



# CYCALL (Inclusive Cycling) Worthing Impact Report 2023



# 2023 Highlights-Worthing Carnival



# 2023 Highlights



**Worthing Mental  
Health Expo**



**Mayor's Charities  
Curry Night-Noori's**



**The David Hunt Trust**  
Inaugural Awards Ceremony Supporting the Community of Sussex  
22nd November 2023

**The David Hunt Trust  
Awards Ceremony**

# 2023 Highlights



Co-op Local  
Cause



Dementia Action  
Day-Dementia Friendly  
Worthing



Twilight Session-P.O.P  
"Popcorn-Onesies-Pyjamas"

# 2023 Highlights



**Wellbeing  
Rides-Worthing  
Seafront**



**Alzheimers UK  
Sponsored Walk**



**Sighted Guide  
Training-SSW**

# 2023 Highlights



Lancing Green  
Dreams



MDUK Bake Sale



Ferring Festival

# 2023 Highlights



**AGM**



**Becoming Dementia  
Friends-Dementia  
Friendly Worthing**



**End of Season  
Celebration**

# 2023 Highlights-Jenny & Daz Marathon

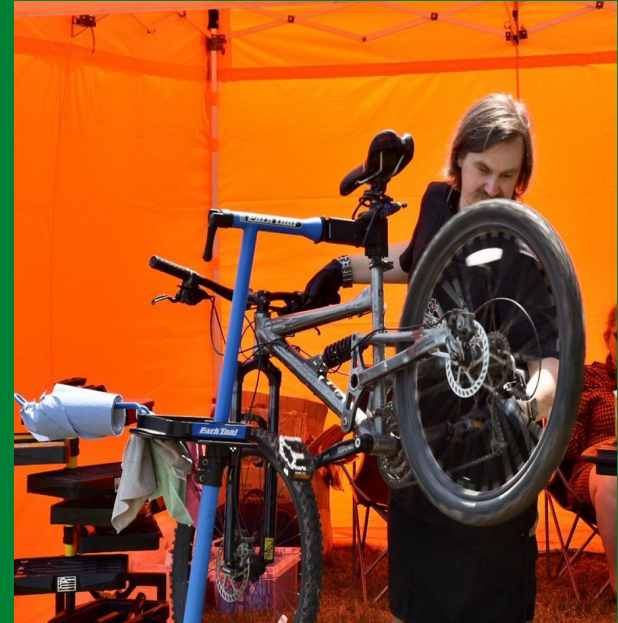




# 2023 Highlights



**Workforce Bike  
Maintenance  
Training-Cyclo Analysis**



**Dr Bike session-Cyclo  
Analysis**

# Having Fun- CYCALL Sessions 2023



# Customer Reflections

Making our son welcome and included with the opportunity to develop. We were very impressed.

So fantastic as always. A beautifully run charity with the personal touch for each individual that comes to use the bikes 10/10

Fantastic experience Great hosts. Happy and fun environment

Thank you very much for today. Our customers and staff came back talking about how good it was and how much fun they had.

# Our Aims

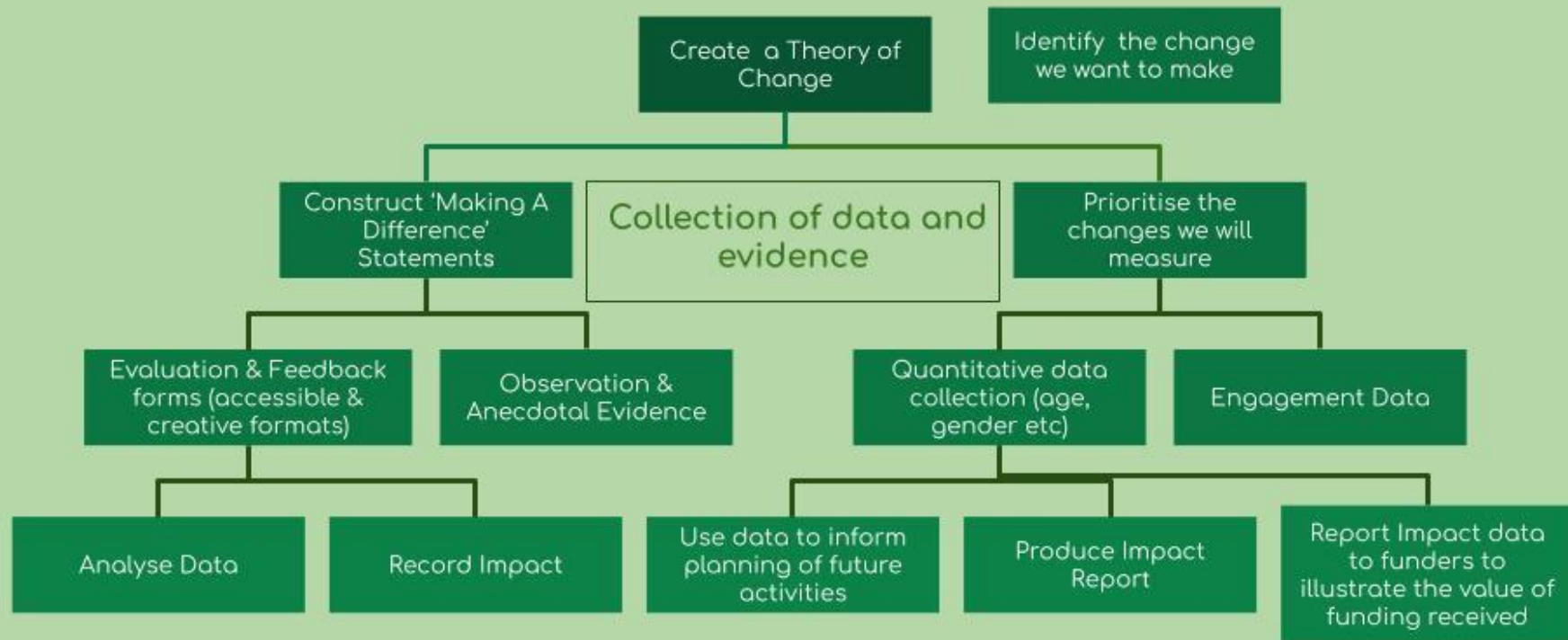
To improve the health & wellbeing of participants through making human & natural connections

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

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

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

# How we measure our Impact?

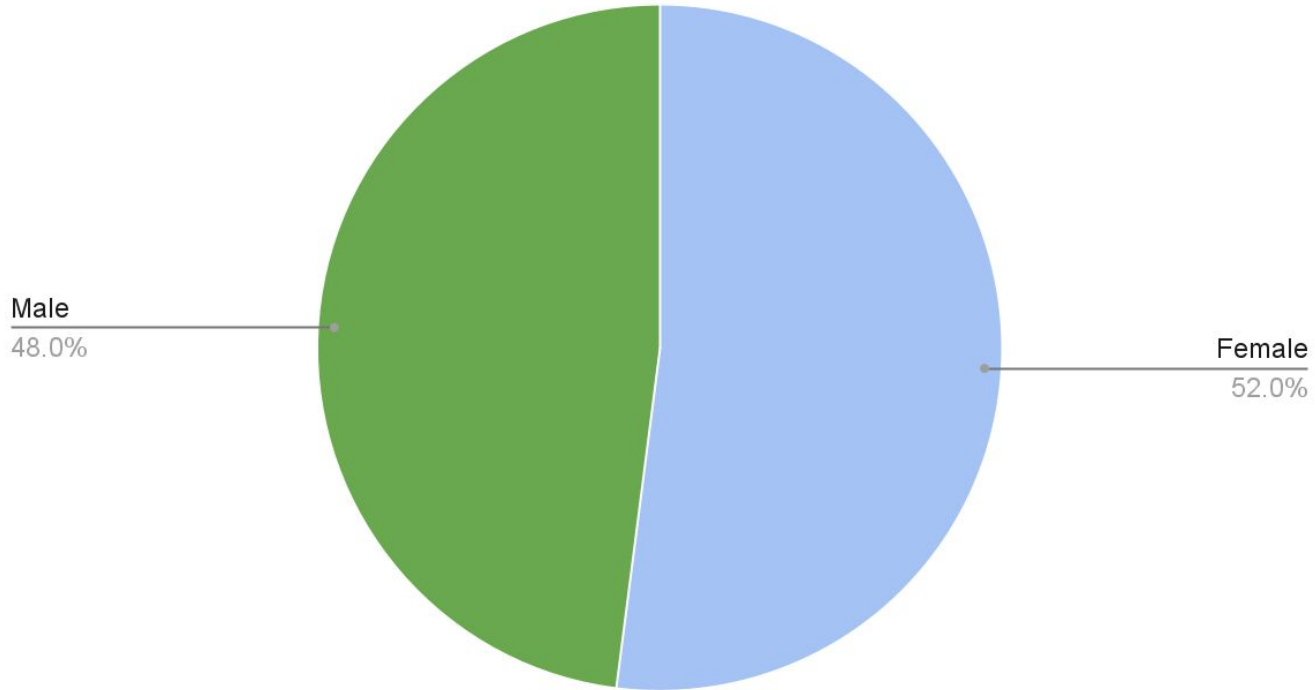


## Reflections/Learning From Data (2023) to inform planning for 2024

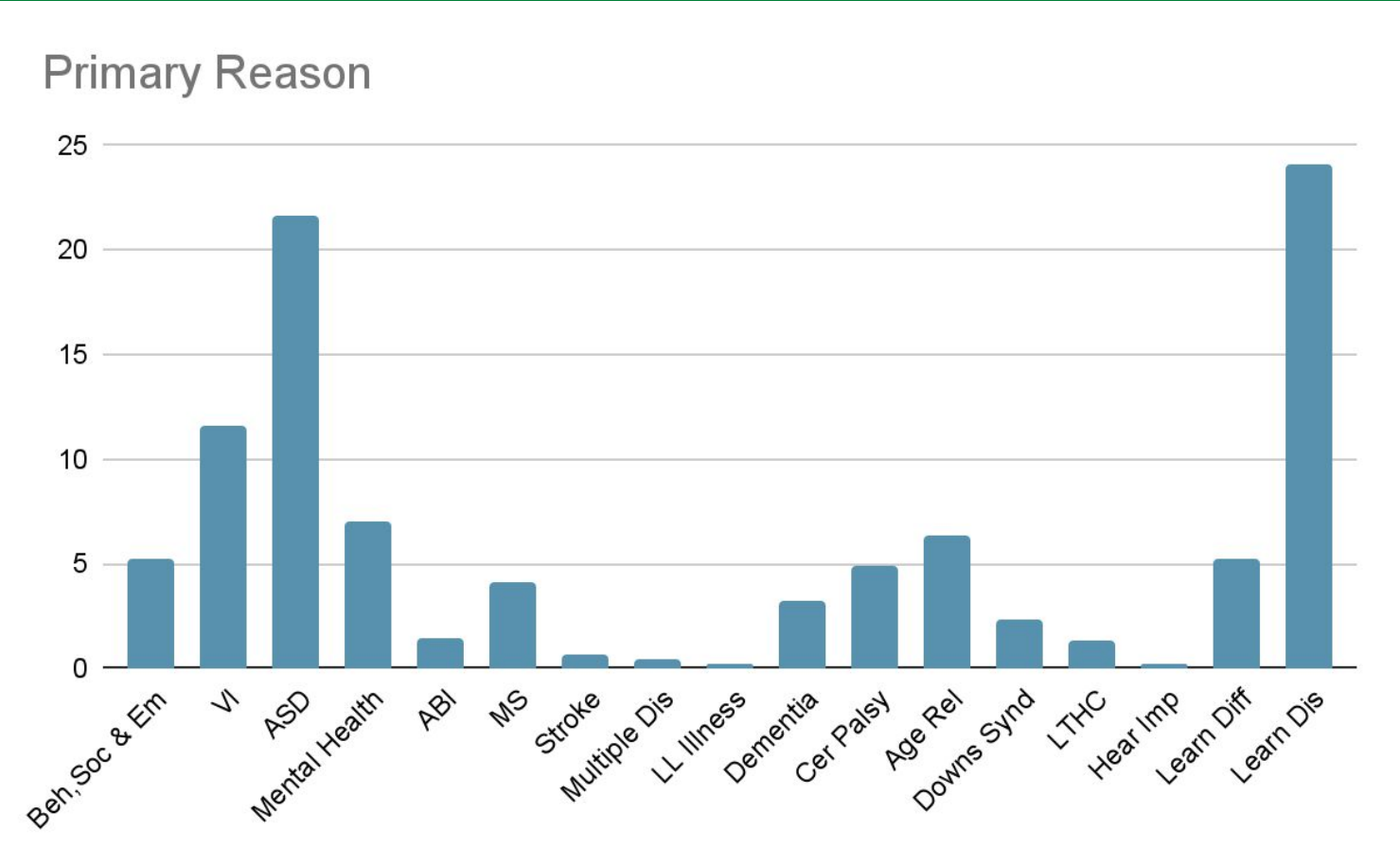
- Renewed focus on attracting an older demographic and using adapted cycling as preventative healthcare (measure 65+ attendees and baseline health and wellbeing scores comparison)
  - Consolidate focus on reaching people whose mental health would benefit from attending a CYCALL session (making friends, volunteering opportunities, being outside, holistic approach to good mental health, sense of purpose)-focus on connecting with Social Prescribers
  - Increase number of siblings/family members attending with direct beneficiaries
- Participants who attend with a community setting or organisation return on an individual basis with friends and family
  - CYCALL is attracting new customers and retaining existing customers successfully
- Customers who attend with group/settings frequently return for regular attendance with families.

# Gender of Customers

Gender of Customers 2023



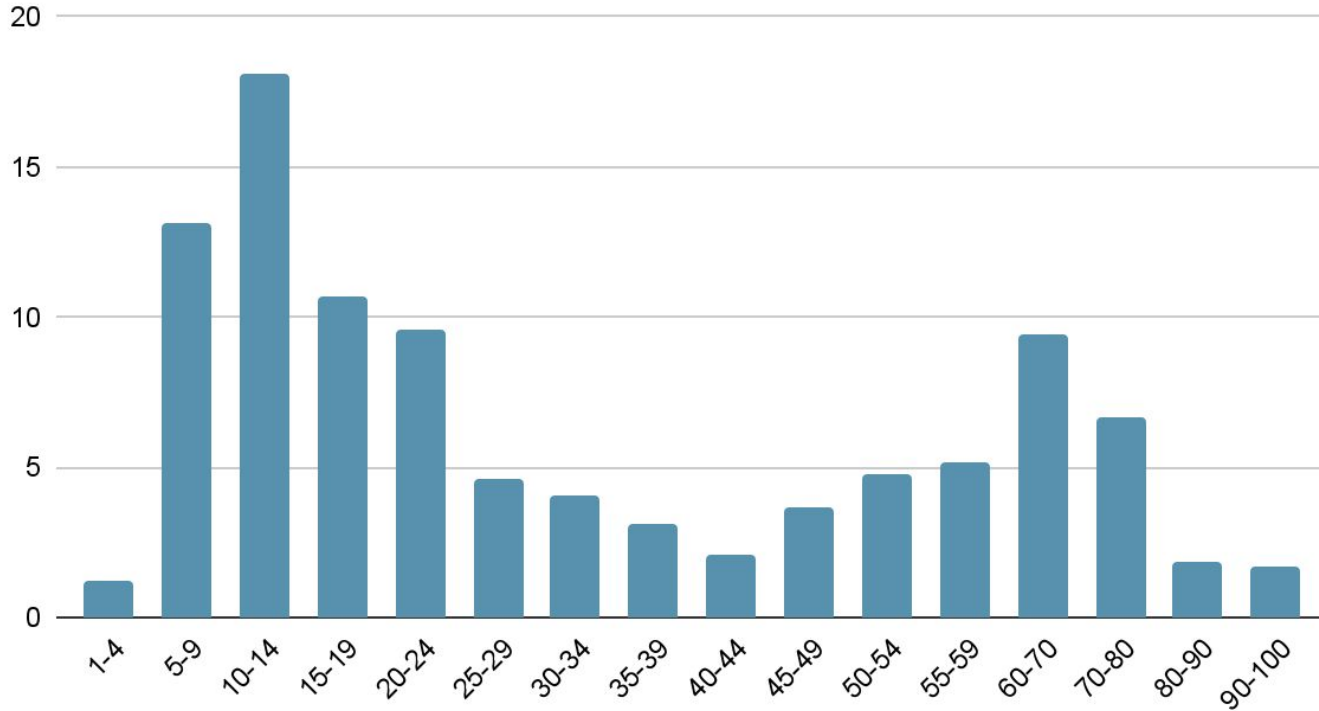
# Primary reason for attending a CYCALL session





# Age Range of Customers

Age Range



**73 CYCALL  
sessions**

**2502  
volunteer  
hours**

**2441  
visitors**

## **2023 In Numbers**

**31 local SEN  
schools &  
organisations  
attended**

**798  
Facebook  
posts**

**302  
Tweets**

— Outcomes —



**84% of customers  
visit CYCALL each  
week**

**86% chose  
'being in  
nature' as  
their favourite  
benefit of  
CYCALL**



**100% Of participants  
reported an  
improved mood  
after a CYCALL  
session**



**97% of participants  
reported  
increased levels of activity in their  
everyday life because of the  
motivating effect of a CYCALL session**



\*Data collected by Google Forms



**Increase  
65+  
customers**

**Looking  
Forward  
2024**

**Create  
CYCALL  
Hub**

**Recruit 1  
Trustee**

**Supported  
volunteer  
opportunities**

*With grateful thanks to everybody who has  
supported CYCALL*



**No one is useless in this world who lightens the burden of another.  
Oscar Wilde**

Please see website for a full list of current & past funders/supporters



# CYCALL INCLUSIVE CYCLING (WORTHING)

## STAY IN TOUCH WITH US!



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<https://cycall.info/>



Brooklands Park, Worthing, West Sussex



<https://www.facebook.com/Cycallworthing>



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