

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 during the lockdown saved my life”
– Duncan***

This year, we adapted our services to help those most impacted by COVID-19, including Key Workers, isolated people, low-income families, and culturally diverse communities. We thank the many donors, partners, volunteers and customers who helped Life Cycle UK to respond swiftly across our four work areas, during this unprecedented year.

* some names in this report have been changed

1 - Offer people access to working bicycles

44 prisoners learned bike mechanic skills, whilst refurbishing donated bicycles.

- **80%** now think more positively about themselves and the future
- **92%** want to progress to further study, work or volunteering
- **63%** want to learn more about bike mechanics and/or work in the cycle industry

They helped us get **607** affordable bicycles out into use on quiet lockdown roads...

...of which **256** were discounted or free to Key Workers or people on a low-income:



"There was this fear of getting public transport as we were advised not to. I have a slipped hip so try and avoid walking. Life Cycle UK handed me a bike yesterday... Smoothest ride evverrr!!! I can't describe how ELATED I was. It's so much better - I have that extra energy at work. Thank you."

- Thembisile, Care Worker

We also serviced **1035** bikes at our community workshops:

"Fantastic service...deep clean and tuning all carried out on the same day as drop off - free of charge as part of the key worker scheme. Thank you very much!" - Niall

...and we fixed **1117** more bikes at “pop-up” Dr Bike events or via loan bike schemes:



“Knowing my bike has been serviced gives me confidence it will get me to the hospital safely. The service they provided at Life Cycle UK was amazing from start to finish”

– Kerry, Clinical Practitioner

“The bike before the service wasn’t safe and I was not confident at all in using it to get to work. Now it is fixed it will make a big, big difference as my preferred means of transport to get to work.”

– Rhian, Children’s Services

2 - Help people gain the skills & confidence to cycle

1808 children taught to cycle safely

“My daughter went from crying about attending yesterday morning as she ‘can’t ride a bike’ to going around the race track 8 times this afternoon! I can’t thank you enough” – Tracy

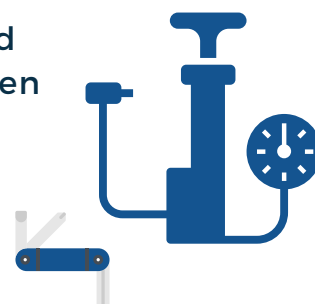


574 adults taught the skills to ride wherever they want, whenever they want

“During lockdown, I don't think I would get the most of the one daily exercise outdoors if I wasn't able to cycle around the city with confidence. Although it may have just seemed like an hour of your time, it had and continues to have an extremely positive impact on my life.” - Raul*

3 - Offer extra support to anyone who faces barriers to unlock the benefits of cycling

Our Youth project helped **148** kids in deprived neighbourhoods to get out, active and exercising. When rules allowed, we ran free 'drop-in' cycle activities. In lockdowns, we fixed up kids bikes, for free, for those with the least opportunities to exercise.



Arnie's mum was really grateful:

"I've been meaning to do something about [the bike] for ages but didn't know what to do... He's been bouncing off the walls in the flat. Now he can go down each day and tear about."



Two's Company - our tandem cycling scheme for the visually-impaired and disabled shifted to 1:1 rides:

We lent out 'normal' tandems plus partnered with **"Ride Out Ride On"** to offer free rides on a 'recumbent' tandem (more spaced-out seats!) allowing people with Epilepsy, Autistic Spectrum Disorder and Cerebral Palsy to enjoy liberating days out:

"[It] enabled Lila to get on a bike and experience what most children accept as normal...being free, just to go where she wants and enjoy the fresh air. Her well-being improved dramatically, her mental health as well. She loved it!"
– Lilia's mum

Cycle Buddies matched nervous or isolated people with a friendly local volunteer to cycle together. 46 people benefitted, via a mixture of support worker referrals and self-registrations:

"[My buddy] has been great, she has been very supportive and given me confidence. I feel I have achieved so much despite the pandemic we are in thanks to Cycle Buddies" – Carmen



4 - Strengthen the cycling sector

With interest in cycling surging, we continued to train professionals in the voluntary, private and public sectors – and members of the public – plus improve local facilities:

- **48** new Bike Mechanics trained – to City & Guilds accredited standards
- **45** new Cycle Instructors trained – to 1st4Sport accredited standards
- **272** new secure cycle parking spaces installed at local venues, free of charge



NEWLY LAUNCHED:

A bursary scheme to help prisoners who learn bike mechanics with us inside prison to continue their accredited training on release:

ANDREW'S STORY:

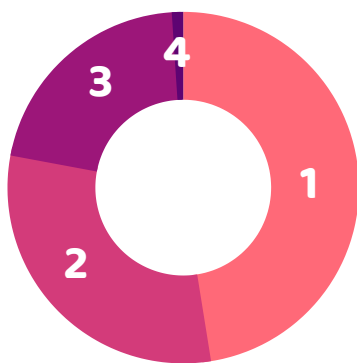
Life Cycle, they saved me a bit whilst I was in prison. I've had a bit of a wayward life, where it was always about me...as you get older, you realise it's not the way.

I've done my City & Guilds Level 1 whilst I was in prison. They gave me the opportunity to do my Level 2 [after release]. I was completely over the moon. I'm very, very grateful because it cost money, which I didn't have. [The bursary] gave me the opportunity to better myself.

It was fantastic, absolutely great. Took my skills to another level. I've got the knowledge now...and I've been volunteering ever since. It give me a bit of faith in the human race.

Sometimes ex-offenders come out and nothing's breaking that chain, that circle for them. Bicycles for me, this has completely raised it to another level. With a bit of pride I tell people I'm a bicycle mechanic now – a real one, you know, a proper one. That's enough to keep me on the straight and narrow.

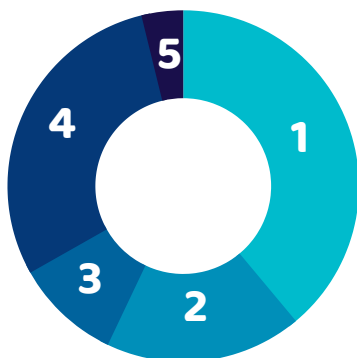
Make a donation: www.justgiving.com/lifecycleuk



Income

1. Grants & donations	£440,028	47%
2. Training courses, bike sales & fees	£282,409	31%
3. Contracts	£194,901	21%
4. Investment income	£9,682	1%

Total income	£927,020	100%
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Expenditure

1. Access to working bikes	£311,233	39%
2. Skills and confidence to cycle	£145,013	18%
3. Unlocking barriers to cycling	£77,861	10%
4. Strengthen the cycling sector	£234,822	29%
5. Cost of generating funds	£30,632	4%

Total expenditure	£799,561	100%
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These charts summarise the finances of the charity for the year ended 31st March 2021. Unrestricted general reserves, before unrealised investment gains, show a small surplus of £10k. Due to COVID some restricted grants expenditure has been delayed until 2021/22, so the restricted fund shows an in-year surplus of £94k. We were grateful to receive an unexpected legacy which is included in designated reserves.

A huge THANK YOU to all the dedicated volunteers who gave their time during the pandemic to help more people get cycling. Life Cycle UK also accessed government and sector grant schemes to mitigate income lost due to lockdowns. These grants - received at a time we forecast a large financial loss - were vital in enabling us to adapt and re-open our services quickly. Particular thanks to:

Donald Forrester Trust, Quartet Community Foundation - Coronavirus Recovery & Stabilisation Fund, Sport England - Community Emergency Fund, AB Charitable Trust, BBC Children in Need, The National Lottery Community Fund, BUPA Foundation, The Chartered Accountants' Livery Charity, Bristol City Council, Derby City Council, Foundation Derbyshire, Great Western Railway, HPC Community Fund / Somerset Community Foundation, John James Bristol Foundation, James Tudor Foundation, National Grid Community Grant Programme, Newby Trust, The Ratcliff Foundation, Singer Foundation, Sport England - Return to Play, Wesport, Quartet Community Foundation - MegaWatt Fund, Clothworkers Foundation, Avon and Somerset Police Community Trust.