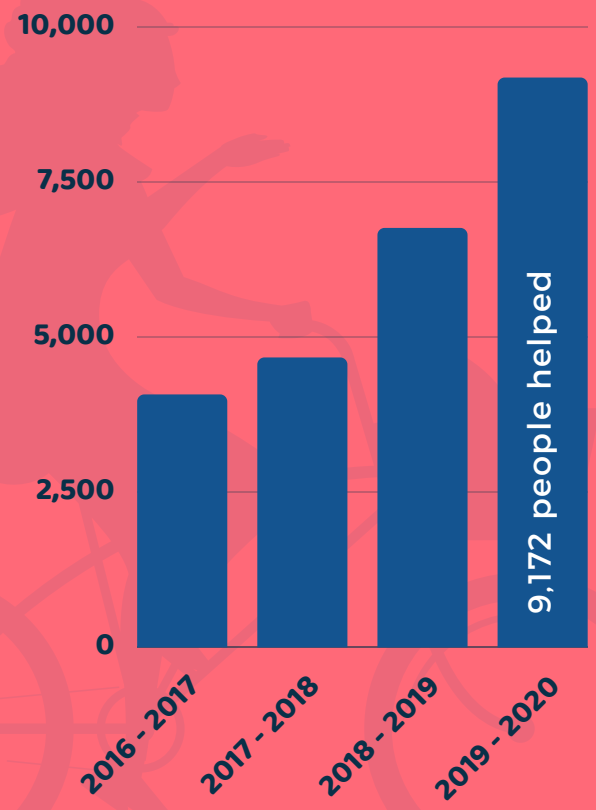
We help more people get cycling, to transform lives and the environment.

What we do

1. Offer access to working bicycles
2. Give people the skills & confidence to cycle wherever they want
3. Offer extra support to those who face additional barriers to cycling
4. Strengthen the cycling sector by training bike mechanics, cycle instructors and partnering with local organisations to boost cycling

"Cycling helped turn my life around, due in no small part to Life Cycle...thank you" -

Trevor was one of the **9,172** people who Life Cycle UK helped to get cycling in 2019-20 (+36% year-on-year). An overview of the public benefit provided across our 4 service areas is below:



Demand for our practical support services has grown each year:

"I'd barely cycled more than an hour since my teens and had zero confidence on roads. After the short lesson, I was amazed at how confident I got. I'm now thoroughly addicted to cycling."
- Billie*

* some names in this report have been changed

1 - Offer access to working bicycles

140 prisoners learned bike mechanic skills, whilst refurbishing donated bicycles

- 74% said it boosted their confidence
- 72% felt they improved their job related skills
- 67% now want to do further qualifications, volunteer or work in the cycle industry.

"I have learned about the importance of working in prison. I feel amazing to help people get affordable and road worthy bikes" - **Eric***



791 bikes refurbished and back on the road

"I have painful arthritis so walking is difficult if I use public transport it takes me an age. I use my bike to travel to and from work. The money I spent I've already saved not using taxis and buses" – **Paula***

1677 bikes fixed at "pop-up" Dr Bike events or loan bike schemes (+35%)

"I was really happy as [my bike] was important for me to travel to my training course. I have no money for public transport and the distance is too far to walk. I am on benefits at the moment and hope my course will get me a job" – **Jose**



2 - Help people gain the skills and confidence to cycle



4400 children taught to cycle safely (+117%)

"it really helped to build my confidence" - **Mohamad***

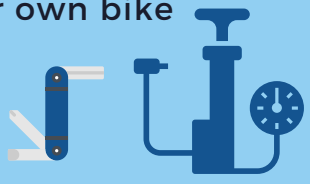
330 adults taught the skills to ride wherever they want, whenever they want

"I never thought I would be able to ride a bike and had put it off due to fear and lack of confidence. My instructor was amazing, helpful, friendly and put me at ease. I love cycling, which I never thought I would say" - **Harriet**



338 people taught the skills to maintain their own bike

"It way surpassed my expectations…the class was fun and really enjoyable!" - **Lilja***



3 - Offer extra support to anyone who faces additional barriers to cycling

36 sighted volunteers and **51** visually-impaired 'back riders' enjoyed **1,002** hours together cycling on tandems. **86%** of 'back riders' said they feel fitter and healthier since joining:



"It has given me confidence and I have made new friends. We all help and support each other. I have Downs Syndrome and am partially sighted so would not be able to ride a bike independently but I feel strong and fit now, I just love it" – **Rachel**

108 older people took up **511** opportunities to re-discover the freedoms of cycling:

- **98%** said it had a positive impact on their mental health
- **87%** felt it boosted their confidence
- **96%** said it improved their opportunities to socialize

"An excellent innovation. A resident for nearly 70 years, I am amazed at the parts [of the city] I didn't know. Discovering these safe cycle tracks have been a revelation. These events have become a key part of my social life." – **Martin**



57 people experiencing mental health issues accessed **429** social cycling activities to improve their wellbeing:



"Getting back into cycling improved my mental health so much that I no longer needed regular hospital admissions. [It] enabled me to become healthier physically and access therapies and activities to reduce social isolation" – **Selina***

518 kids from low-income neighbourhoods enjoyed free weekly cycle activities (+26%)

- **100%** of young people became more active
- **79%** broadened their horizons
- **69%** report increased their confidence



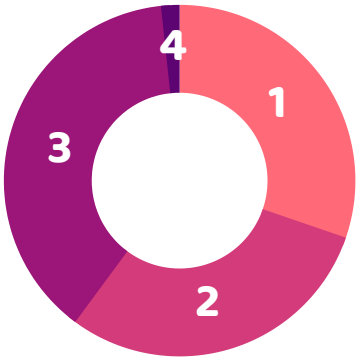
"He's like a different child! He used to stand on the side-lines looking very uncomfortable. It's amazing to see the difference. Being more active has really increased his confidence" – **Daniel's caseworker**

4 - Strengthen the cycling sector

We continued to work with voluntary, private and public sector partners – and members of the public – to provide training and facilities to boost cycling levels more widely:

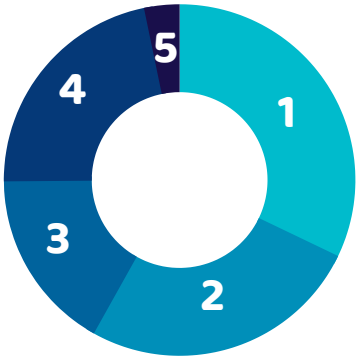
- **41 new Bike Mechanics trained** – to City & Guilds-accredited standards.
- **58 Cycle Instructors trained** – to 1st4Sport-accredited standards (+115%).
- **450 new secure cycle parking spaces installed** at local venues (+15%).

"The course was excellent in all aspects and exceeded my expectations. The pace was perfect, practical examples were first class. The instructor's previous teaching experience shone throughout." - **Martin**



Income

1. Grants & donations	£206,658	30%
2. Training courses, bike sales & fees	£203,953	30%
3. Contracts	£260,695	38%
4. Investment income	£11,606	2%
Total income	£682,912	100%



Expenditure

1. Access to working bikes	£231,057	32%
2. Skills and confidence to cycle	£187,059	26%
3. Unlocking barriers to cycling	£120,611	17%
4. Strengthen the cycling sector	£157,299	22%
5. Cost of generating funds	£23,432	3%
Total expenditure	£719,458	100%

Your donation enables us to transform even more lives through cycling. To make a donation, visit: www.justgiving.com/lifecycleuk

a big Thank You! to:

Alec Van Berchem Charitable Trust, Aubrey Orchard-Lisle Charitable Trust, BBC Children in Need, The Burden Trust, The Clare Milne Trust, Derby City Council, James Tudor Foundation, Medlock Charitable Trust, National Grid Community Grants Programme, Quartet Community Foundation - Express Fund, The Singer Foundation, St Monica Trust Community Impact, Working Young, Hedley Foundation, Barbara Ward Children's Foundation