

CYCALL (Inclusive Cycling) Worthing Impact Report 2024



2024 Highlights-Worthing Carnival



2024 Highlights-Worthing Carnival



2024 Highlights-Worthing Carnival



2024 Highlights



**Mayor's
Charities-Quiz
Night**



**Mayor's Charities -Film
Night**



**Worthing Easter Egg
Trail**

2024 Highlights



Mayor's
Charities-History
Walk & Afternoon
Tea



Friends of Brooklands
Easter event



Sponsored
Walk-Parkinsons UK

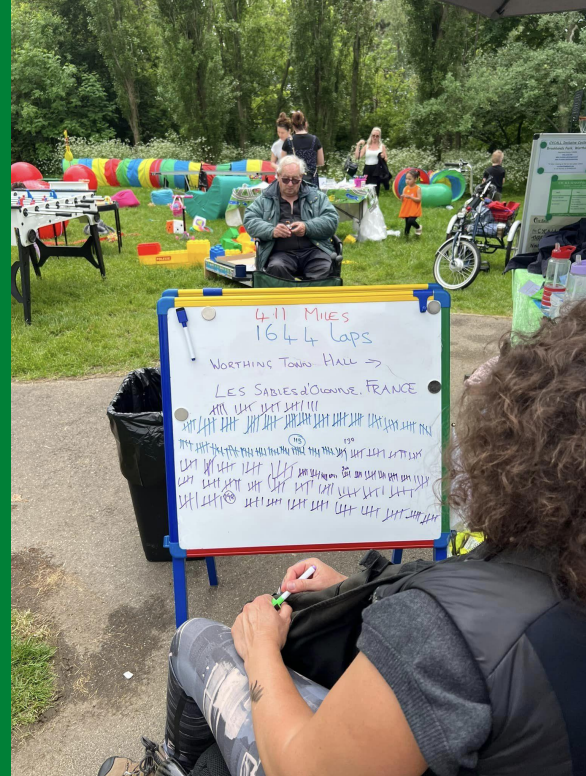
2024 Highlights



Health & Wellbeing
Network
Meeting-Community
Works



Mayor's Charities-80's
Night



CYCALL Community
Funday

2024 Highlights



Lancing Green
Dreams



Palatine Funday



Mencap Sports Day

2024 Highlights



**Dr Bike Session-Cyclo
Analysis & Sussex Police
Bike Marking**



Makaton Training



CHUB delivery

2024 Highlights



Ferring Festival



Lancing
Market



Laura
'LEJOG' fundraising
challenge



Hoist delivery

Having Fun!- CYCALL Sessions 2024



Customer Reflections

He absolutely loved it yesterday and has been telling everyone about it - thank you so much for what you do and for making us feel so welcome

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

This is just the perfect activity day.

I love cycling and I did not think this was something I could share with my son until we encountered CYCALL's adaptive accessible cycling sessions. They are a fantastic local charity and I'm going to do my absolute best to raise as much as I can for them. Please donate if you can, thanks so much for your support with this challenge!

Our Aims

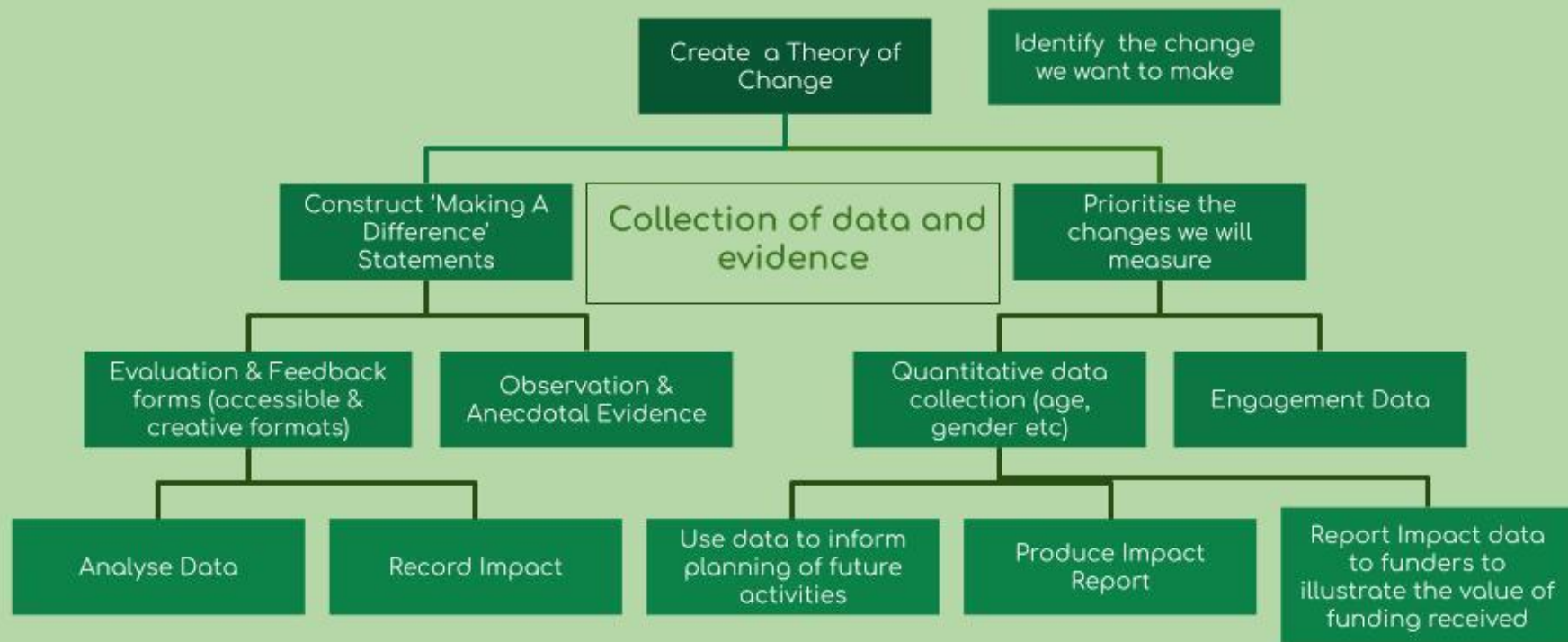
**To improve the
health &
wellbeing of
participants
through making
human & natural
connections**

**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?

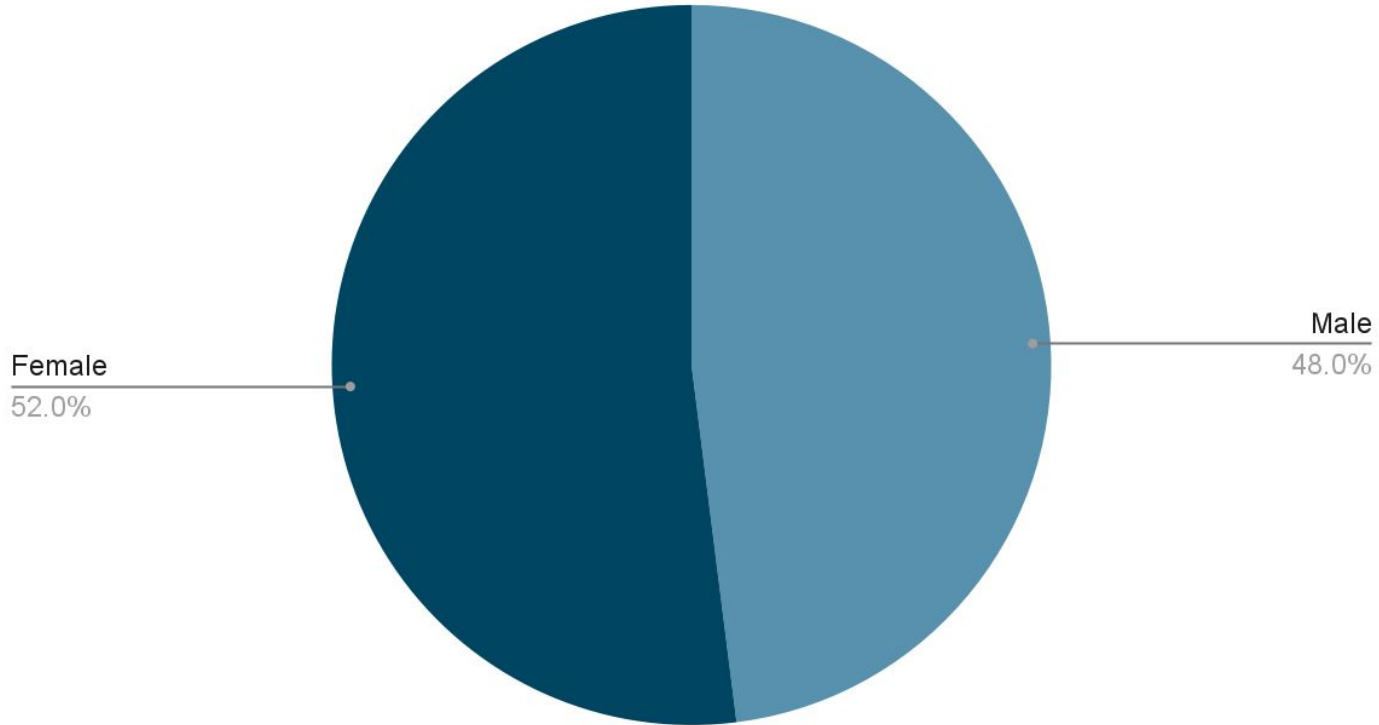


Reflections/Learning From Data (2024) to inform planning for 2025

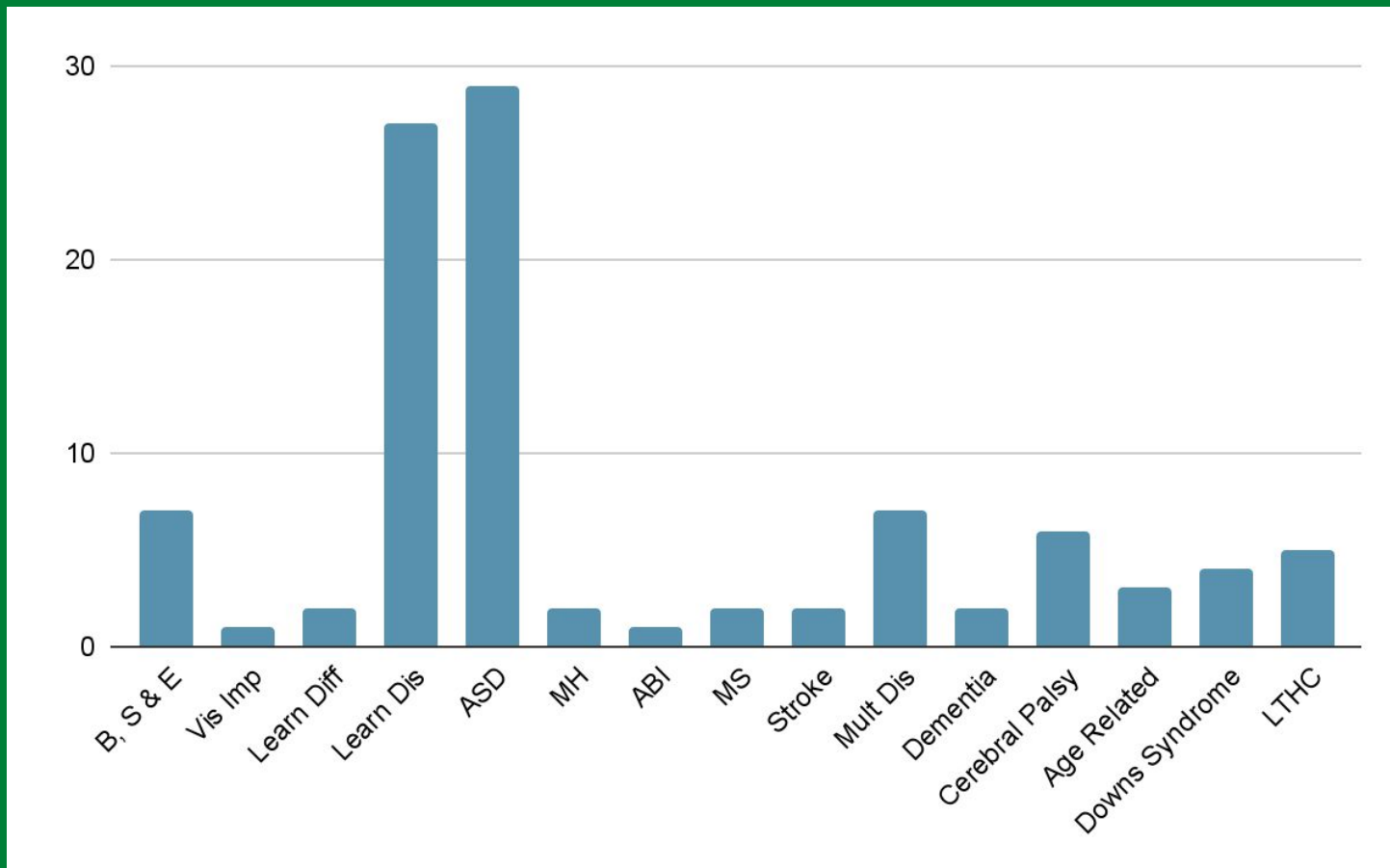
- 
- Renewed focus on attracting an older demographic and using adapted cycling as preventative healthcare (measure 65+ attendees and baseline health and wellbeing scores comparison)
 - Ensure that participants are encouraged to attend on a regular basis to amplify benefits of exercise
 - Increase number of siblings/family members attending with direct beneficiaries
 - CYCALL is attracting new customers and retaining existing customers successfully
 - Customers who attend with group/settings frequently return for regular attendance with families
 - Settings which attend once always wish to make regular bookings-need to ensure capacity to balance family/individual bookings and sessions for local organisations/groups
 - Good volunteer retention-need renewed volunteer recruitment campaign in Spring 2025
 - Succession planning to ensure strong Governance/leadership team

Gender of Customers

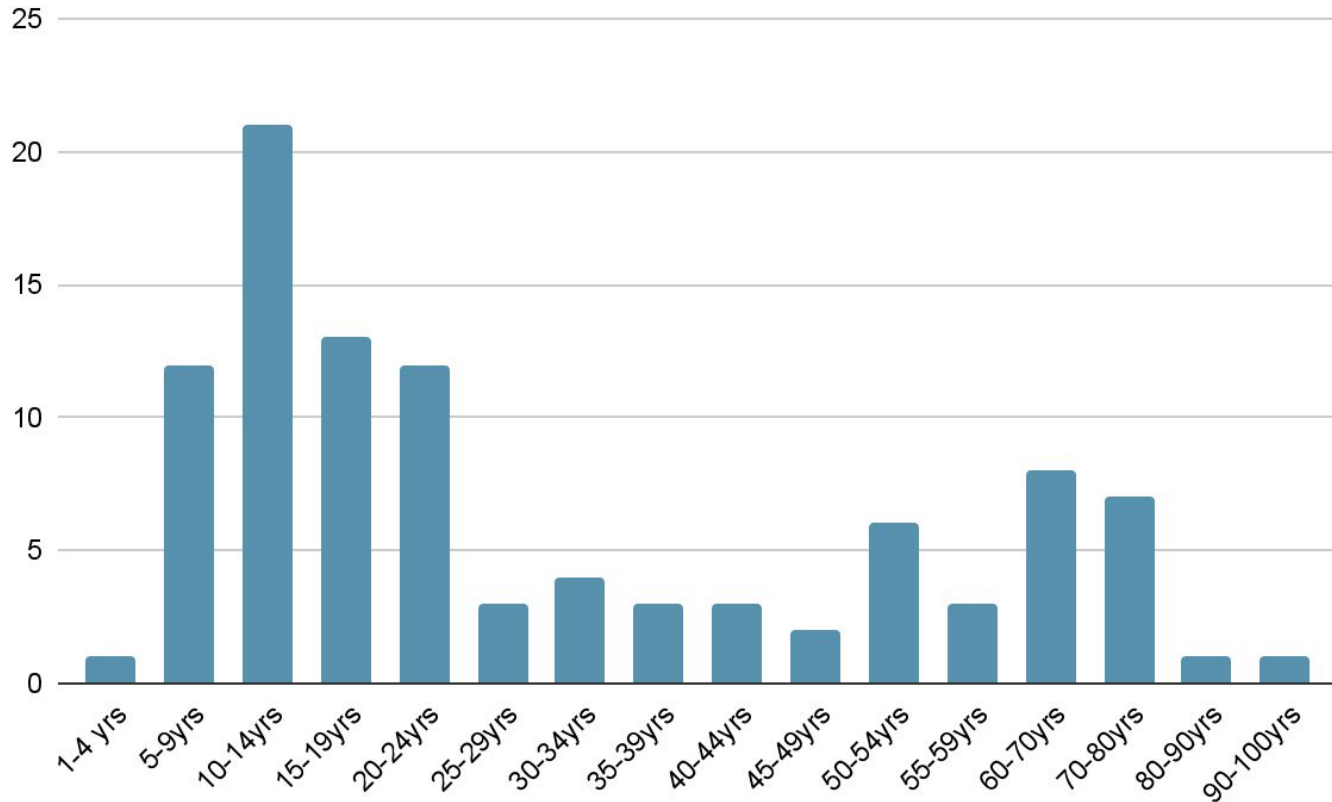
Gender of Customers



Primary reason for attending a CYCALL session



Age Range of Customers



**34 CYCALL
sessions**

**2818
volunteer
hours**

**1931
visitors**

2025 In Numbers

**29 local SEN
schools &
organisations
attended**

**1048
Facebook
posts**

**1 billion
cups of
tea..mostly
Mart!!**

— Outcomes —

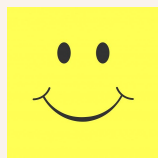


**73% of customers
regularly attend a
CYCALL session**



**96% of
participants said
that they felt a
sense of
achievement after
a CYCALL session**

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



**All participants said
that they particularly
enjoyed making new
friends**

**Data collected by Google Forms Survey*

**Increase
65+
customers**

**Looking
Forward
2025**

**CHUB
Sensory
Space**

**Volunteer
Recruitment**

**Succession
planning**

*With grateful thanks to everybody who has
supported CYCALL*



**It's not how much we give but how much love we put into giving.
Mother Teresa**

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



CYCALL INCLUSIVE CYCLING (WORTHING)

STAY IN TOUCH WITH US!



07784918122



cycallworthing@gmail.com



<https://cycall.info/>



Brooklands Park, Worthing, West Sussex



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

