

# CYCALL INCLUSIVE CYCLING

CHARITY REG NO 1189056

IMPACT REPORT 2022





# 2022 HIGHLIGHTS

## CYCLE FOR CYCALL

Angmering Cycle Club





# 2022 HIGHLIGHTS



MENTAL HEALTH  
WEEK



WORTHING CARNIVAL



EAST PRESTON  
FETE



# NO RAINING ON OUR PARADE!







**ROB'S 50TH**

**VOLUNTEERS  
FROM  
'ACTIVE SUSSEX'**



**JOHN'S 100KM  
CYCLE FOR CYCALL**









## OUR AIMS

To improve the health & wellbeing of participants through making human & natural connections

To reduce social isolation experienced by people due to age, illness or disability



To provide an inclusive leisure activity for people with a disability and their friends & families

To increase physical activity in groups of people who encounter barriers to exercise



# OUR IMPACT IN WORDS

CYCALL  
IMPROVES  
HER  
CONFIDENCE,  
AS WELL AS HER  
FITNESS

EVERYBODY  
CAN JOIN IN  
AND  
ALL ARE  
WELCOME

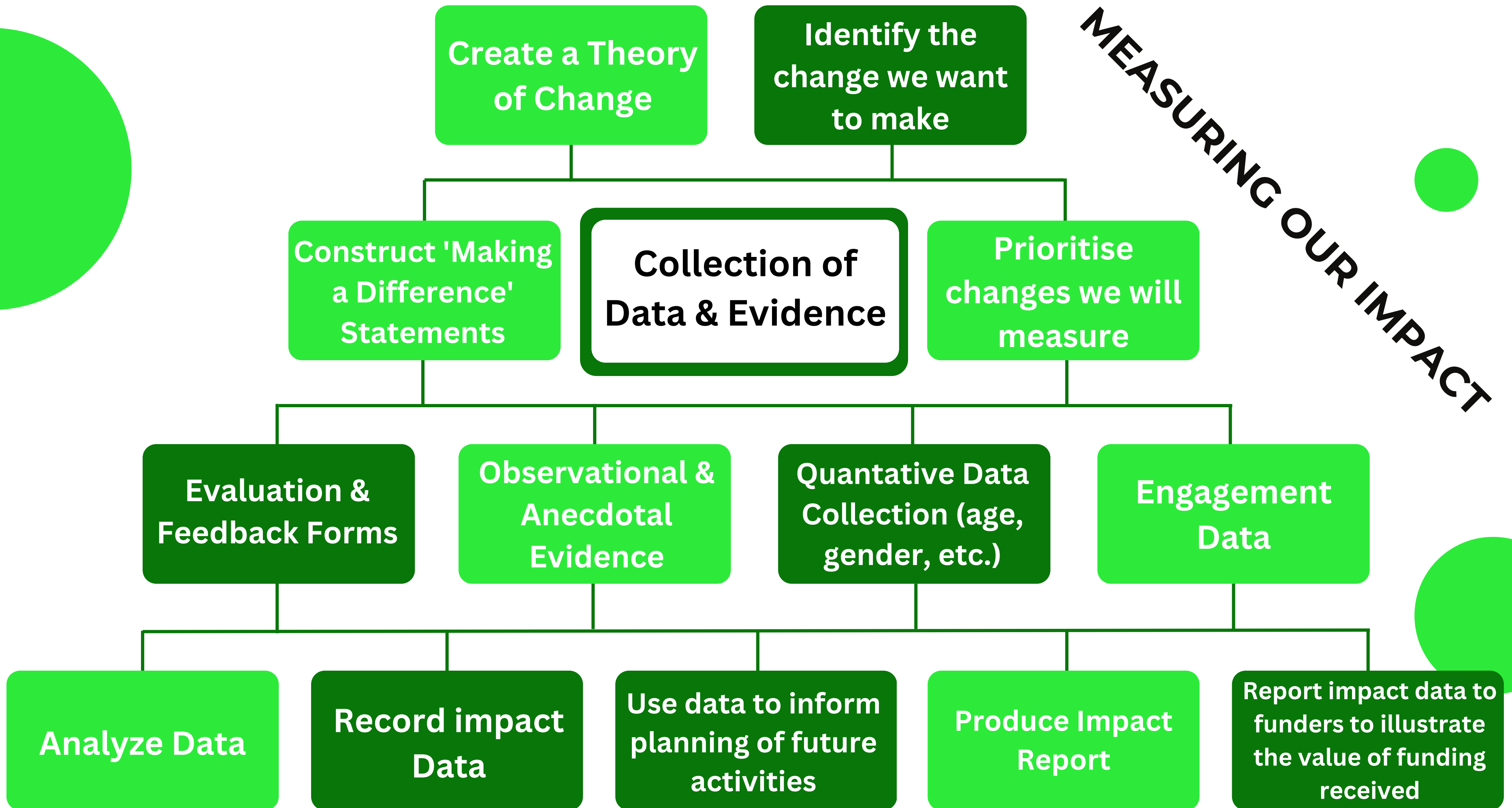
IT GETS US  
ALL  
OUT IN THE  
FRESH AIR

CYCALL ARE A SHINING  
EXAMPLE OF COMMUNITY  
VOLUNTEERS SHOWING  
LEADERSHIP AND  
ACHIEVING  
REMARKABLE THINGS.  
THEY HAVE TAKEN  
RESPONSIBILITY FOR  
SUPPORTING PEOPLE  
WITH  
MULTIPLE BARRIERS TO  
TAKE PART IN AN  
ACTIVITY THEY  
WOULD OTHERWISE BE  
EXCLUDED FROM.

IT GIVES THE  
CHILDREN  
SO MUCH  
INDEPENDENCE

SHE SAID IT  
MADE  
HER DAY  
FEEL GOOD







# DEMOGRAPHIC GENDERS

Renewed focus on attracting an older demographic and using adapted cycling as preventative healthcare

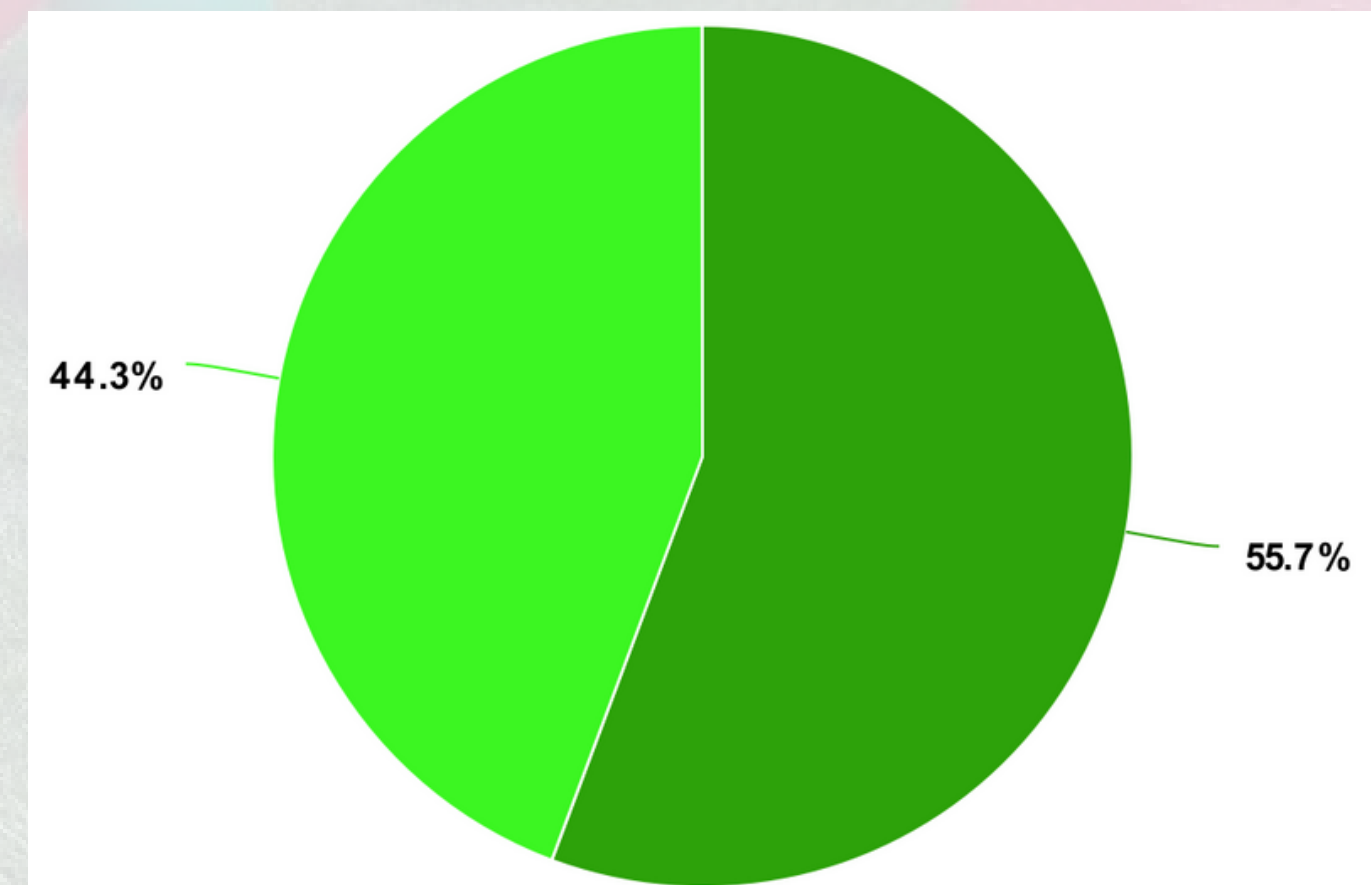
New focus on reaching people whose mental health would benefit from attending a CYCALL session (making friends, volunteering opportunities, being outside, holistic approach to good mental health, sense of purpose)

Consolidate and extend sessions for groups of people with specific characteristics (i.e. age group, health condition, over 50's, home educated children)

CYCALL continues to attract new participants

Participants who attend for an initial session continue to attend on a regular basis

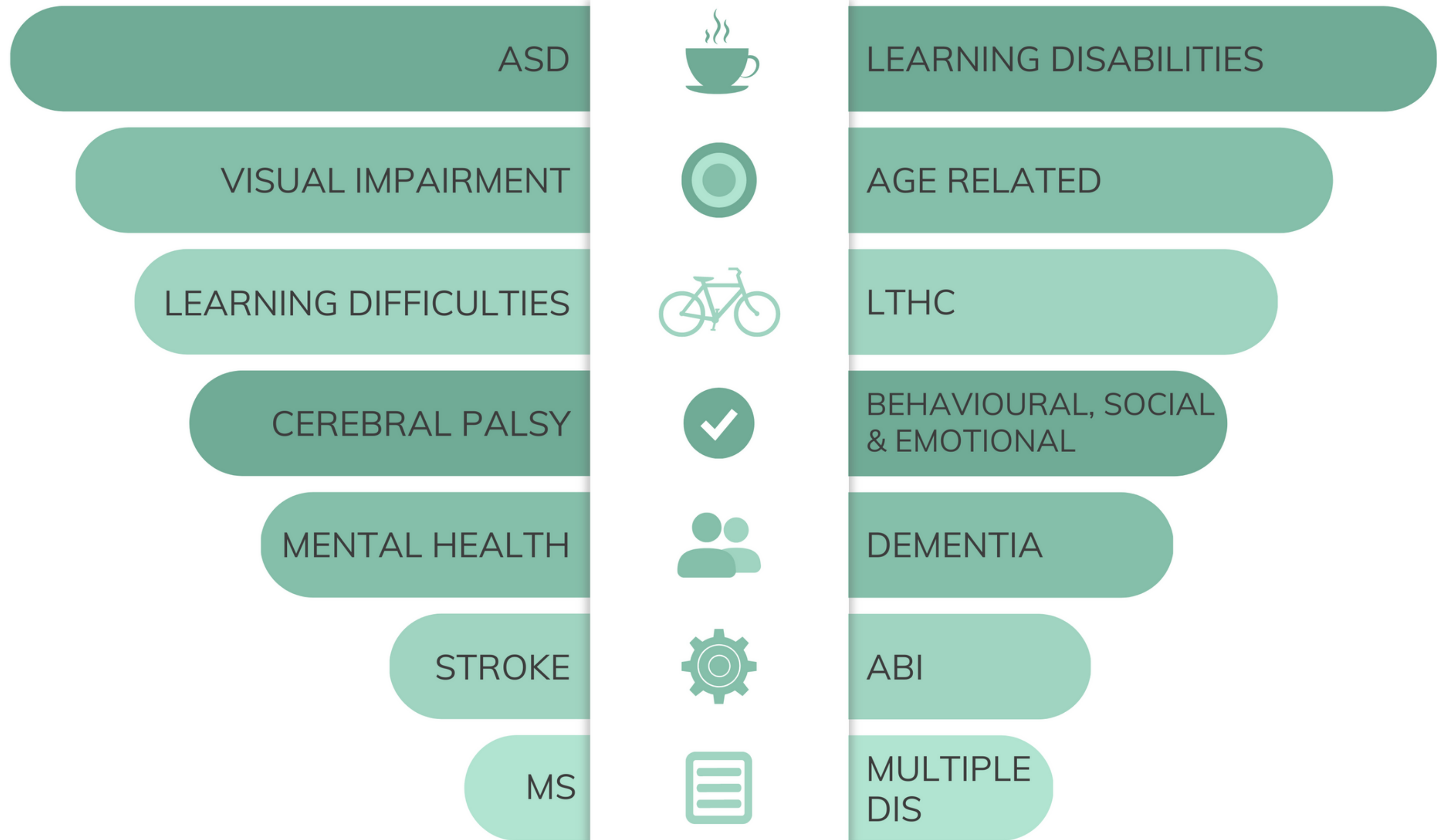
Participants who attend with a community setting or organisation return on an individual basis with friends and family





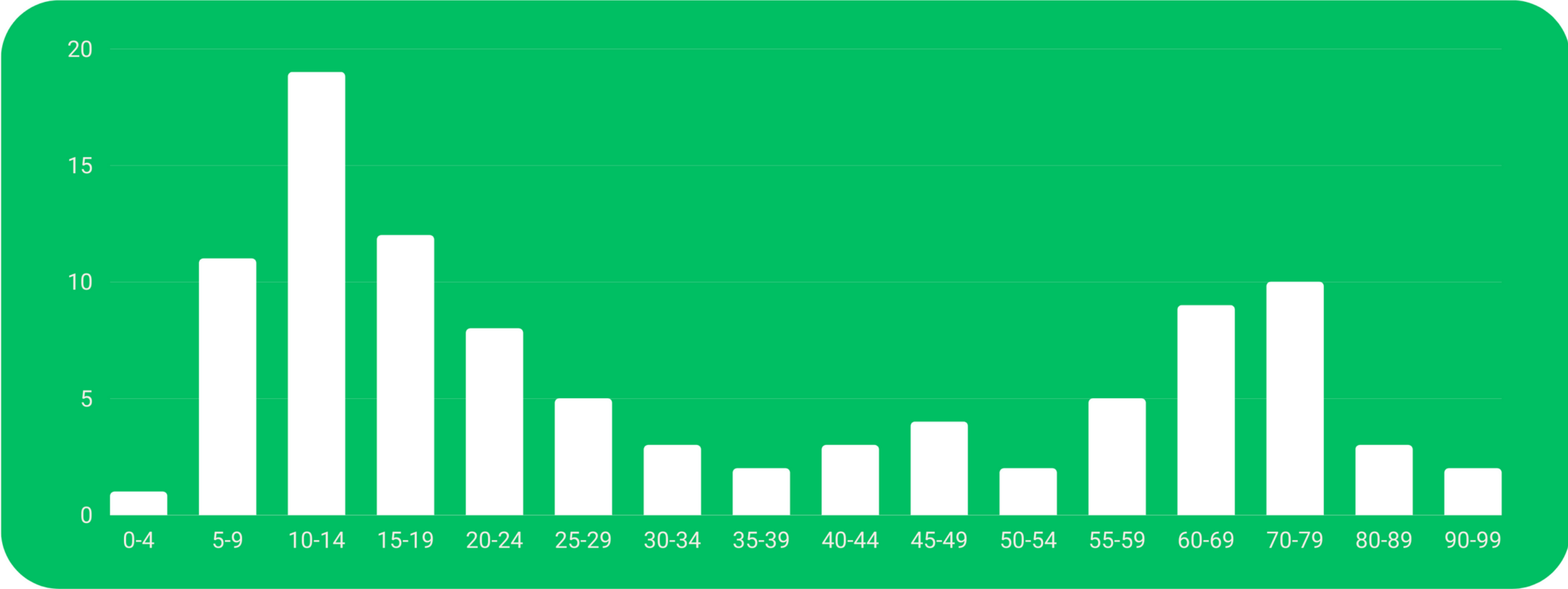
# PRIMARY REASONS

## FOR ATTENDING CYCALL





Number of  
Visitor



Age Range

# Monthly Visitor Report



# 2022 IN NUMBERS



86 CYCALL  
SESSIONS



2039 PARTICIPANTS



2563 VOLUNTEER  
HOURS



28 LOCAL SEN  
SCHOOLS



263 TWEETS



681 FACEBOOK  
POSTS





# OUTCOMES

**95%**

**OF  
PARTICIPANT  
S REPORTED  
IMPROVED  
STRENGTH**

**97%**

**FELT  
INCREASED  
DAILY ACTIVITY  
AFTER COMING  
TO OUR  
SESSIONS**

**100%**

**REPORTED  
IMPROVED  
MOOD AFTER  
A CYCALL  
SESSION**

**100%**

**SAID CYCALL  
SESSIONS  
HELPED THEM  
MAKE NEW  
FRIENDS**



**\*DATA COLLECTED BY GOOGLE FORMS SURVEY**



# AIMS FOR 2023

1

EXTEND  
SUPPORTED  
VOLUNTEER  
OPPORTUNITIES

2

INCREASE  
MANAGEMENT  
TEAM

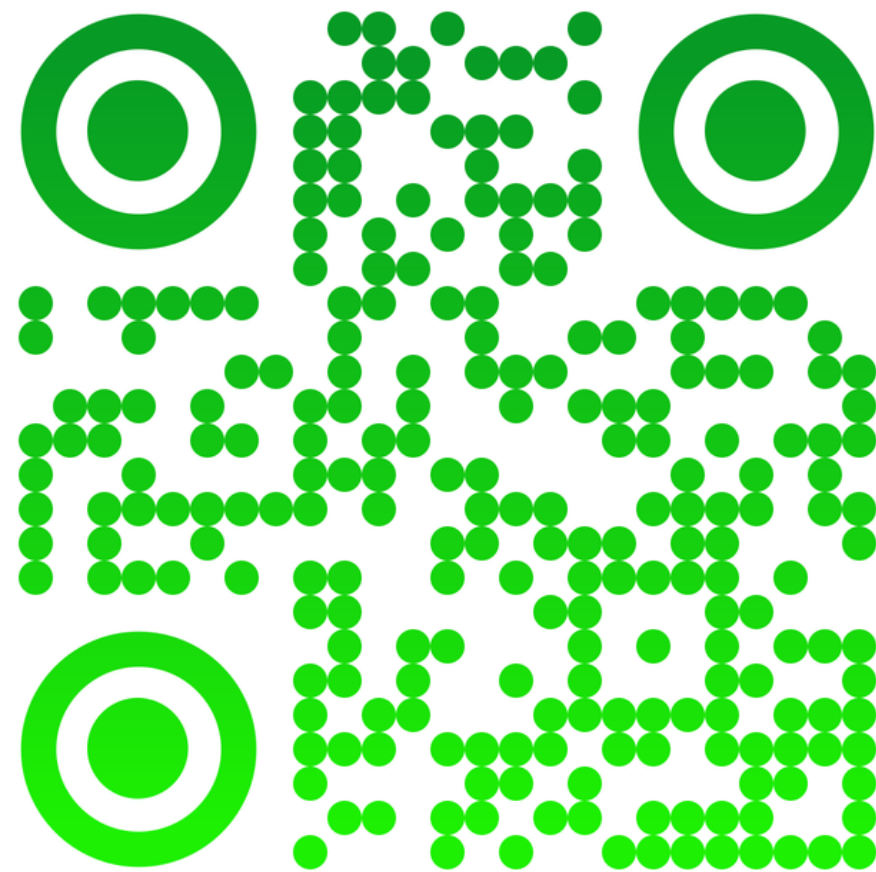
3

ENGAGE WITH  
LOCAL  
SUPPORT  
GROUPS TO  
RUN  
'CONDITION  
SPECIFIC'  
SESSIONS

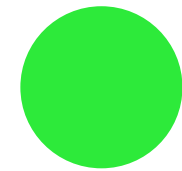
4

PROMOTE THE  
BENEFITS OF  
CYCLING FOR  
MENTAL  
HEALTH  
CONDITIONS

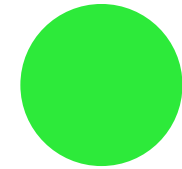




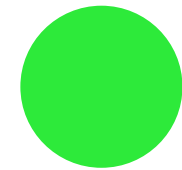
# STAY IN TOUCH



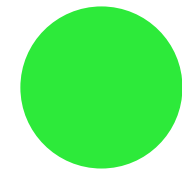
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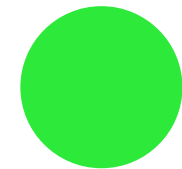
cycallworthing@gmail.com



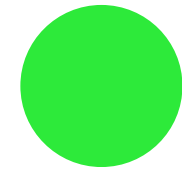
<https://cycall.info/>



Brooklands Park, Worthing



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