

2017 to 2019 Report

www.lichfieldrecycle.org.uk



**The confidence building
bike project in Lichfield
and the surrounding areas**

INTRODUCTION

Lichfield Re:Cycle was founded in 2013 and this report covers the work of the project between 2017 and our March 2019 AGM. As a purely voluntary project we have worked with hundreds of people in this time to enable people and to help them to build their confidence. In January 2019 we made an application to become a Charitable Incorporated Organisation (CIO) to help us continue to do this work and we hope to achieve this charitable status by the summer of 2019.

The objects of our CIO are below. As trustees we could not achieve what we do without the support of members of the community and without working with other organisations and businesses. We will thank those further on in the report and also give examples of feedback from some of those people we have worked with. We would like to say a big thank you for everybody who has contributed to the success of Lichfield Re:Cycle.

Lichfield Re:Cycle trustees, March 2019



OBJECTS OF LICHFIELD RE:CYCLE CIO

To encourage participation in cycling through organised rides, social events and confidence building training to enable people to ride safely and confidently and to maintain a bike.

To provide opportunities to volunteer or participate in a supported environment.

To repurpose, recycle and reuse donated bikes and to loan them for free to members of the community who would benefit from having them.

THE WHEELIE WORKSHOP AND RECYCLING AND LOANING BIKES FOR FREE

OBJECT - To repurpose, recycle and reuse donated bikes and to loan them for free to members of the community who would benefit from having them.



In just over 5 years we have loaned out 350 bikes to members of the community. These are given on free long term loan for as long as people need them. We work with people to enable them to access cycling and to overcome economic, social, physical or health barriers.



Lichfield Re:Cycle

2 February at 14:14 · 🌐

Robin asked us earlier in the week for a loan bike, but we didn't have anything suitable for someone over 6 feet tall. Then Ant donated us this great 4 speed Claud Butler, perfect for Robin to use for the next six months during his internship at Fradley. Beats walking and cheaper and much more convenient than the bus. Thumbs up from Robin.



... We accept referrals from organisations or self referrals from individuals to receive a bike or support. Reasons people request a free loan bike include: cycling to work or school (Fradley, Burntwood and Wall being the three most common destinations), to improve health and wellbeing, to cycle as a family or with friends, as a mode of transport, to replace a stolen bike or after a catastrophic failure of a bike, or in some cases simply just for fun.

For the last 3 years we have used a small workshop facility at Minster Hall in the heart of Lichfield to do this. Volunteers have also worked on bikes from their own homes. From our workshop we are also able to work with people to build their confidence and skills in maintaining their bikes. We have visited groups and individuals to do this as well.

We have been donated many more bikes than we have loaned out. After we have selected and repaired those for loan, some others we have kept as assets or sold and the rest we have sent to other bike recycling charities who have more capacity to recycle them or their parts. We strive to keep as much of our donations from landfill as possible.



No worries Simon 😊

[https://m.facebook.com/story.php?](https://m.facebook.com/story.php?story_fbid=1921633941232462&id=875347839194416)[story_fbid=1921633941232462&id=875347839194416](https://m.facebook.com/story.php?story_fbid=1921633941232462&id=875347839194416)

Simon

▶ Lichfield Re:Cycle

31 May 2018

Just got my new bike from Lichfield Recycle thanks a lot guys your help is invaluable!

CASE STUDY OF SIMON

"My only mode of transport is a bike. I was using the cheapest bikes from Halfords but they gave way after 6 months or so and I live on a low income. I approached Lichfield Re:Cycle via their website and had a meeting with one of their volunteers. Lichfield Re:Cycle offered me a much better quality, robust bike and allowed me to keep the old Halfords one in reserve.

I think Lichfield Re:Cycle provide an excellent service to help people on low incomes. They help the environment and keep me mobile and healthy! The service has allowed me to have a decent bike that can sustain daily use, has kept me mobile and improved my knowledge of how to maintain my bike. Also, as a sufferer of depression, the service helped me realise people do still care. I really think you all do a great job!"

LEARNING TO RIDE, SOCIAL RIDES AND THE RIDE LICHFIELD FREE FESTIVAL OF CYCLING



OBJECT - To encourage participation in cycling through organised rides, social events and confidence building training to enable people to ride safely and confidently and to maintain a bike.

We have established a calendar of cycle rides and events including: Valentines Ride, Easter Ride, Halloween Ride, The Lichfield Jolly, Alternative Sheriff's Ride, Christmas Lights Ride and the Mince Pie Ride. We have organised longer classic bike rides and support the Major Nichols Absent Friends Ride. Many of these rides are suitable for beginners and families.

We have taught young people and adults how to ride and signposted them to our own and other organisations rides. We created the funonwheels.org.uk website to promote all rides and events across the Lichfield District and beyond. In 2019 we will hold the third annual Ride Lichfield free festival of cycling in the city with rides from 400 metres to 100 kilometres.

We continue to support the Cycle Rides For All programme in partnership with Lichfield District Council and Freedom Cycles. Our volunteers are an integral part of the planning and marshalling of the rides and we have funded six people to receive ride leader training for it.



CASE STUDY OF LESLEY

"I contacted Lichfield Re:Cycle via their website because I needed to regain the confidence in riding a bike again. The reason for wanting to do this is because I had developed a bad back and my doctor recommended I start cycling.

Lichfield Re:Cycle were brilliant they tested my bike skills initially then they located a bike. They were very knowledgeable on the type of bike I would need for my condition. They found a bike although you have to be patient as this is not always immediate; however it was worth the wait as the bike they found is perfect. Once a bike had been located then one to one individually tailored lessons started. They can also supply you a bike on permanent loan too; perfect if you're on a limited budget with a few freebies thrown in like a bike pump – they're amazing!

What worked really well is that the Lichfield Re:Cycle team could pretty much fit around my working schedule which was either evenings or during the day. I learnt during the summer months. They soon got me riding on the roads with lots of advice and suggestions along the way. It didn't just end there they helped with bike maintenance too. If I need their help in the future I'm sure they would help.

Lichfield Re:Cycle has made a great deal of difference to my life now; I've not only regained the confidence to ride a bike, I can get about more easily than I did before and it just makes you feel more in control, much healthier too both physically and mentally. Thank you to everyone at Lichfield Re:Cycle."



Lichfield Re:Cycle is at Curborough Community Centre.

2 October 2018 · Lichfield

Bill was at the North Lichfield Wellbeing Cafe this morning. Bill first came and met us at the Cafe a couple of months ago and since then has been out on our social rides and Cycle Rides For All, as well as regularly attending Place Of Welcome at Curborough Community Centre. At 83 years young, he is enjoying cycling with others and meeting new people.



FROM OUR FACEBOOK



Lichfield Re:Cycle

27 January at 17:56 · 🌐

This fantastic Dawes Discovery is ready to go out on free, long term loan to someone who has a 20 mile round trip commute to do. It really is good to be able to provide such a quality bike, thanks to the generous donation when we received it.

We have loaned out over 300 bikes for free and have had as many more again come through our hands. The others have either been stripped for useful parts or given to other projects who could utilise them better. We have tried really hard to keep bikes and bits from landfill.

We are currently downsizing our storage facilities, so rather than say yes to every donation as we have done in the past, we will be politely declining some bikes we know we won't be able to turn around. Feel free to send us a photo if you have something you would like to donate. Cheers 😊



Lichfield Re:Cycle is 😊 feeling proud.

27 September 2018 · 🌐

The moment Shobana cycled for the first time in years! After using the balance bike method for a couple of sessions to build confidence, we lifted the saddle to almost the correct height and within seconds she was pedalling and riding on the free long term loan bike we have given her 😊



Lichfield Re:Cycle

30 May 2018 · 🌐

One of our volunteers spotted this bike in Lichfield earlier today. Then we received an email from someone who told us about a bike that had its front wheel stolen in town last night.

The bike is used by a care worker who uses it while working. Luckily we had an available spare front wheel and a volunteer popped down on their lunch break to fit it.

Email received just: 'She will be so chuffed to be back up and running the same day, it makes getting around so much faster. With a long day and lots of people to care for that makes a big difference. Thank you so much, you've been a real help.'

It was probably bad luck to lose the front wheel, its not always possible to lock every quick release part of the bike up. In this case the frame and saddle/seatpost were secured. Perhaps worth carrying a second lock for the front wheel?

Happy to be able to help out 😊



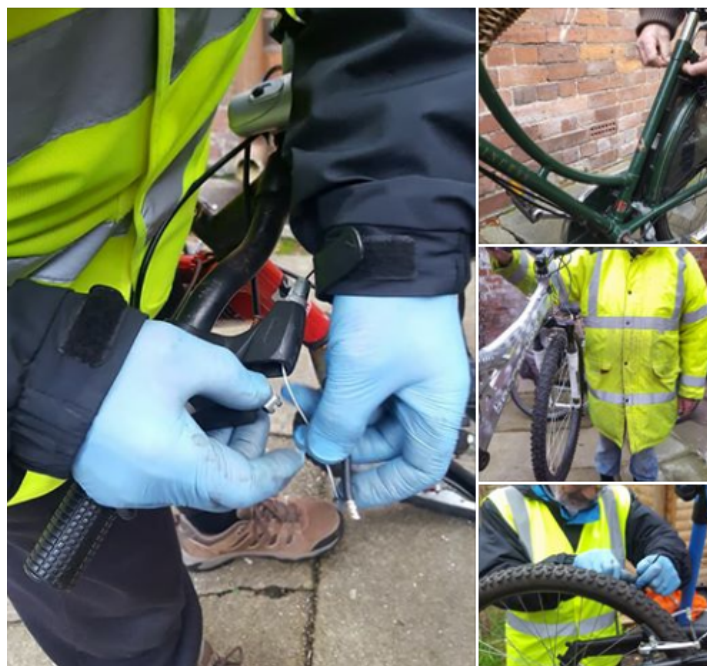
Lichfield Re:Cycle

5 December 2017 · 🌐

Our last workshop day of the year was a good one today. Bikes donated and loaned out, advice given and some tasks completed including a young lad who had his bike taken from him and by the time he got it back, a crank arm was missing and the rear wheel buckled.

We dropped it off to the family today, back to the condition it was before he lost it having spent the best part of an hour truing the wheel.

A well deserved break now for our volunteers and we will be back at the Wheelie Workshop at Minster Hall on 9th January in the New Year.



OUR VOLUNTEERS

OBJECT - To provide opportunities to volunteer or participate in a supported environment.

We run a weekly session from our Wheelie Workshop at Minster Hall where our volunteers come together in a relaxed and friendly environment and support each other while working on bikes for loan. Our volunteers have worked with individuals to increase their confidence in learning to ride and maintaining a bike.



Lichfield Re:Cycle shared a post.

30 October 2018 · 🌐

Some of our supporters and volunteers receiving ride leader training today



Long time volunteer Tony (above)

CASE STUDY OF JOHN

"After becoming ill and not able to work, I needed to claim benefits. I was informed by my mentor at the job centre about volunteering whilst convalescing. I registered at Lichfield Volunteer Centre and was told about all the different opportunities available to me. I chose to apply to Lichfield Re:Cycle as I am good with tools and I've always had a love for bikes.

After speaking to the volunteer coordinator at Re:Cycle, I was offered the opportunity to attend on a Tuesday to meet the team and become a volunteer with the project as a bike mechanic.

This has enabled me to work with other volunteers and to socialise and gain further skills. Having worked as part of the team I know that Lichfield Re:Cycle provide a fantastic service to the community helping to get people back on bikes.

I was off work for approximately 8 months and without the project I would have had no goal for everyday life. Attending every Tuesday and repairing bikes at home kept my brain active. I was lucky enough to be given the opportunity to attend a course which gave me the qualification to lead organised bike rides. I have since gone back to work but continue to repair bikes for the project as this is very important to me, together with staying part of the team."

PARTNERSHIPS

We have strived to build relationships and partnerships with a number of organisations and businesses. We have reached an agreement with Sherratt's Wood CIC to exchange services. We work with the service users at Minster Hall twice a month and in return we can use the workshop facility we have established.

We have worked with other bike recycling organisations including Back To Bikes in Stafford and Walsall Bike Project CIC. We collect used inner tubes for Cycle Of Good to be recycled into new products. We continue to seek to develop partnerships with others working in cycling and confidence building endeavours.

We work with a number of organisations who refer their clients, members or residents to us including: Bromford Housing, Fusion Credit Union, Staffordshire Police, social services in Lichfield and Tamworth, Lichfield Jobcentre and Community Mental Health workers.

With volunteers from Places Of Welcome we established the North Lichfield Wellbeing Cafe that runs once a month at Curborough Community Centre.



Sherratts Wood CIC is 😊 feeling awesome at Minster Hall. ...
5 February at 17:48 · Lichfield · 🌐

Working in partnership with Lichfield Re:Cycle to support our customers in developing skills and knowledge of bicycles.

Today we looked at parts of a cycle and how to identify a flat tyre.

#confidence

#teamwork

#Safety



HOW WE ARE FUNDED

We have successfully applied for a number of small grants. In the last two years we have received funding from Lichfield City Council, Lichfield Conduit Lands, Lichfield Rotary Club, Tesco and Waitrose. We have received support and donations from local businesses including Autosmart and Secura Labels. This funding enables us to provide bikes to people for free and for all of our activities and projects to be completely free for those who otherwise might not be able to afford to attend or to enjoy the benefits of having a bike.

In the last 18 months we have begun to dispose of a number of assets in the form of valuable bikes that we have had donated to us. We have also received donations of money from people we have worked with. For the 2019 Ride Lichfield Sportive we have asked participants to donate a voluntary sum and this has helped us to cover the cost of the festival.

OTHER HIGHLIGHTS



(left) Our trustees - photo courtesy of Nick Brickett



Lichfield Re:Cycle

29 January 2018 · 🌐

The first of our new electric bike projects came to fruition this week. Thanks to support from Lichfield Rotary Club we have acquired a 2 wheel pedal assist electric bike to give the experience of riding to those who might struggle to power a bike independently.

https://lichfieldrecycle.org.uk/joy-riding-electric-bike-p...



Lichfield Jolly 2017 - photo courtesy of Petit Memories Photography

 Lichfield Re:Cycle

6 October 2018 · 🌐

What a great day at the British Pedal Car Championship. A creditable 9th place finish. Over 112 miles completed by our team. Thanks to all those who came by and said hello.

#funonwheels #pedalcars #volunteersrock



THANK YOUS

Thank you to the volunteers who give their time to make Lichfield Re:Cycle what it is. Thank you to everyone who has supported our project by donating bikes, referring people to us, taking part in our rides or sharing and liking what we do.

With thanks - Back To Bikes Stafford, Whittington & Fisherwick Environment Group, Places Of Welcome, Autosmart, Secura Labels, Lichfield Live, Run & Ride, Vintage Bike Cartel, Staffordshire Police, Lichfield City Council, Lichfield Conduit Lands, Sherratts Wood CIC, Bromford Housing, Lichfield Rotary Club, Walsall Bike Project, Fusion Credit Union, Lichfield Fixed Gear, Support Staffordshire, Nick Brickett Photography, Petit Memories Photography, Lichfield Bower, Soccerprint, Low Carbon Lichfield, Tesco, Lichfield Cathedral School, Waitrose, Lichfield District Council, Lesley Bushell, Freedom Cycles, Cycling 2000

HOW TO FIND OUT MORE OR KEEP UP TO DATE

WEB: LICHFIELDRECYCLE.ORG.UK

FACEBOOK: [@LICHFIELDRECYCLE](https://www.facebook.com/LICHFIELDRECYCLE)

INSTAGRAM: [@LICHFIELDRECYCLE](https://www.instagram.com/LICHFIELDRECYCLE)

TWITTER: [@LICHFIELD_RECYC](https://twitter.com/LICHFIELD_RECYC)

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CALL: 07948172097



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