

BIKES PALYA

IMPACT 2023

BIKE EDUCATION FOR
REGIONAL AND REMOTE
OUTBACK COMMUNITIES



**"Four wheels move the body,
two wheels move the soul."**

IMPACT REPORT

2023



Hello and welcome to Bikes Palyas first official impact report. I am thrilled you are interested to discover the tangible impact that we are creating for young people in remote outback communities.

This report will provide you with an overall view of the programs we have delivered in 2023 and will inform you about the effect our programs have on young people in the communities we visit.

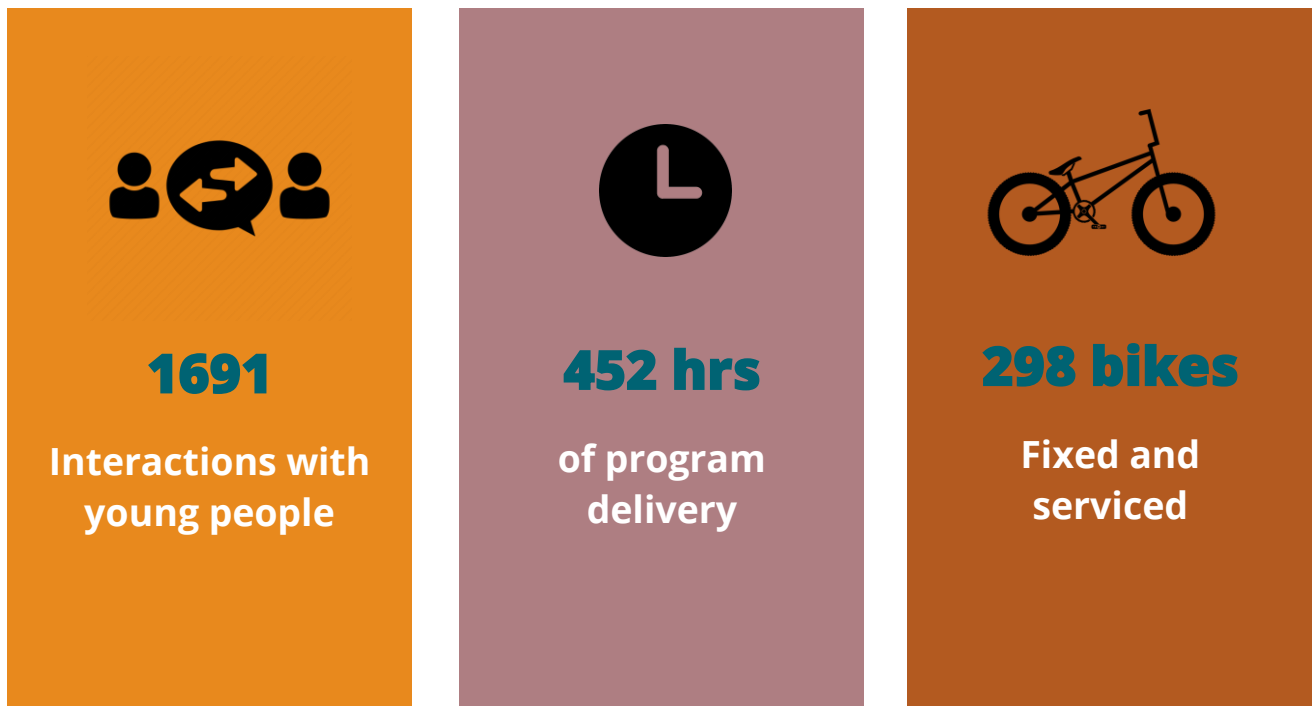
Bikes Palya has noted that remote communities, especially the APY lands, have suffered due to the turbulent recent events like the pandemic, the floods, and the current rise of higher living expenses. The effects of those events are still present, meaning common issues unique to these remote environments such as social disconnection, boredom, and poor nutrition and exercise habits have intensified. Community engagement programs such as ours that focus on physical and mental health, general wellbeing and school attendance, are becoming more and more important. We know that bikes are a unique and appealing path the vehicle to healthier and safer communities.

This year Bikes Palya has delivered 452 program hours which have produced some tangible outcomes. By looking at this year's impact, we feel confident that we will be able, in collaboration with our partners and the broader community, to create more interventions and integrate our learnings on how to best support young people in remote outback communities in 2024.

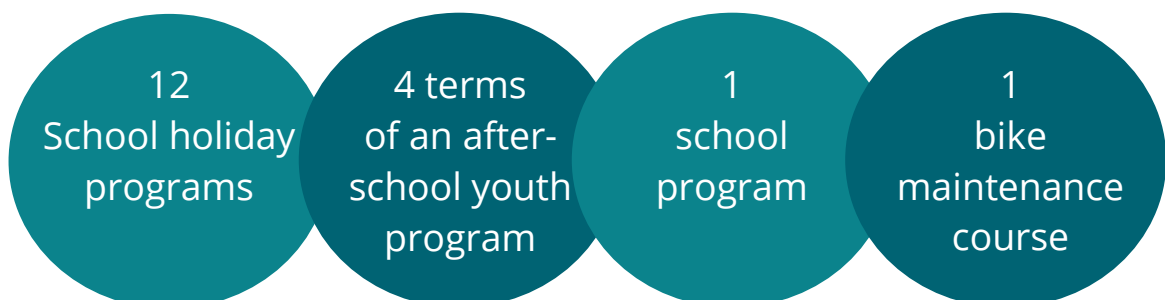
None of the achievements you'll read about in this report would be possible without our partners, supporters, staff, and the voices of lived experience.

2023 IN NUMBERS

...Bikes Palya got more young people in regional and remote outback communities riding



Bikes Palya delivered 17 programs over 9 communities in 2023. The programs were delivered to 3 focus areas: the APY lands, the Far North, and the NT.



PROGRAM OUTCOMES

- ✓ Improved general wellbeing
- ✓ Increased confidence and self sufficiency
- ✓ Increased school attendance rates

At Bikes Palya, we have invested this year into the design of our own Theory of Change, which helps us to pursue our vision of active, healthy, and safe young people in remote outback communities through the popularity of bikes. Using our Theory of Change as the basis for our impact measures helps us to understand what is happening right now, what we can do about it, and the solutions we can achieve together.

We acknowledge that Bikes Palya is still in the beginning of using the Theory of Change to its full potential. This year, we focused on the assessment of the impact the program had in three focus areas: physical and mental health, school attendance and the confidence and self-sufficiency of young people. Through our measurement tools such as feedback forms, impact logs and videos testimonials etc., we were able to measure the impact of the program.

The program achieved great outcomes in all communities. To highlight a few, the programs delivered to the APY lands increased the access to healthy food and recreational activities during school holidays. The Leigh Creek program increased school attendance significantly during the school program week and in Oodnadatta young people have become more self-sufficient in their bike fixing skills and more confident in their riding abilities. For more details, please see our impact stories on the next two pages.

We are proud to say that our services are on track to pursue our vision of healthy and safe remote outback communities. Monitoring our impact measures gives us an early indication of what is working, enables us to track short-term change and act on learnings to provide a more client-focused response. We continue to scale up the solutions we know work and continue to grow our impact.

OUR STORIES OF SUCCESS

THE TWO STORIES
BELOW WILL PROVIDE
YOU WITH SOME REAL-
WORLD SCENARIOS
THAT SHOW WHAT
IMPACT BIKES PALYA
HAD ON REMOTE
OUTBACK
COMMUNITIES IN 2023

LEIGH CREEK VISIT BOOSTS SCHOOL ATTENDANCE

Students at the Leigh Creek Area School saw the possibilities in Bikes Palya's four-day visit in April 2023 and grabbed them for all they were worth.

During that time, the youth either learned how to ride or improved their riding skills, developed road safety awareness and abilities, and boosted their bike handling and overall confidence. School attendance rates spiked, and student engagement was elevated all week. They engaged enthusiastically with the Bikes Palya instructors – who were supported by the school's teachers and support staff – and not only developed a better understanding of how to look after their bikes but also learned about great new ways to have fun in their community. The program increased the general school attendance significantly over the week the program was delivered.

Opportunity is a defining pillar of the Bikes Palya program. Teaching the students not only that learning and challenging themselves opens doors for their future but that, with a bike and the skills they learn from us, their own world right now becomes a bigger, more exciting and more fun place to explore and enjoy.



“

We've had brilliant instructors. They have been beautiful with the children here in Leigh Creek. Examples: Showing them how to fix their bikes, road safety and of course how to have fun in their community. It has been a wonder having them up here. Thank you, Bikes Palya, for coming up here.

”

Marie Beach, Leigh Creek Area School



**ODNADATTA'S
AFTER-SCHOOL
PROGRAM BUILDS
MOTIVATED,
SELF-SUFFICIENT
YOUTH**

Sometimes, all that’s needed is a pinch of extra attention to see people really thrive with the opportunities before them. Oodnadatta is a perfect example of that success story. Over multiple years, Bikes Palya has delivered school holiday programs within the community, but over the past year the program was extended to an after-school youth program during school terms, which let the kids in community thrive.

While Bikes Palya established the bike skills during the school holidays, the kids engaged in a more diverse youth program during the school term. The after-school program offered games, art and crafts, and kids could take out the bikes stored at the community hall. The youth in community very clearly took the opportunities presented to them and responded with enthusiasm and initiative.

It’s amazing to see how keenly they are engaging within the program. They sought out spare parts at the town tip to upgrade their bikes and in the bike maintenance clinics they showed real aptitude for working on their own bicycles. From program to program, Bikes Palya could clearly see that the children were not only much more capable of fixing bikes by themselves, but they also showed great improvement in their riding. The significant increase that occurred in the confidence of all the youngsters to ride across cattle grids between Bikes Palya’s visits was the perfect example of that self-motivated development.



Now with more youth using the community tools to independently fix their bikes, thanks to what they learned in the Bikes Palya program, interest in bike riding has increased and youngsters are taking a lot more care for and ownership over their bikes as well.

Seeing children grow throughout the course of a Bikes Palya visit is immensely rewarding. But seeing them develop by way of their own initiative and enthusiasm between our visits is even more so, as a sign of the real long-term potential they have found in themselves.

Thank you to all our supporters and partners!

Bikes Palya's work in remote outback communities is strongly dependant on our relationships and partnerships with remote outback communities, service providers and South Australian businesses. Thank you so much for using our services, supporting us with the delivery or providing us with your generous financial contribution.

The Wyatt Trust

Bikes for Refugees

Complete Personnell

Aboriginal Support Services Ltd.

Community Development Program (CDP)

Office for the Outback Communities Authority

Leigh Creek Community

Ngaanyatjarra, Pitjantjatjara and Yankunytjatjara Women's Council (NPYWC)

Pitjantjatjara Yankunytjatjara Education Committee (PYEC)

Copley & Districts Progress Association Inc.

Dunjiba Community Council

Uniting Country SA

MaiWiru

Greyhound Freight

SAPOL

Bikes Palya is currently unfunded. To increase the scope of the program, Bikes Palya is actively looking for long-term partners who would like to support the program and create healthier and safer communities within regional and remote South Australia.

For more information, please check out our sponsorship brochure or contact palya@bikesa.asn.au.

Thank you for your support!

Your Bikes Palya team