



impact report
2018-19



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Above
Bike Academy
volunteers celebrate
building a bike on
work experience.

welcome from the cycling enthusiast officer



It is with great honour that I present to you Bike for Good's 2018-19 social impact report.

It has been a tremendous year for Bike for Good.

Our Glasgow South Community Hub has developed at a rapid pace, requiring us to relocate to larger premises and extend the team.

It has been exciting to see our latest project 'Bikes for All' thrive as a vehicle for social inclusion. It is great to see that our impact is growing in Scotland via many new avenues; helping us achieve our **vision of an environment where everyone benefits from riding a bike.**

Only nine years ago we were a volunteer team based in a market stall. We've learned so much along the way and every challenge has made us stronger and more determined to deliver greater impact in Scotland. In 2020 we will be 10 years old. This is well worth celebrating, and we can't wait to involve all our supporters, team and beneficiaries.

In the near future, I am really looking forward to seeing the development of ayecycleglasgow.org.uk, a great example of collaboration between cycling projects in Glasgow. Another step on our **mission to enable people to cycle as their mode of transport.**

Well done everyone, keep pedalling!

Gregory Kinsman-Chauvet
CEO and Founder of Bike for Good

bike for good highlights 2018-19



1,699 bikes diverted from entering landfill saving 250 tonnes of CO₂e; the equivalent to taking 41 cars off the road for a year!



498 people received 1:1 cycle training, helping to build their cycle confidence.



69 young people and 32 adults achieved a City & Guilds Bike Mechanic Qualification.



1,178 people attended our Fix Your Own Bike service.



4,311 hours of time offered by our wonderful team of volunteers.



138.1 tonnes of CO₂e saved by supporting adults to choose cycling over driving for short local journeys via our VeloCommunities project.



166 drivers of large vehicles trained to understand how to approach and treat cyclists on the road via Practical Cyclists Awareness Training delivered on behalf of Cycling Scotland.





Our mission is to enable people to cycle as their mode of transport.

Our vision is a city where everyone benefits from riding a bike.

We believe cycling makes the world a better place.

We change lives, through cycling.

what we do and why we do it

Bike for Good is a social enterprise and charity which provides access to excellent quality refurbished bikes whilst diverting tonnes of waste from landfill.

We also offer a comprehensive programme of inclusive projects which promote, support and encourage greater levels of cycling.

Founded in 2010 by social entrepreneur Gregory Kinsman-Chauvet, the charity has grown steadily to a team of 55 staff members and 50 volunteers working from two locations in Glasgow.

Across our two Bike for Good Community Hubs in the west and south of Glasgow, this year we have worked with just over 27,600 people, 11% more than in 2017-18. This is thanks to the hard work and commitment of our team of staff and volunteers as well as our partners and funders.

Cycling has a multitude of benefits for society. It helps to improve the environment we live in, the way we feel inside and out and gives us skills for life. We have created a series of cycling themed projects which seek to highlight this to the public and fill a gap in current provision.

Above

WheelBeing session in action, in Pollok Park.



volunteers

Bike for Good started in 2010 with just a small team of passionate volunteers and a box of tools. Nine years on, and volunteers still play an essential role.

Our volunteer team has nearly doubled this year with over 50 skilled volunteers giving up their time each week to help us change lives through cycling. In total our volunteers have given 4,311 hours of their time!

Our focus this year has been on developing the skills of our volunteer team by offering 'on the job' and accredited training such as First Aid, Ride Leader, Cycle Trainer and City & Guilds Bike Maintenance training.

“[Before Bike For Good] my cycling was non-existent”

“When I was young we were very poor, so I never had the chance to buy a bike. My sister never learned either.

I had wanted to learn for a long time, the thing that put me off was the cost per lesson. When I found out Bike for Good South were offering free lessons I got in touch straight away.

I now feel fitter generally, cycling has encouraged me to walk more too. I feel motivated to continue lessons as I want to build up my confidence to go on some long distance cycle rides, for instance the canal side ride to Falkirk.”

Bernadette

Bike for Good Participant



Case Study: Helen Voce

“Volunteering at Bike for Good makes me a more rounded person. It’s what I do because I believe in the greater good of people and how when we come together to work towards a common goal we achieve something. Without it I’d feel imbalanced.

I’ve also learnt so much about bikes and cycling which has been a complete bonus – some things I am now much more confident to do myself, others I still ask for help with! And brilliantly I have been funded to become a Cycle Trainer which is a fantastic and considerable investment by Bike for Good in me, that I am grateful for.”

Above

Helen, back row, third from the right, with some of our other skilled volunteers.

from donor to owner

Thanks to generous bike donations from people all across Glasgow and the surrounding areas, in 2018-19 we gave 1,699 bikes a new lease of life. The result? Affordable bikes for those looking for a low cost but good quality way to get around the city that has a low impact on the environment. Refurbishing these bikes saved over 250 tonnes of metal and plastic waste from ending up in landfill.

1



2



Follow one bike's journey from donation to sale in our Glasgow West Community Hub

Step 1

Neil Sturrock kindly donated this Cannondale road bike. Instead of selling it privately, he decided to support Bike for Good and offer the bike a new life with a happy new owner.

Step 2

The bike is recorded in our system and the first assessment of its condition is carried out by our team of volunteers.

Step 3

The bike is then passed onto a Bike for Good mechanic, Martin, who gives it a full service, replacing parts as required. This is part of our quality assurance commitment in line with our Revolve Accreditation; a reuse quality standard for shops who sell second hand goods in Scotland.

Step 4

The bike is then proudly displayed on our shop floor. Our trainee bike mechanic and shop floor assistant Connor helps customers decide which bike is right for them; ensuring size, style and price meets their needs.

Step 5

The lucky new owner of the Cannondale is Fabian Große who says "Just three weeks ago, I moved to Glasgow for a new job. I have been riding a bike in Germany since I was six years old, but I didn't have one in Scotland, instead depending on the train for my daily commute and running errands. I found out about Bike for Good, and I came as soon as I could. I was delighted to find this amazing road bike. The moment I first stepped into the pedals, it felt so good to be back on two wheels! Since then, I use it for my daily commute (rain or shine), doing groceries, or just exploring the city, which I find much more enjoyable by bike!"

3



“The moment I first stepped into the pedals, it felt so good to be back on two wheels!”

Fabian Große
Bike For Good User

4



This simple but effective process ensures that affordable and good quality bikes are readily available, ideal for those with a limited budget and/or who are environmentally aware.

Bike donations are essential to the circular economy; keeping goods and products in use and limiting waste. This is a key priority for Bike for Good and at the core of our social enterprise.

5



cycling for health, wellbeing and social inclusion

WheelBeing

Our WheelBeing project launched in October 2016 to support access to cycling and increase physical and mental wellbeing.

In partnership with health services and community based organisations, we have developed a package of services that are suitable for all ages and abilities. With our partners, we offer each group a 10-week programme of cycle training, guided rides and maintenance classes.

210 people joined a WheelBeing group this year and as a result:

- They have increased their active days by an average 32.4%.
- Average active minutes have increased from 96 to 210 minutes per week.
- 98% of users told us that they see an improvement in their physical and mental health.

WheelBeing offers people a fun, sociable and empowering experience which provides a sense of well-being.

Thanks to funding from the Bupa Foundation, in 2018-19 we extended the reach of WheelBeing to include young adults.

- 80 young adults participated in our Youth WheelBeing programme.
- Physical activity levels within the group increased by 60%.
- 11 young people took part in a Build your Own Bike course, of which 4 are now volunteering at Bike for Good.



Case Study 1: Peter

When we first met Peter, he told us he was struggling with depression. Peter took part in a WheelBeing group via our partner Glasgow City Mission. He said: "Involvement in this project has had a transformative effect on me in terms of confidence... Depression is a lifelong condition and I still rely on medication, but cycling has helped me to manage my condition".

Peter is motivated to continue cycling thanks to access to a nextbike membership through our Bikes for All project.

Above
Peter with his Nextbike.

Case Study 2: Flourish Cycling Club

This year we have focused on developing the sustainability of our cycling groups. A great example of this is Flourish House, a mental health charity enabling people to regain purposeful lives.

They now have a fully fledged Flourish Cycling Club which meets weekly at our West Hub. This is led by members of the group who we have trained as Ride Leaders, and our role now is to mentor the leaders rather than deliver the sessions.

“I have enjoyed the biking trips as I used to be a very keen cyclist before becoming unwell. It is geared towards all levels of cyclist. It has encouraged me to cycle from Clydebank to Flourish rather than take my car.”

Camillus McElhinney
Flourish House
Participant, 2018



The impact of WheelBeing is possible thanks to funding from The Robertson Trust, Bupa Foundation, Glasgow City Council, Smarter Choices Smarter Places and the NHS Health Improvement Team.

Bikes for All and nextbike



Bike for Good works in partnership with nextbike to ensure the Glasgow hire fleet is well maintained and distributed across more than 60 stations. In 2018-19, our team of dedicated staff worked day and night, seven days a week to keep 650 bikes on the road and facilitated 260,542 rentals!

Bike for Good offers those on a low income access to a nextbike membership for just £3 per year via our Bikes for All project. This is a 95% discount on an annual membership.

Bikes for All beneficiaries also have access to a programme of 1:1 cycle training, translated hire instructions, group bike rides around the city and accessories to make their cycle experience more enjoyable. In 2018-19, 224 people benefited from Bikes for All, and a total of 7,500 journeys were made.

Bikes for All is a joint project between Bike for Good, CoMo UK, Cycling Scotland, nextbike and Glasgow Centre for Population Health; and possible thanks to funding from European Social Fund.

Case Study: Anna*

Anna recently arrived in Glasgow as an asylum seeker with her son. Before we met her, she didn't know how to ride a bike or have access to one. However, she had always wanted to learn so that she could ride with her son and save using her limited income on public transport or walking long distances to appointments.

Bike for Good offered her ten one-to-one lessons and now Anna can cycle confidently on the road. She also knows a variety of the different cycle routes around Glasgow. Anna received a nextbike membership through Bike for All which gave her access to a bike and the opportunity to practice. As a result, she is now able to cycle with her son, which she stated is “like a dream come true” and can easily get from one side of the city to the other without spending her limited resources on public transport.

* Name changed at the request of participant.





Above
Our Change Cycle
group built these
bikes with help
from Cycling
Coordinator, Filip.

developing skills for good

Bike Academy

Training and skills development is at the heart of our Bike Academy project. With particular focus on young people who are not in education, training or employment, the Bike Academy offers an alternative training environment where bikes are used as a tool for learning.

This year, in partnership with schools, community based organisations, and support services, we have:

- Enabled 46 young people to build their own bike and access employability training via the Change Cycle, a partnership project with The Venture Trust.
- Supported 69 young people achieve a City and Guild Bike Maintenance qualification.
- Provided after-school, school holiday and weekend cycling activities to 111 young people in disadvantaged communities across Glasgow.

Thanks to funding from the Henry Smith Charity, this year young people engaged in the Bike Academy could access bespoke work placements and volunteering opportunities at Bike for Good. 15 young people have benefited from this, each with their own personal development plan incorporating a Certificate of Work Readiness, designed alongside our Skills & Development Officer.

This opportunity allows young people the chance to develop their time keeping, social skills, mechanical skills and also plan for their future.

Case Study: Paul*

Eighteen year old Paul was referred to us by an employability programme and was keen to gain a Certificate of Work Readiness while volunteering at Bike for Good.

He spent time in the warehouse and shop floor, with clearly structured day-to-day tasks. Over six weeks, his confidence grew and he became more comfortable talking to and helping customers in our Glasgow West Hub.

It soon became clear to Paul that he could see a future in customer service. With support from our Skills & Development Officer, he identified, applied for and successfully secured a customer service position with another Social Enterprise.

His time at Bike for Good gave him the chance to develop his skill set, identify his passion and gain a number of recognised qualifications and certificates.

* Name changed at the request of the participant.

Build your Own Bike (BYOB)

This year, our Bike Academy team set up a Build Your Own Bike project that was designed to address issues related to transport poverty.

The project ran in conjunction with two homeless services in Glasgow. It was made possible thanks to funding from the Glasgow City Council Smarter Choices, Smarter Places fund.

As a result:

- 5 BYOB courses were delivered, benefiting 28 people.
- 70% of participants also took part in a City & Guilds Bike Mechanic Qualification.
- Users reported a confidence increase of 33%.
- Average activity levels increased by 21%.

“I am so grateful for this course and the bike I got to build and keep. It has given me another chance to have a go at keeping healthy and fit.”
Kath*
BYOB Participant

Case Study 1: Craig*

Craig told us that his lifestyle had become very inactive since finding himself homeless two years ago. He wanted to find a way to get around independently while also improving his health.

To address this, Craig completed the BYOB course and also achieved a City & Guilds Bike Mechanic accreditation.

“There was so much more to this course than just building a bike. I learned lots about myself and achieved so much. I’m already using the bike to get around – I really enjoy tinkering with it and will keep it in great condition. I’m using the bike to get to Home Fixtures games as well as day to day. It really has been a life changer”.

Craig, Build Your Own Bike Participant

* Name changed at the request of the participant.



Case Study 2: Andrew*

Andrew is staying in temporary accommodation at Rodney Street. He told us, “I feel very secluded there; I don’t have much to do so stay in and watch a lot of TV. But this has been a great opportunity, I’ve had a brilliant time and I’m using the bike everyday now to get out and about. Sometimes for no reason other than I just want to! I’m also helping to maintain the bikes at the shelter so I have really been able to use my skills.”

* Names changed at the request of participants.

cycling is good for business and the environment



Pictured

A group cycle training lesson for St Joseph's Primary School with Karolis.

VeloCommunities

2018-19 saw the launch of VeloCommunities; a two year cycling project with an environmental focus funded by the Scottish Government's Climate Challenge Fund.

With services delivered between our two Community Hubs, the aim is to encourage commuters to make short journeys by bike instead of car. In the last year we have:

- Provided 52 group cycle training lessons to boost on-road cycle confidence and engaged with 1,081 people in the process.
- Taught 177 people how to maintain their bike via classes and workshops.
- Supported 8 people to find a suitable route from their home to their workplace via our Bike Buddy service.
- Loaned out 393 bikes, including e-bikes, e-cargo bikes and trailers as part of our Bike Library, ideal for those keen to try a bike before investing.
- Hosted 14 events to raise awareness of climate change and the impact of our travel choices on the environment, which allowed us to engage with 1,839 people.

As a result:

- We have saved 414.3 tonnes of carbon from entering the environment.
- Awareness of the impact of travel choices on climate change has increased by 60%.

Business to Business

Our Business to Business service complements our VeloCommunities Project by supporting employers to be more 'cycle friendly'.

We offer a mobile Dr Bike (a bike MOT), travel planning, fleet bike purchase and maintenance, cycle training and group rides; all delivered directly in the workplace. This service reaches commuters and is a great way for employers to help staff find more sustainable ways to get to work. We also act as an accredited service centre for the nationally recognised Cycle Friendly Employer (CFE) Award for our partner Cycling Scotland.

During 2018-19 we have seen a consistent increase in the number of organisations applying to the CFE award scheme:

- 14 new organisations achieved the award.
- 16 employers were successfully reassessed.

A great example of a Cycle Friendly Employer is the Glasgow City Health & Social Care Partnership who are working towards the Cycle Friendly Plus Award. Pollok Health Centre in the South was the first in Glasgow to accomplish the Cycle Friendly Plus award, and one of only three in the whole of Scotland. They have achieved this by providing good quality pool bikes for staff, including E-Bikes, and a user friendly booking system.





Feedback: Lisa Kirsop, Marketing Director, Skypark

“Skypark has been hosting Dr Bike sessions for over five years and this has proved popular with employees on site – the sessions are well attended, have a great atmosphere and feedback is always positive.

As a result of the Dr Bike sessions we have seen an increase in cycle commuting activity and general cycling culture; all positive things because we all know cycling is good for the individual, good for the wider community and good for business!”

Feedback: Christine Tait, Health Improvement Practitioner, NWHSCP

“The North West Locality of Glasgow City Health & Social Care Partnership (NWHSCP) is delighted to achieve and maintain the Cycle Friendly Employer Award for the second time and is now known as a Cycle Friendly Campus.

Over the past four years, Bike for Good have sustained their support and guidance to make this happen. We hope to further build upon the enthusiasm of staff, and provide more opportunities which encourage cycling to work.”



focus on glasgow south community hub



Bike for Good has two community hubs in Glasgow. Our Glasgow South Hub sits on the doorstep of the South City Way, Glasgow's most ambitious cycle infrastructure project to date.

Based in Govanhill, the Hub acts as a community meeting space for local people who are new, returning or interested in cycling as well as those who are committed commuters.

To cater for the diverse local community, we offer a range of free services; all designed to improve health and wellbeing and increase the number of people cycling for short local journeys.

In addition to our regular programme of free maintenance classes, cycle training sessions, Fix Your Own Bike nights and group rides for all ages and abilities, we have launched some exciting services this year:

Thanks

With thanks specifically to the Big Lottery, Climate Challenge Fund and Glasgow City Council Smarter Choices Smarter Places fund.

Govanhill Gearz

An after-school bike club for the local youth community who have little access to extracurricular activities. Every Thursday the group gathers at the Community Hub after school to practice their cycling and bike maintenance skills.

Spokes not Blokes

A monthly maintenance evening for women and non-binary people, run by women and non-binary people. The aim of this is to empower under-represented groups in bike mechanics to learn skills, and teach others.

Pedal Pathways

A cycling engagement, training and leadership programme, aimed at women new to cycling. Courses of up to 10 weeks are tailored to the participants, and can begin at any level, often for women who have never cycled before.

Bike Lending Library

A selection of bikes we lend out for free to people in the community, for up to a month. This service is for anyone intrigued by cycle commuting, but not ready to buy a bike yet.

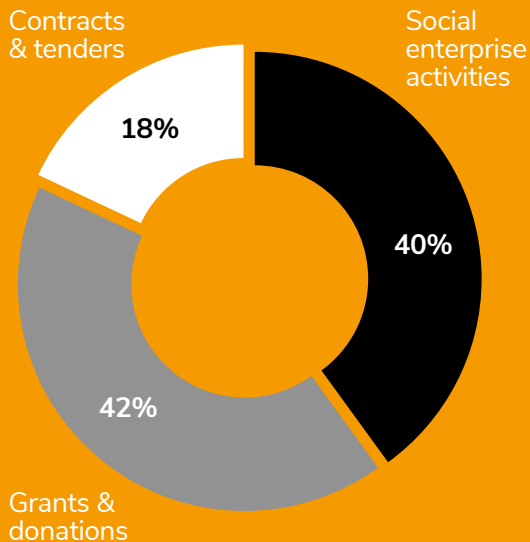
We have created a true Community Hub which offers a welcoming and friendly environment for all, with over 4,000 people using our services this year.

With our reach growing almost daily, our original location on Victoria Road soon became insufficient for our needs. In March this year we successfully moved into our new home on nearby Langside Lane. With almost five times more space, we have room to grow and can keep up with the growing demand for our services.

financial summary

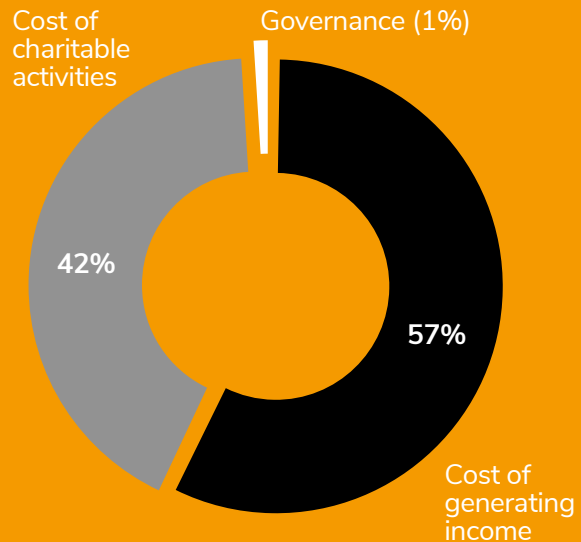
Income

Social enterprise activities	£582,899	40%
Grants & donations	£624,759	42%
Contracts & tenders	£257,521	18%



Expenditure

Cost of generating income	£818,803	57%
Cost of charitable activities	£611,184	42%
Governance	£9,453	1%



thanks

We would like to thank all our funders for their support over the last year. Their belief in the power of the bicycle ensures that we can continue to deliver the amazing range of services detailed in this report. And thanks to all our supporters, volunteers and service users. You are helping us change the world, one bike at a time.

Funders



Partners





Want to get involved?

Visit www.bikeforgood.org.uk


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