



# Impact Report 2020

## CYCALL (Inclusive Cycling) Brooklands Park, Worthing



# REFLECTIONS ON 2020 ~ CHALLENGES

**2020 has been a challenging year for all. Due to COVID 19 we were only able to run CYCALL sessions from mid-August until the end of September.**

- This had an impact on the number of participants who could access inclusive cycling
- CYCALL introduced new procedures to ensure we were compliant with Government guidelines
- All sessions had to be pre-booked and all participants had to be from the same family or setting at each session
- CYCALL has been unable to attend community events to engage with the public or fundraise as planned

# REFLECTIONS ON 2020 ~ THE POSITIVES



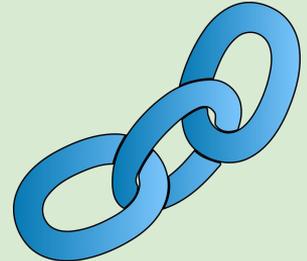
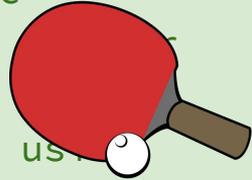
- Our new location at Brooklands Park is perfect. We are excited by the developments planned for Brooklands Park
- We were 90% successful with our funding applications and now have 19 bikes. By extending our fleet we can meet more needs.
- 3 new settings booked regular CYCALL sessions
- 2 new volunteers expressed an interest in the work of CYCALL
- We continued to develop local partnerships and create new relationships
- We secured a grant which enabled us to build a pitched roof on our storage containers to make them watertight
- CYCALL featured in an advert on Channel 4 as part of the 'We Are Undefeatable' Campaign
- CYCALL took part in Worthing Mental Health Awareness Week and live streamed from Brooklands Park
- Due to COVID 19 we changed our model of delivery from 'open' sessions to pre-booked sessions. We have chosen to continue pre-booked sessions from families and settings. This feels a safer way to continue and was particularly beneficial to participants with challenging behaviour who could attend a session solely with their caregivers

# MOVING FORWARD-OUR PLANS FOR 2021

2021



- 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
- To become a Ping! Table Tennis accredited provider (supporting the development of gross motor skills, coordination and social skills for participants)
- To promote the benefits of adapted cycling to the wider community using evidence based learning from Sport England (focus on social prescribing and hard to reach groups of people-age related and long term health conditions 'We Are Undeatable')
- To increase the volunteer and Trustee team
- To develop new partnerships and relationships



## 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.**

<p>CYCALL welcomed visitors to Brooklands Park including Sight Support, Pedal People &amp; Care For Veterans</p>	<p>CYCALL took part in the 'We Are Undefeatable' Campaign (Sport England) featuring in a TV advert</p>	<p>CYCALL volunteers attended network forums facilitated by Active Sussex (Sussex Sports Disability Network), Age UK (Older People Network), Dementia Action Alliance &amp; The Health Foundation</p>	<p>CYCALL was supported by Craig Ifield, the Park Ranger for Adur &amp; Worthing Council.</p>
<p>CYCALL attended a virtual 'Hall &amp; Woodhouse' Awards Ceremony where we enjoyed beer &amp; cheese tasting</p>	<p>CYCALL took part in Worthing Mental Health Awareness Week</p>	<p>Martine attended BBC Children in Need training to support the development of our 'Measuring Impact' skills</p>	<p>Exciting Plans for new partnerships &amp; collaborations in 2021.....WATCH THIS SPACE</p>

**“Without leaps of imagination and dreaming, we lose the excitement of possibilities. Dreaming, after all is a form of planning” Gloria Steinem**



Thank you  
for  
believing  
in us

# WITH GRATEFUL THANKS TO OUR SUPPORTERS

With thanks to Matt from **Cyclo Analysis** for maintaining our fleet

Worthing Rotary Club	Sport England	Southern Coop
Bruce Wake Trust	National Lottery	The Hendy Foundation
West Sussex Travel Society	Community Fund	The Childwick Trust
Ferring Probus	The Homity Trust	Assura Community Fund
Trefoil Guild	BBC Children in Need	MHA Carpenter Box
Kingsley Coffee Shop	Clarion Futures	Sussex Police
Warburtons	Adur & Worthing Council	One Stop Shops
Tim Ransley	Tesco Bags of Help	Magic Little Grants
The Rampion Fund	Worthing Community Chest	Local Giving
BBC Children in Need	Asda Ferring	Toyota Parasport Fund
St Andrews Church, Ferring	Ferring Coop	Argus Appeal (SCF)
Sompting & Lancing Lions	Waitrose Community	Lancing Parish
Durrington Community Cycle	Matters	Council
Project	Sussex Community	Persimmon Homes
G.C. Gibson Charitable Trust	Foundation	Hall & Woodhouse
Rowan Bentall Charitable Trust	The Rampion Fund	Community Chest
		Active Sussex
		True Colours Trust
		The Foyle Foundation



**A snapshot of  
some of our  
bikes**





Our new roof going on!



2020 in pictures!



Rain didn't stop play!



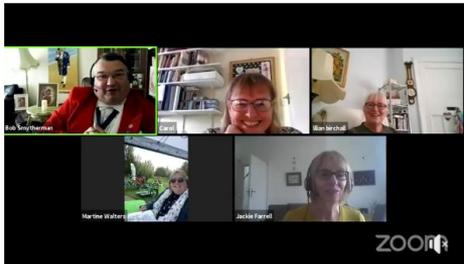
# Bike service day ~ Cyclo Analysis



Live streaming from Brooklands as part of Worthing Mental Health Awareness Week

Worthing Mental Health Awareness Week was live — 🥳  
feeling excited.  
4h · 🌟

Live from Brooklands with Martine from Cycall



Some of our outdoor games to promote motor skills, coordination and social skills

A visit from our friends at Sight Support



Attending the launch of Adur as a Dementia Friendly Community





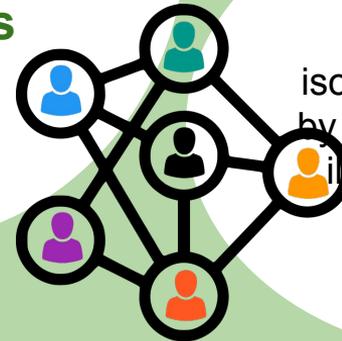
To improve the health & wellbeing of participants through making human & natural connections

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

## The Proven Need

49% of people living with a disability feel excluded from Society. Nearly half of disabled people feel excluded from society and day to day life.

**SCOPE**

**A recent 'Sport England' survey has found that people living with a disability have been disproportionately affected by the pandemic and it has significantly impacting their ability to be physically active.**

There are potentially around 3.5 million disabled adults at greater risk of poor health due to inactivity, and evidence shows they are twice as likely to be inactive to non-disabled people.  
**Public Health England**  
(2018)

In the Public Health England report "Everybody Active" it cites that disabled people are half as likely to be active as non-disabled people.

Over 9 million people in the UK – almost a fifth of the population – say they are always or often lonely.  
**British Red Cross and Co-Op**  
(2016)

**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.**

Spending time in nature has been found to help improve mood and sense of wellbeing. This might be due to combining regular physical activity and social contact with being outside in nature.

**MIND**  
(2018)

19.4% of Worthing residents have a limiting long term illness. This is significantly worse than England average Nearly one in five adults in Worthing has a long term limiting illness or disability.  
**Adur & Worthing Council**

## The Local Need

**Disabled adults and children encounter physical, financial and emotional barriers to accessing physical activity. CYCALL overcomes these barriers by providing adapted bikes which are free to use in an accessible, safe and supported environment.**

There are 132,000 in Sussex aged under 65 who have a long term illness.  
**Sussex Uncovered (Sussex Community Foundation)**

There is much to celebrate in Adur and Worthing, however we also know that both areas have significant health challenges: higher than average levels of obesity low rates of physical activity; isolated older people and loneliness of all ages.  
**Start Well, Live Well , Age Well**  
**Adur & Worthing Council**  
**2018-2021**

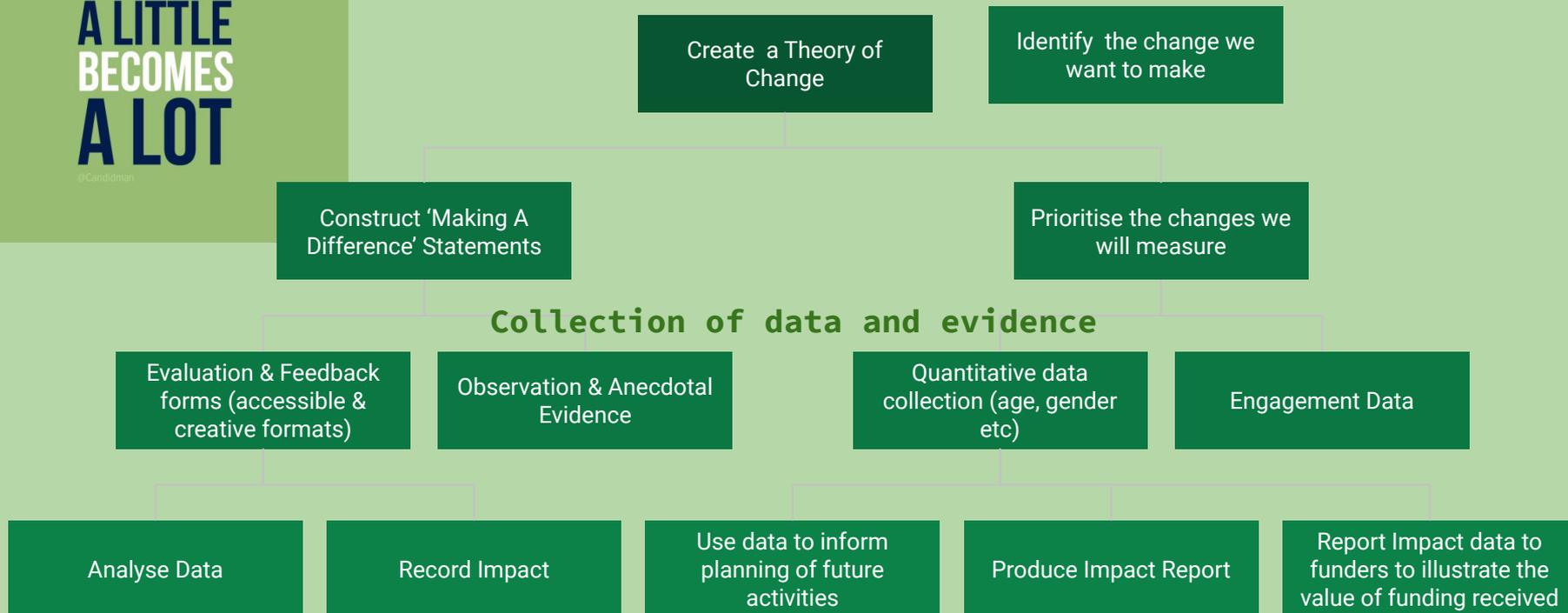


Sussex has been named a 'loneliness hotspot' as thousands of calls have been made by elderly people to **The Silver Line Helpline.**

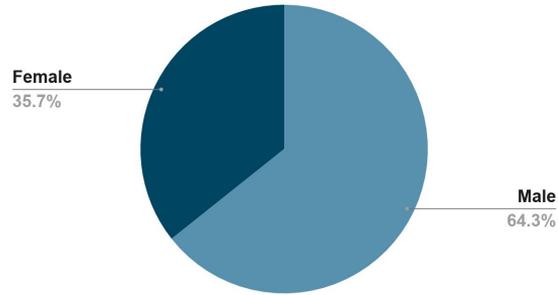
**LITTLE  
BY LITTLE,  
A LITTLE  
BECOMES  
A LOT**

@CandidoMan

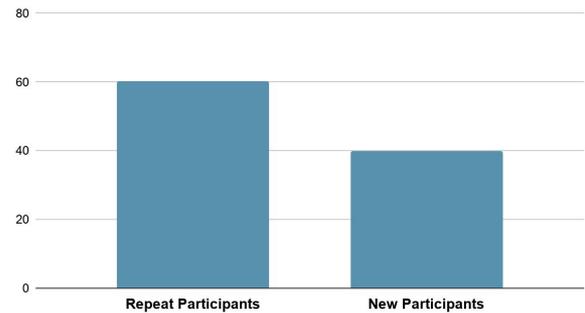
## How we measure our Impact?



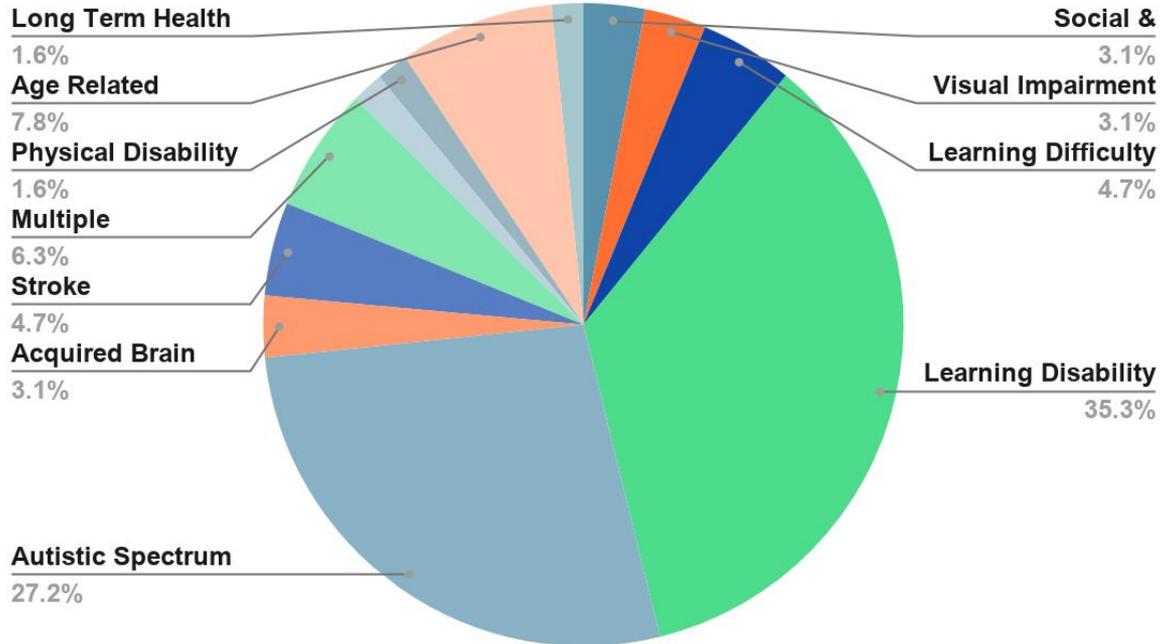
Gender of participants



Beneficiary Engagement



## Primary disability/health condition of participants



## Learning from data

- Although we want to attract new participants we measure our impact by the number of participants attending for a repeat session (participant engagement)
- As identified in our Strategic Development Plan (Targets for 2021) we need to explore ways to share the benefits of adapted cycling with groups of people living with a long term health condition and as a way for elders to keep active (Social prescribing)

## Age of Participants

90 to 100 years

1.7%

60-70 years

6.7%

50-54 years

3.3%

45-49 years

3.3%

30-34 years

2.3%

25-29 years

8.3%

20-24 years

13.3%

1-4 years

1.7%

5-9 years

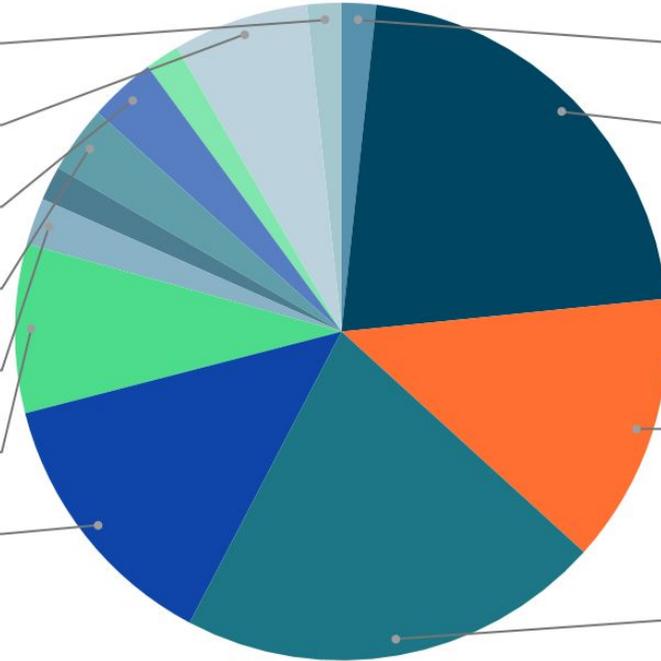
21.7%

10-14 years

13.3%

15-19 years

21.0%



Regular activity can lower your risk of heart disease, stroke, some cancers, depression and dementia. Moving more helps your thinking skills – like problem-solving, decision-making and remembering facts and words.

Being active can lessen aches and pains, help you stay steady on your feet and boost your mood.

**AGE UK**

Our oldest participant was 94 years old. She enjoyed herself so much on the side by side trike that she wanted to try a trike on her own – her daughter had to run to keep up with her!

**This is a snapshot of our data. In-depth data is shared with our funders & supporters measured against key objectives.**

**98% of participants indicated an improved mood**

**88 % of participants reported improved confidence**

**60 % of participants attended more than 4 sessions in 2021**

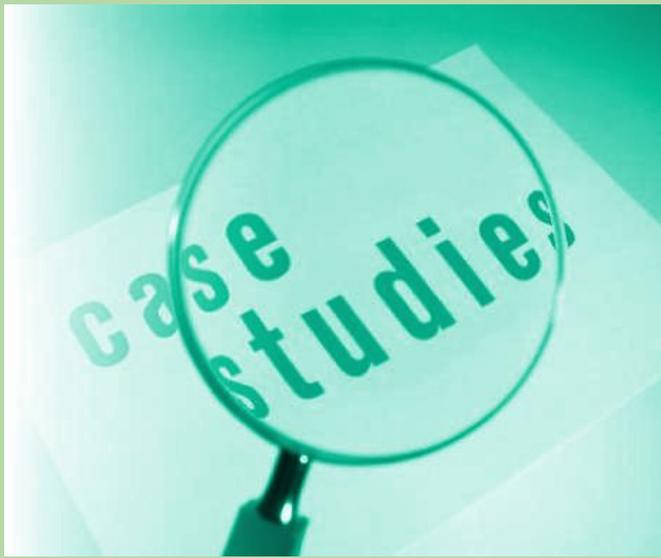
**76% of participants reported that attending an adapted cycling session had motivated them to become more healthy & active**

**95% of caregivers reported improved behaviour after a CYCALL session**

**100% of participants rated their sense of achievement as 10 out of 10**

**Participants expressed that meaningful social interaction was a key part of their enjoyment**

**80% of participants stated that being in nature improved their mood**



M (63yrs,F) had a stroke in 2019. This caused partial paralysis, poor balance & coordination. M wanted to see if she could cycle using a trike. With some aids and adaptations M became confident using a trike as part of her physical therapy. M attends regularly and feels that her confidence is improving. M has seen multiple health benefits.

S (7yrs, M) has never ridden a bike before. S is non-verbal but showed his delight through smiles and giggles on a side by side trike with his mum.

P (76yrs, M) used to be a keen cyclist before the onset of Dementia. When P gets on a bike he remembers how to cycle, he waves and rings his bell in enjoyment...

## Reflections from the CYCALL community

**I have never been able to share an activity with my son before today.**

Highly recommend CYCALL!  
We took my son who is severely impacted by his autism and he loved it!  
CYCALL are very caring and accommodating.

Thank you so much for having us last weekend. I'm not sure B has ever looked at me and smiled so much, ever. He was so happy! It melted my heart. Thank you!

You have no idea how much I enjoyed being there today. I feel honoured that you would let me join your wonderful little community. The truth is I get quite lonely at times, so Cycall looks like the perfect antidote to me. It certainly made me feel part of something special. Like everyone else there today, I can't wait until next Saturday comes around.

**L absolutely loves coming cycling, Thank you so much for providing such an amazing activity, she would not be able to access anything like it without you. It improves her confidence, as well as her fitness, and gets us out in the fresh air.**

I have just returned from a Cycall session at Brooklands for my class. It was an absolutely brilliant morning and the pupils gained so much from the experience of being on the wheelchair bike. Thanks so much to Martine and Rob, we will visit again!



[www.asouth4all.co.uk/cycall](http://www.asouth4all.co.uk/cycall)



[www.facebook.com/groups/cycall](http://www.facebook.com/groups/cycall)



[cycallworthing@gmail.com](mailto:cycallworthing@gmail.com)



<https://twitter.com/CYCALL3>



07784918122

**Thank you so much to everyone  
who supports us...we could not  
do it without you!**