

Mission

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

Vision

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

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.

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Welcome!

It's been wonderful to see so much more interest in cycling. In 2021-22 we helped a record **11,803** people to access affordable transport, build social connections and take healthy exercise. This beats our severely COVID-disrupted 2020-21 and 2019-20, our record pre-pandemic year:

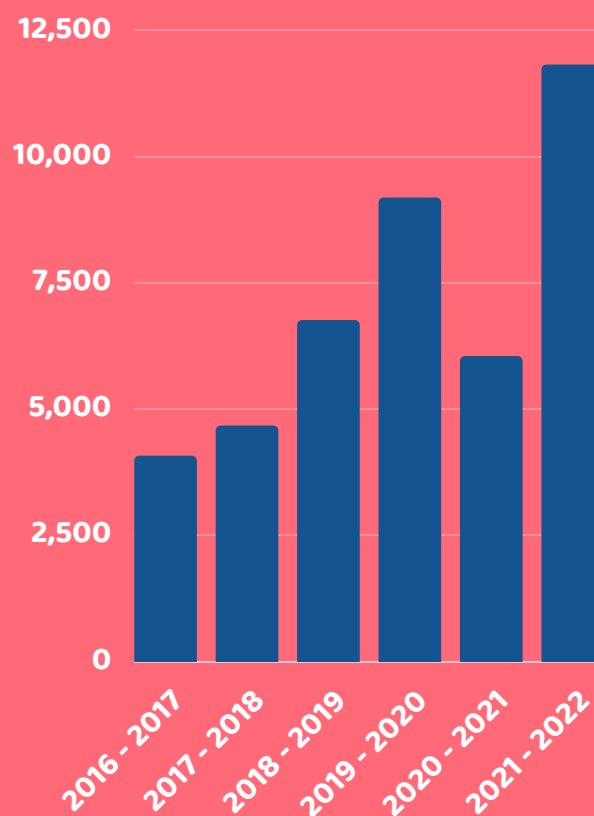
"Life Cycle is a life enhancing organisation! What better than promoting a healthy, sociable, low-cost activity at a time of widespread environmental and economic anxiety." – Aisha*



Young woman learning to ride at our Cycling Courses for Adults session.

*names in this report have been changed.

Number of people helped



Access to working bicycles

73 prisoners were taught bike mechanic skills, whilst refurbishing donated bicycles.

“The course has given me the knowledge to correctly fix and maintain my own bikes. [It] keeps me busy, gets me out of my cell and gives me a great deal of confidence. I plan to start fixing my own and friend’s bikes with a view to securing business or a job involving bikes” - Raymond*

During a national bike shortage they helped get **722** old bikes back on the road and into use by people in need of affordable, reliable transport.

We also serviced **1,408** bikes at our public workshops, up from 182 bikes per year, pre-pandemic.

“[The bike] was not safe to ride and the gears didn’t run properly. It made me nervous to see him ride it. The repairs helped get it working. Because I’m on benefits it was something I wouldn’t have been able to do otherwise. It’s brilliant now. I feel better knowing it’s safe”

– Simone*, whose son uses the bike to get to college.

We made free repairs to **1,719** bikes at pop-up Dr Bike events (+54%).



City & Guilds Level 2 Cycle Mechanics session with City of Bristol College.



Dr Bike session for refugees at Holiday Inn Filton.

Skills & confidence to cycle

5,069 children were taught to cycle safely (+180%).

- **98%** of schools said the training was “good” or “excellent”.
- **93%** of parents feel more confident to let their child cycle on the road.
- **78%** of children now cycle for at least 30 minutes each week.

“My daughter thoroughly enjoyed the course and has said she feels a lot more confident” - **Uzma***



Young girl practicing at a School Holidays Bikeability session.

577 adults taught the skills to ride wherever they want, whenever they want.

- **98%** rated training as “very good” or “excellent”.
- **98%** said their skills and confidence had increased.
- **76%** of trainees were women.



Women-only Cycling Course session at Easton Community Centre.

“Brilliant... helped me to gain confidence on a bike again after many years of not cycling.”- **Mike***

101 people were taught basic bike mechanic skills at Beginners Bike Maintenance courses.

“I was able to complete maintenance tasks I have never attempted before and feel competent to take these tasks on by myself.”
- **Annie***

Extra support to unlock the benefits of cycling

We were pleased to help **1,071** 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.
- **Silver Cyclists** rides for Over 55s.

The freedom of the open road! I haven't felt like this for a long time!" – disabled tandem rider



Over 55s Group participants at a Cycle Café meeting.



Visually impaired participant and sighted volunteer at a recent Two's Company ride.

"I have Parkinson's disease so it's a challenge for me to walk. Thanks to Life Cycle, I can now confidently cycle on my e-bike. Cycling enables me to cover short distances easier than walking." – Carmen*, Over 55s rider

"I worked for the NHS through the pandemic and found this the most stressful period of my entire career. The rides were a chance to take time away... get outside and give your brain time to slow down... A bit of a reminder that it wasn't all bad." – Tracey*, Group Rides attendee

588

Our Youth project was especially in demand - helping kids in deprived areas to get more physically active at our 'open access' sessions at Adventure Playgrounds.



School Holidays Bikeability session.

"Jeffrey has much more confidence and interest in cycling. One day after the session, he said he wanted to show me the route from our house to the school that he had practiced that day – so he proposed to be the guide!"

– Jeffrey's dad*

Strengthen the cycling sector

The cycling industry continued to boom, with more people than ever wanting to start or progress a career in the sector. This year, we:

- Trained **79** people as 1st4sport accredited cycle instructors (+76%).
- Trained **145** members of the public as City & Guilds accredited cycle mechanics (+202%).



Our Cycling Instructor Tess was nominated for the Bikeability Instructor of the Year Award!

This includes offering fully funded bursaries to many people from low-income communities, often as part of partnerships such as:

- **Cycling Sisters**, a cycling group in Bristol run by and for Muslim women, to offer free 1st4sport cycle instructor training for group members.

- **Derbyshire Refugee Solidarity**, to train mechanics to help run a weekly Bike Kitchen in Derby, linked to our five-year Bikes for Refugees partnership with British Red Cross.
- **On Your Bike**, a bike recycling scheme in Bridgwater, to train mechanics as part of our capacity-building Get Somerset Cycling partnership.



A happy recipient of a bike from our partnership with On Your Bike.



Our Derby volunteer completed a City & Guilds Level 2 course thanks to Foundation Derbyshire funding.

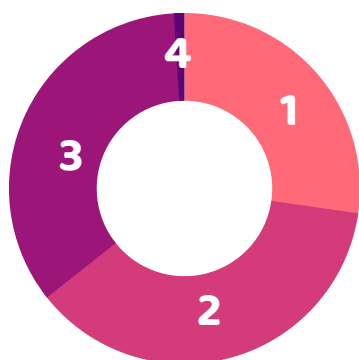
"I've been doing a bit better around my mental health over the last few years and it's all down to riding and fixing bikes. Before I was quite content withering away. Now I'm really focused on doing something [with] my future." – Ross*, referred by a local BMX club

Lastly, we installed **211** new secure cycle parking spaces at local venues, free of charge (+55%).

"The only place to secure the bikes was to a handrail which was far from ideal... As a welfare charity, we have to be careful how we spend our funds and priorities. Without these stands being provided for free, we may never have had them installed."

**– Keiran, Secretary, City of Bristol Branch Committee,
Royal Air Forces Association**

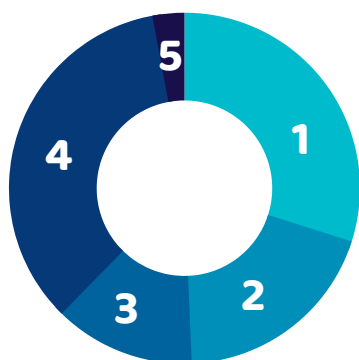
Annual accounts



Income

1. Grants & donations	£285,078	27%
2. Training courses, bike sales & fees	£387,465	37%
3. Contracts	£362,963	35%
4. Investment income	£10,119	1%

Total income	£1,045,625	100%
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Expenditure

1. Access to working bikes	£309,963	30%
2. Skills and confidence to cycle	£201,294	19%
3. Unlocking barriers to cycling	£134,710	13%
4. Strengthen the cycling sector	£359,935	35%
5. Cost of generating funds	£30,337	3%

Total expenditure	£1,036,239	100%
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These charts summarise the finances of the charity for the year ended 31st March 2022.

To our funders

A very big THANK YOU on behalf of all the people whose lives you have transformed. Whilst we may not be able to name each and every one of you here, we'd like to give a special shout out to:

The Bikeability Trust - Widening Participation Fund; Garfield Weston Foundation; Hinkley Point C Community Fund / Somerset Community Foundation; The 29th May 1961 Charity; John James Bristol Foundation; The James Tudor Foundation; The National Lottery Community Fund; NHS Combined; Sport England - Toyota Parasport Fund; St James's Place Charitable Foundation; The Steel Charitable Trust; Quartet Community Foundation; The Schroder Charity Trust; The Van NESTE Foundation; Wesport; & Barbara Ward Children's Foundation.