

bike for good impact report 2024–2025

creating a healthier, more sustainable Glasgow
through cycling



our mission

Bike For Good is a cycling charity based in Glasgow that uses bikes to do good actions, focused on the following mission:

We enable people to ride a bike. We believe that cycling is the most effective and sustainable form of transport; we believe it enhances our chances for a healthy life and environment.

who we are

We enable people to ride a bike. We believe cycling enhances our health, strengthens communities, and protects our environment.



Health



Community



Environment

supporting organisations

We work with organisations to support active travel and sustainable transport through Dr. Bike and Road User Awareness Training.



Dr Bike



RUAT

our year in numbers

2,700+
bikes reused

1,845
people given
access to bikes

1,064
lessons

625
maintenance
sessions

155
Cytech trainees

3,709
volunteering
hours

12,054 in-person engagements



key outcomes

weekly cycling increased by **86%**

people cycling 11–20 miles weekly **+250%**

young mechanics' employability skills **+92%**

volunteers' improved wellbeing **+90%**

volunteer's felt more connected **+96%**



the difference we made

Switch Up for All

Through the scheme, a father and son now cycle all over Glasgow. The son now rides independently to his volunteering jobs — an amazing step in his cycling journey.

Kids Bikes at Christmas

48 children received free new bikes at Christmas. Several now use their bikes to travel to school, helping build independence and confidence.

Young Mechanics

92% of participants reported improved employability and confidence through hands-on mechanical training and supportive mentoring.

our programmes

Active Travel

Over 1,065 lessons and 5,000 km of led rides delivered, improving safety and confidence.

community & volunteering

106 volunteers contributed 3,700+ hours, building skills, confidence, and connection.

bike reuse

2,700+ bikes saved from landfill, refurbished, and sold affordably to the community.

access & inclusion

1,845 people gained access to affordable & free bikes

impact stories: volunteering in the workshop

Andrea* wanted to help make cycling more accessible, especially for women and other underrepresented groups. Volunteering in Bike for Good's workshop gave her the chance to do just that — building her technical bike-repair skills while being a visible role model for others.



Andrea says volunteering has strengthened her commitment to sustainable transport and boosted her confidence in maintaining her own bike.

“ Bike for Good is a great organisation with welcoming people and plenty of opportunities to learn and get involved.” ”

*name changed

impact stories: young mechanics



Elliot* left school about two years ago, and since then he had been referred to several support groups for young people in similar situations. However, he found that the Young Mechanic Programme was the first place that truly felt like the right fit.

“It’s the only thing I’ve really enjoyed and learned from. I’ve picked up so much more about bike repair compared to when I first arrived. I feel confident going into the workshop, getting straight to work, and knowing I’ll get help whenever I need it. Now I’m excited to work towards a Cytech qualification and start looking for my first job.”

“

It’s the only thing I’ve enjoyed and learnt from.

”

*name changed

impact stories: learning to ride & beyond

When Joshua* arrived in Scotland from Eritrea, he had never owned or ridden a bike. Cycling seemed like something other people did for fun. For Joshua, he wanted to use a bicycle as his main mode of transport.



Through Bike for Good's welcoming cycling lessons, Joshua learned to ride from scratch and built confidence step by step. He also discovered our bike maintenance sessions and a community of friendly volunteers and instructors. His hard work was recognised with a voucher to buy his first bike, giving him the freedom to travel independently.

“ Go for it! There are lots of opportunities to grow and learn new skills — it might just improve your life. ”

*name changed

our funders



Thank you to our staff, volunteers, funders, and partners for helping Glasgow pedal towards a healthier future.

www.bikeforgood.org.uk



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