



CYCALL adapted cycling



Impact Report

2021



Brooklands Park
Worthing

Reflections on 2021



2021

- ❖ 2021 continued to bring new challenges due to the COVID 19 epidemic
- ❖ Despite these challenges CYCALL saw increases in beneficiaries, supporters and volunteers
- ❖ CYCALL maintained a stable financial position
- ❖ 'Circus 4 CYCALL' was a highlight of the year and raised £3000
- ❖ CYCLO Analysis ran very successful 'Big Bike Revival' (Cycling UK) sessions in conjunction with CYCALL
- ❖ Our fleet of adapted bikes was extended and new toys & games proved very popular including 'Ping!' table tennis
- ❖ A 'Window on the Pier' was unveiled to raise the profile of CYCALL
- ❖ CYCALL took part in Worthing Mental Health Awareness Week
- ❖ CYCALL were finalists in the 'Diversity & Inclusion' Sussex Sports Awards (Active Sussex)

Moving Forward-Plans for 2022



2022

- ❖ To develop a wildlife habitat/sensory garden area adjacent to our storage containers. This will improve the area for all park users and create a bee habitat (CYCALL community garden)
- ❖ To create 'quiet spaces' for calm & reflection
- ❖ To promote the benefits of adapted cycling to the wider community and as a preventative health care option for people in later life (focus on social prescribing, hard to reach groups of people)
- ❖ To run specific sessions for focus groups (i.e. age/gender or health condition)
- ❖ To increase the volunteer team
- ❖ To increase number of sessions (2 x sessional workers)

Learning, Partnerships & Networks

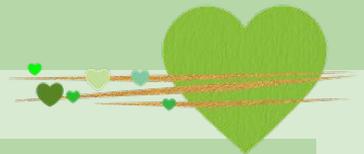
CYCALL Trustees & Volunteers value working collaboratively, sharing learning & developing as an organisation. This approach is supported by volunteers attending forums, networks & training sessions. CYCALL also shares ideas, concepts and best practice with local organisations.

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|----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
| CYCALL welcomed local schools, groups & organisations including Care For Veterans, Sight Support Worthing & Dementia Friendly Worthing | CYCALL was featured on BBC Radio Sussex | CYCALL volunteers attended network forums facilitated by Active Sussex (Sussex Sports Disability Network), Age UK (Older People Network), Dementia Action Alliance & The Health Foundation | CYCALL was supported by Craig Ifield, the Park Ranger for Adur & Worthing Council. |
| CYCALL worked with Cyclo Analysis & Cycling UK to deliver 'Big Bike Revival' sessions | CYCALL took part in Worthing Mental Health Awareness Week | A 'Window On The Pier' was unveiled to raise the profile of inclusive cycling (with thanks to The Worthing Journal) | CYCALL attended the 'Bees & Seas' event (Friends of Brooklands Park) |

"A candle loses nothing by lighting another candle"
Father James Keller

With grateful thanks to our supporters (2020/2021)

The Homity Trust ♡ Warburtons ♡ Magic Little Grants ♡ Toyota Parasport
Argus Appeal ♡ Tesco (Bags of Help) ♡ Southern Co-op ♡ Persimmon Homes
Lancing Parish Council ♡ National Lottery ♡ Active Sussex ♡ Sport England
Hall & Woodhouse Community Chest ♡ The Foyle Foundation ♡ True Colours Trust
Coop Community Fund ♡ G.C. Gibson Trust ♡ Childwick Trust ♡ Hendy Foundation
Assura Community Fund ♡ Worthing Islamic Society ♡ Rowan Bentall Charitable Trust
Recycling in Lancing ♡ Bruce Wake Trust ♡ Amazon Smile Customers ♡ Sompting Coop
BBC Children in Need ♡ Sompting Coop ♡ Baily Thomas Charitable Fund
Sussex Community Foundation ♡ The Rampion Fund



Thank you to Matt Shaw from Cyclo
Analysis for maintaining our fleet of
bikes

<https://www.cycloanalysis.co.uk>

Our heartfelt thanks to the CYCALL
community, our volunteers and
everybody who supports us ~ we
could not do it without your
encouragement and support



A snapshot of
some of our bikes





Rob & Zac visit Tomcat SNi

2021 in photos



Rob & Martine take part in The Worthing Journal evening bike ride



The CYCALL 'Window on the Pier' is unveiled



Cyclo Analysis run 'Dr Bike' sessions in conjunction with CYCALL



CYCALL were finalists in the 2021 Sussex Sports Awards



Nick, Trish & Kate raised an amazing £3000 for CYCALL (with thanks to Durrington Community Cycle Project for a fabulous donation)



CYCALL became a Ping! Table tennis provider



Great Fun!
CYCALL sessions
2021



Community Links





#more than just pedalling!





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

Our Aims & Objectives



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

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



In the United Kingdom, physical inactivity is the fourth greatest cause of ill health with negative impacts on health, social and economic outcomes for individuals and communities.
(Moving Medicine)

Over 19 million adults in England (the equivalent of more than 4 in 10) live with one of more longstanding health condition, and, prior to the pandemic, this group were almost twice as likely to be inactive compared to people without a health condition.

The Proven Need

There are 11,600 inactive adults in Adur.
There are 18,20041 inactive adults in Worthing.
(Adur & Worthing Council)

Feeling lonely is as harmful as smoking 15 cigarettes a day (Age UK)

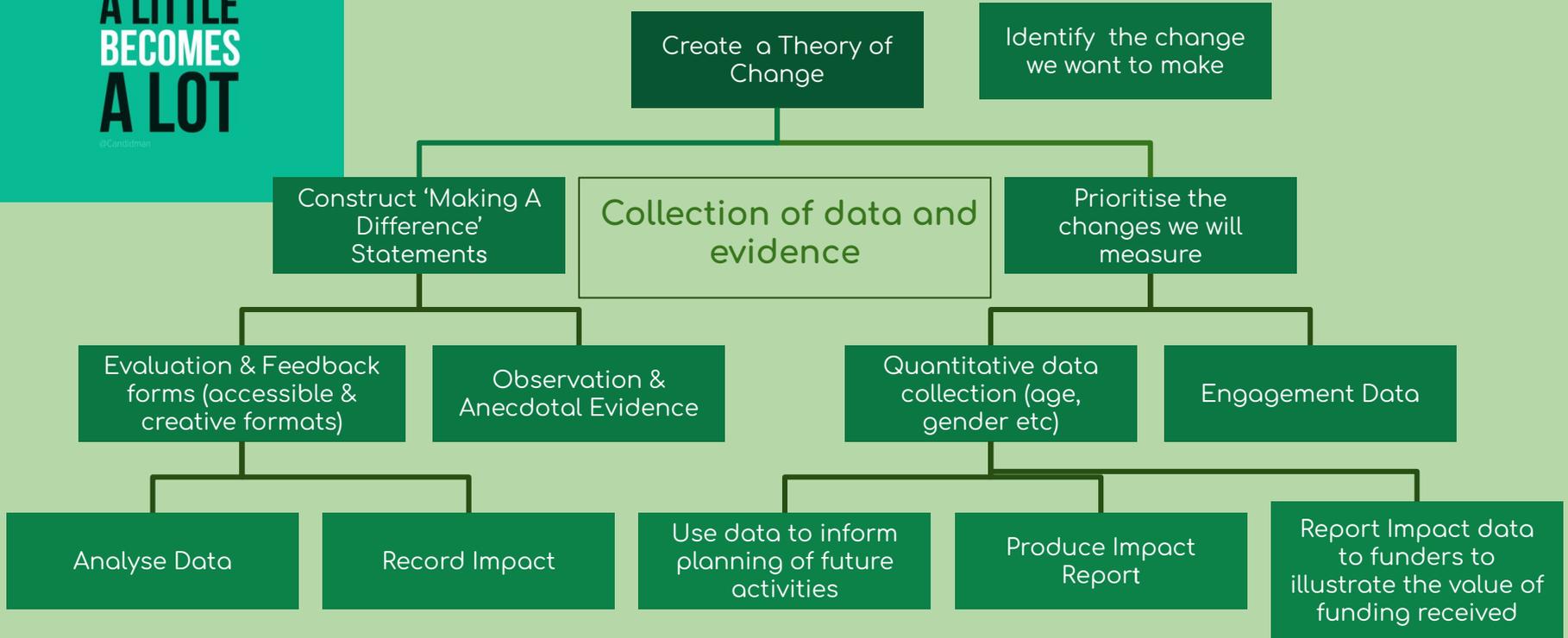
“There is a real danger that disabled people will be left behind as the sport and physical activity sector recovers from the coronavirus (Covid-19) pandemic. This cannot be allowed to happen”.

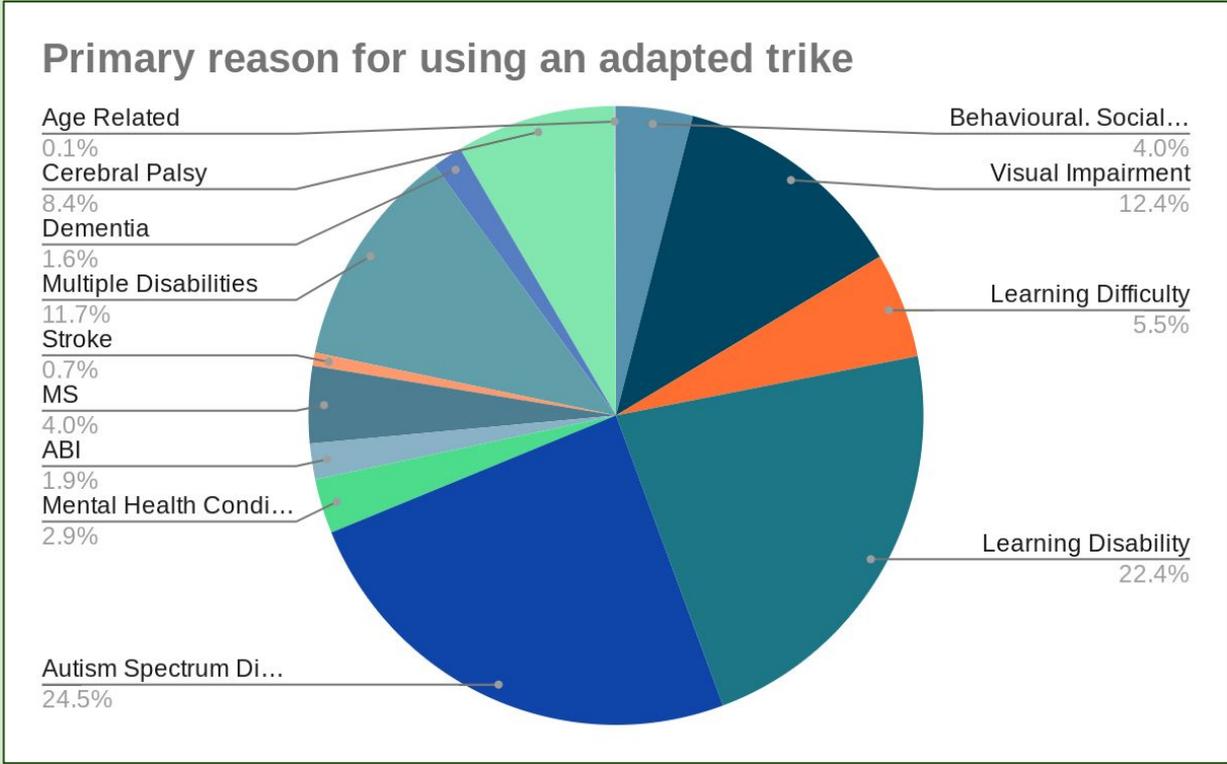
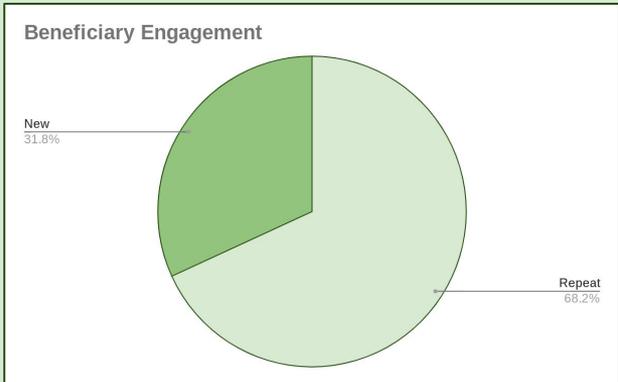
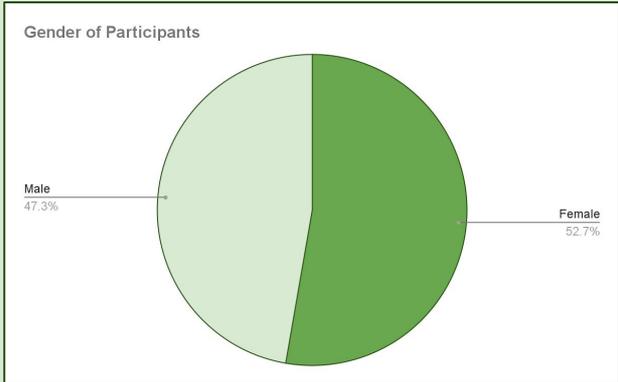
by Tim Hollingsworth Chief executive, Sport England

**LITTLE
BY LITTLE,
A LITTLE
BECOMES
A LOT**

@Conallman

How we measure our Impact?

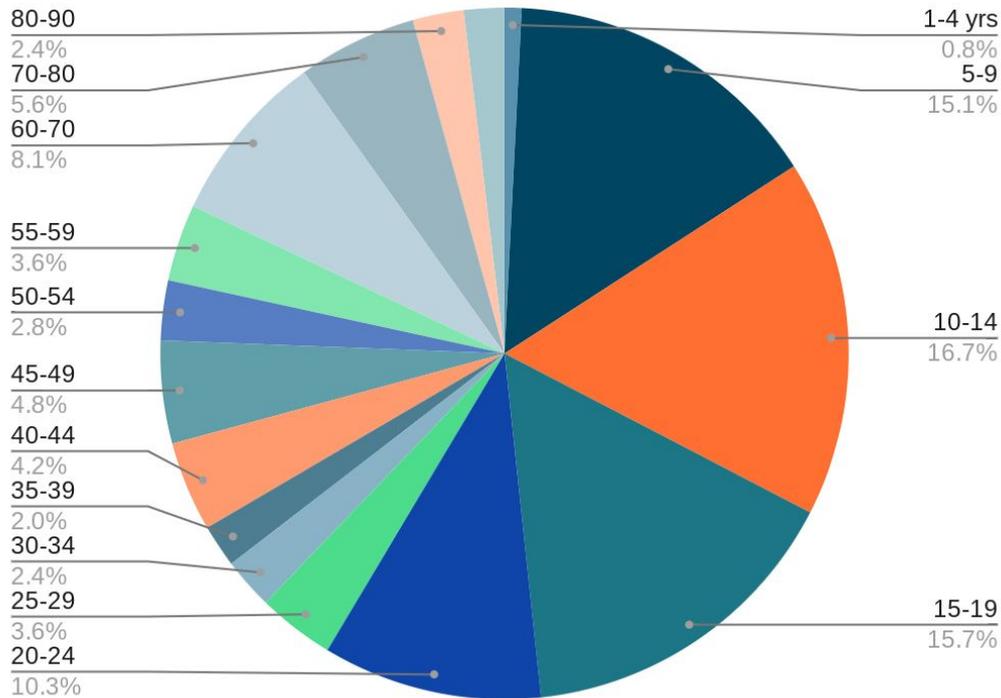




Learning From Data (2021)

- This data has informed our planning to run 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

Age of participants



Our oldest participant was 98 years old

Thank you so much. I can't tell you how much that meant to Dad/Us. He has felt so isolated and alone. You have put a big smile on his face.

2021 In Numbers



2040
volunteer
hours



78
sessions



18 local
schools
& groups



Bikes
were used
1500 times



324 new
CYCALL
members



803
Facebook
posts



100 % of participants reported an improved mood after a CYCALL session



Feels so good, thank you to both for giving me the opportunity. Massive milestone. So liberating!



100 % of participants report a sense of achievement after a CYCALL session



Cycall has been a great experience for **** and indirectly for me as his carer. thank you!



97 % of CYCALL participants increased their activity levels in general



Outcomes 2021 ~ this is a snapshot ~ more detailed data is reported to CYCALL funders

Data collected by Google Forms Survey (November 2021 - randomized selection)

How To Contact Us



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