

CYCALL (INCLUSIVE CYCLING)

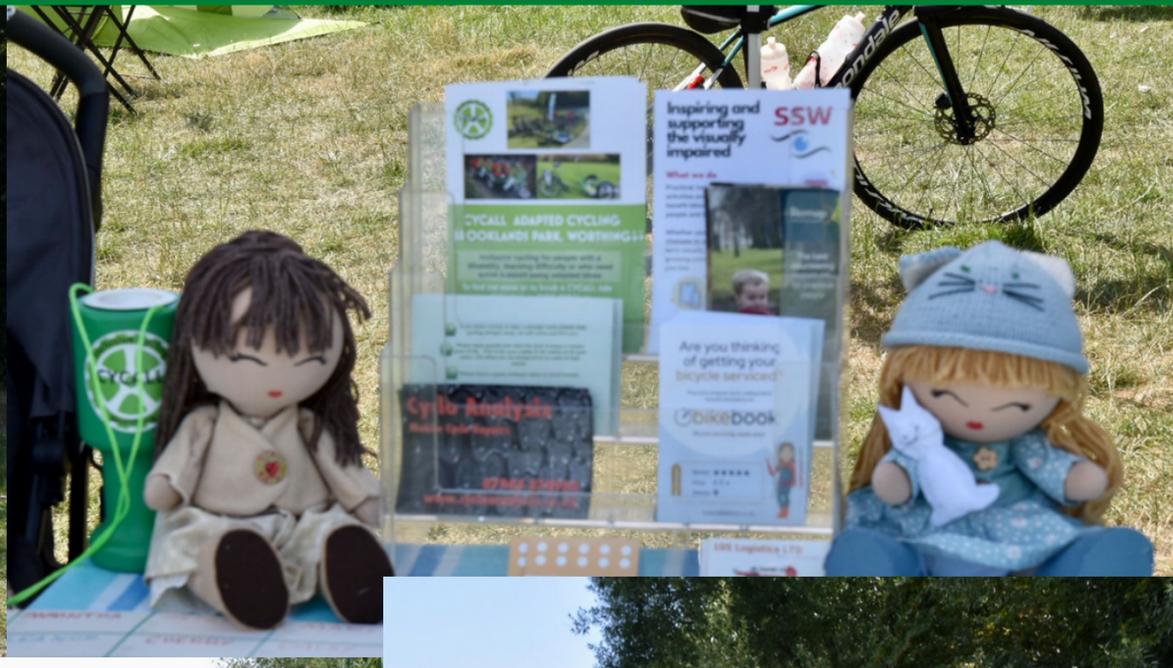


IMPACT REPORT

2022



2022 Highlights-'Cycle 4 CYCALL' with Angmering Cycling Club



2022 Highlights



**Worthing Mental
Health Awareness
Week 2022**



Worthing Carnival 2022

2022 Highlights



John (ACC) completed a sponsored ride raising funds for CYCALL



Rob's 50th birthday!



East Preston Village Funday



Volunteers from Sussex University 'Active Students'



Creation of CYCALL garden

2022 Highlights



Raising the profile of CYCALL through presentations to local groups & schools



Our wonderful Holly & Eleanor joined the CYCALL team



Dr Bike session
Cyclo Analysis



'Ladies Living Well In Later Life' cycling sessions supported by Active Sussex



The CYCALL volunteer team grew!



Platinum Jubilee Celebrations

Our Impact - In Words

It gives the children so much independence

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

She said it made her day feel good

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.

Our Aims

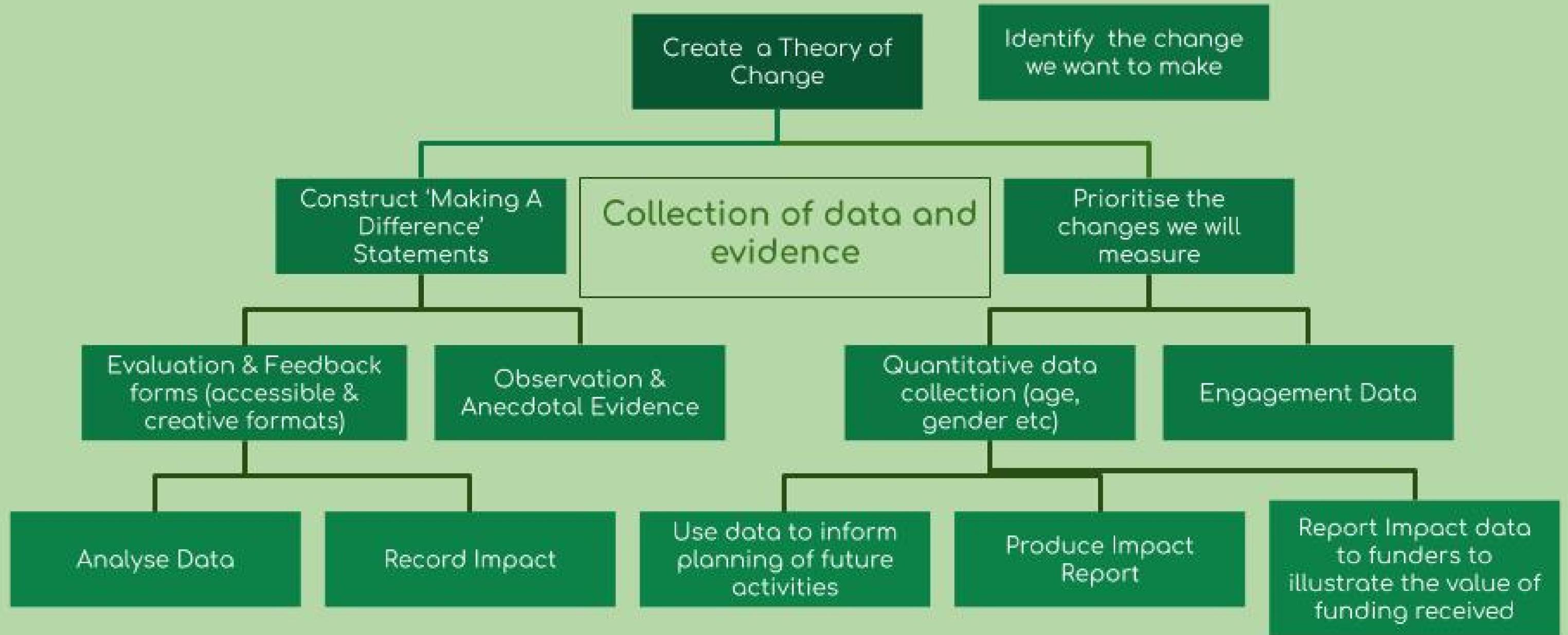
To improve the health & wellbeing of participants through making human & natural connections

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

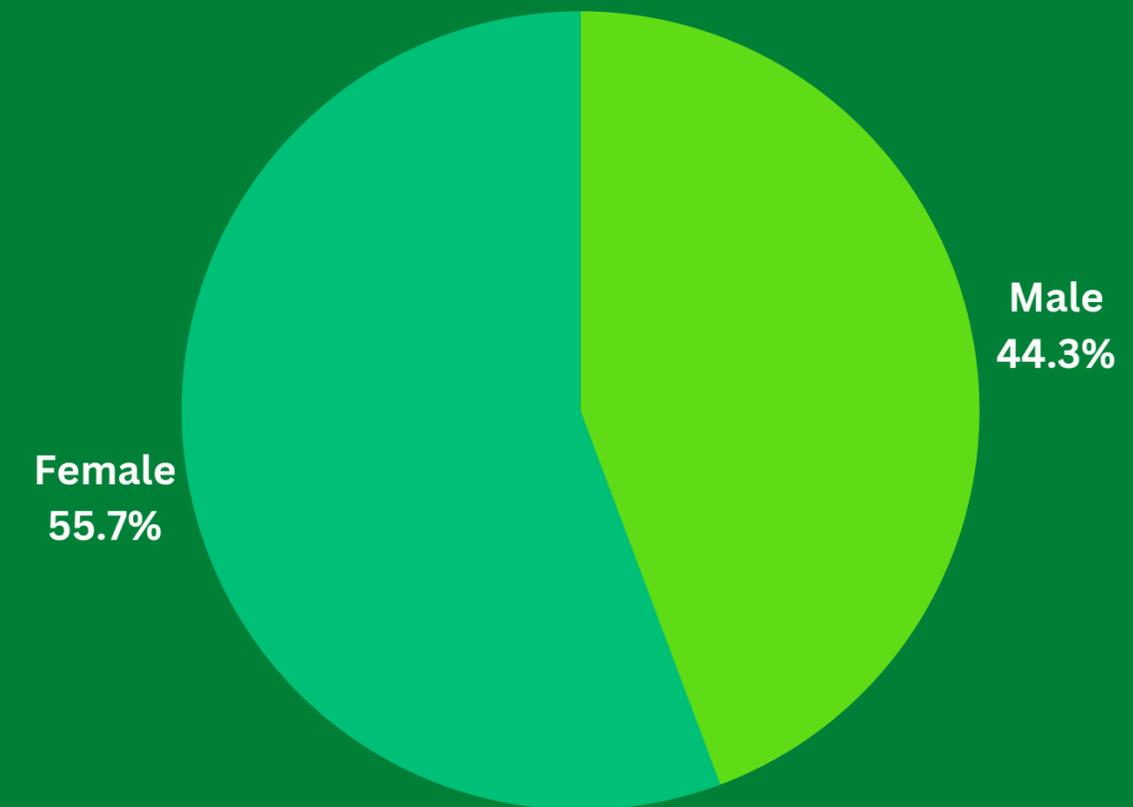
How we measure our Impact?



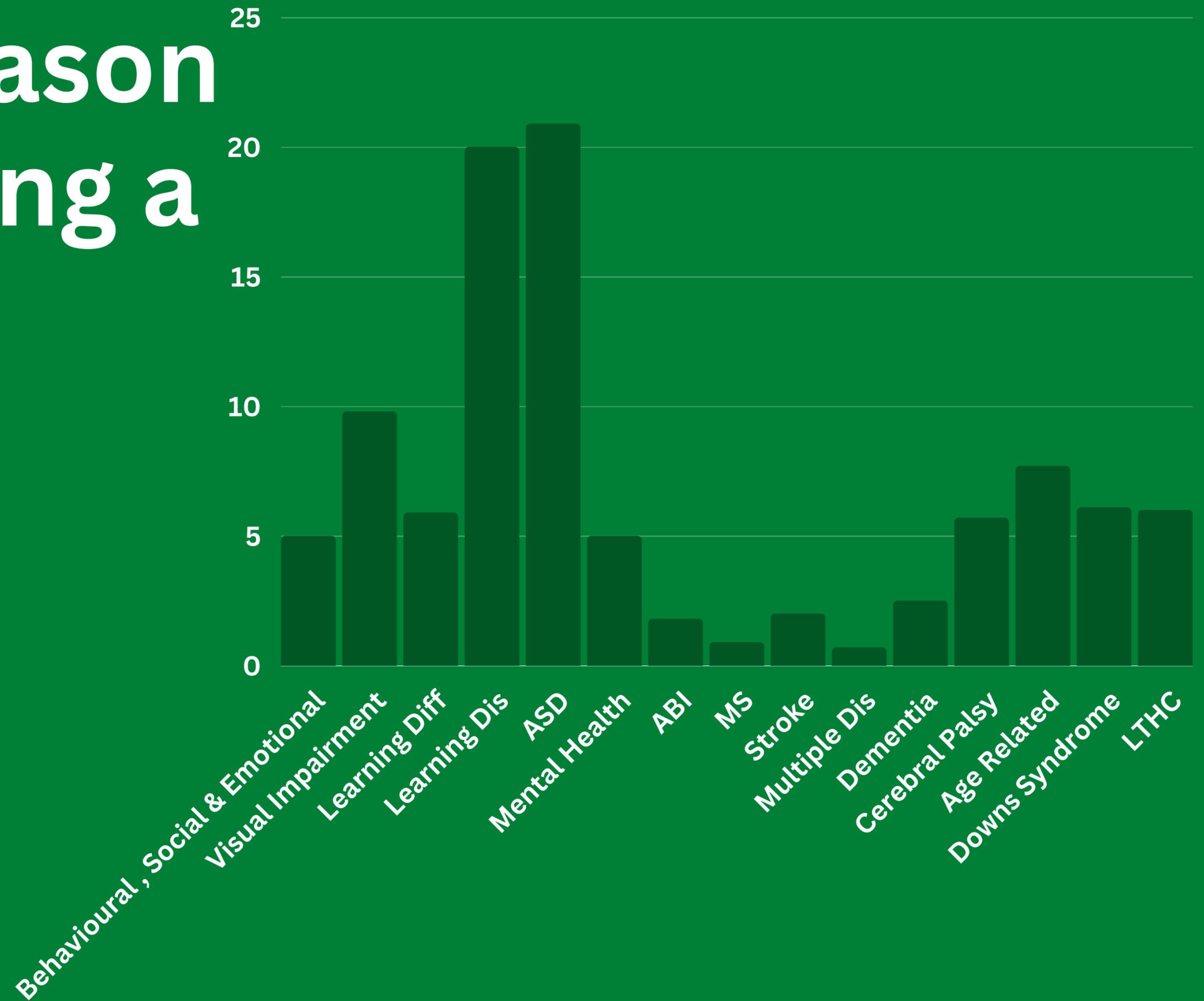
Learning From Data (2022) to inform planning for 2023

- 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

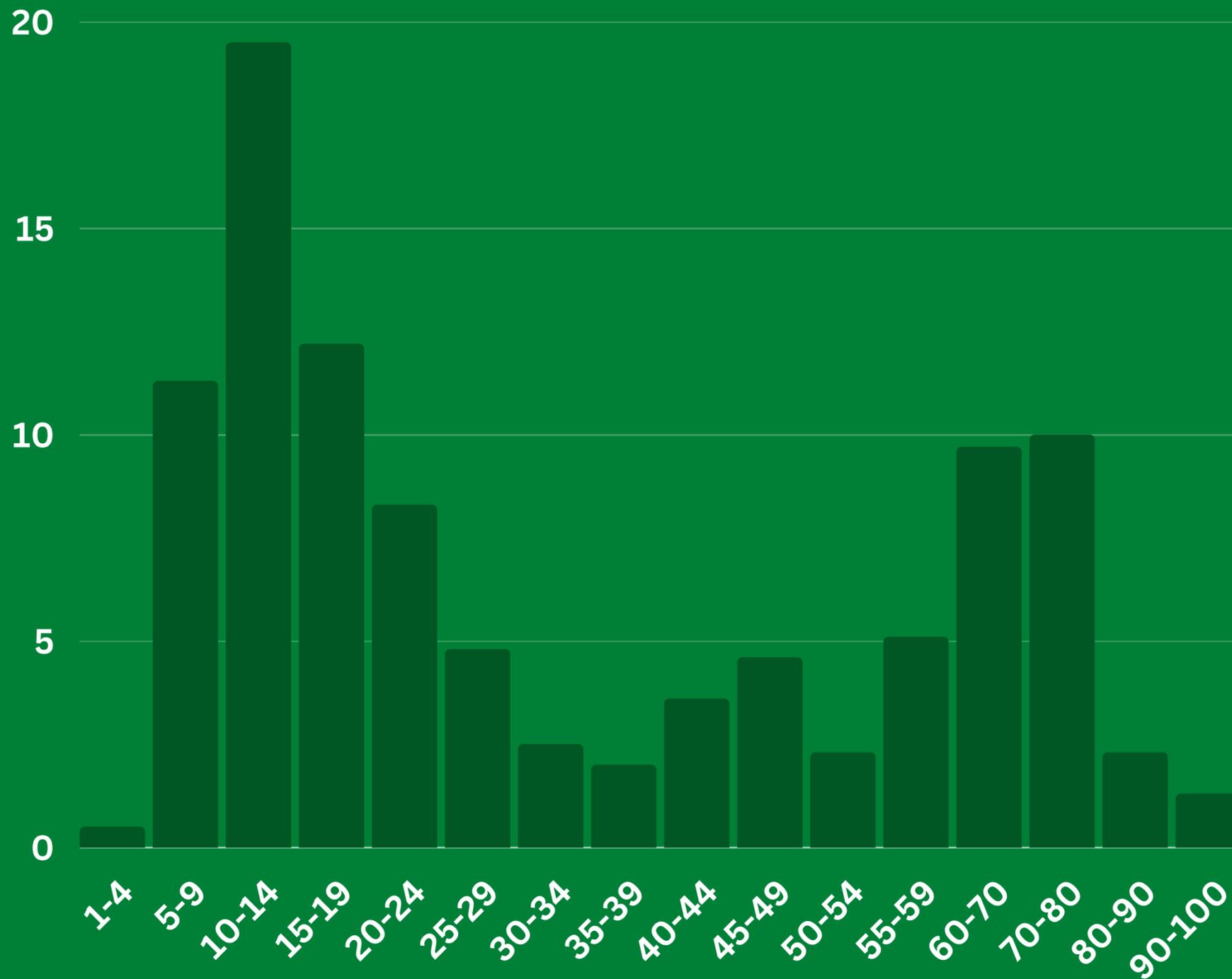
Demographics Gender



Primary reason for attending a CYCALL session



Age Range



**86 CYCALL
sessions**

**2563
volunteer
hours**

**2039
participants**

2022 In Numbers

**28 local SEN
schools &
organisations
attended**

**681
Facebook
posts**

**263
Tweets**



**95% of participants
reported
improved strength**

**All
participants
said CYCALL
sessions
helped them
to make new
friends**

**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 Survey**



Extend supported volunteer opportunities

Engage with local support groups to run 'condition specific' sessions

Looking Forward 2023

Promote the benefits of cycling for mental health conditions

Increase Management team



CYCALL INCLUSIVE CYCLING (WORTHING)

STAY IN TOUCH WITH US!

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