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The Bikeability Trust

# Impact report 2022



Active  
Travel  
England



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# Foreword

The Rt Hon Jesse Norman MP,  
Minister of State with responsibility  
for active travel



I am delighted to be able to thank the Bikeability Trust and its network of training providers and thousands of Bikeability instructors around the country for their work in providing cycle training, to get people pedalling safely.

As someone who cycles to and from work every day, I understand the transformative benefits of active travel, and I am pleased that this government has done more than any previous one to promote walking, wheeling and cycling. High quality cycle training is especially important for young people, and opens up a world of movement, exploration and physical health.

Cycling across England has increased by 11% compared to pre-pandemic levels, and by more than 20% in the past ten years. But there is much more to do to make sure that everyone can reap the transformative benefits of cycling.

One of the themes of this report is the importance of inclusivity. Inclusivity is also a priority for the Department for Transport, and it is great to see initiatives such as Bikeability's well-received training for Special Educational Needs and Disability, which gives cycle instructors the extra skills to identify and help riders with specific individual needs.

I thank the Bikeability Trust for their important work during 2022, and I look forward to the continuation of these efforts, so that as many people as possible have the confidence to cycle, and can enjoy this amazing life skill to the fullest.







## Foreword

**Chris Boardman MBE,  
National Active Travel Commissioner**

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**There are fewer young people owning and using cars now than there were in the early 1990s. The next generation has chosen the way it wants to travel; public transport and active travel are at the heart of it. We need to listen and support them in their choice because it's wise and sustainable action, and it's the future they will inherit.**

As the National Active Travel Commissioner, I and Active Travel England intend to back them and help local authorities across the country deliver the safe space they need. This includes supporting Bikeability training, giving young people the skills and confidence to get to schools, shops and leisure activities without feeling compelled to drive.

Giving people of all ages, but especially the young, the ability to travel around under their own steam is an essential part of this sustainable future; it will enable millions to capitalise on the safe, connected routes that we are busy building.

A future where kids have transport independence is more than saving money, more than saving the NHS and more than saving the planet. Self-propelled travel puts the joy back into journeys, and connects us with our surroundings. It's a place I want to help create.



# Introduction

**Dr Alison Hill, outgoing  
Bikeability Trust Chair of Trustees**



**Learning how to cycle is a rite of passage for all, and the Bikeability Trust has an essential role to ensure everyone has the confidence to cycle. It has been so rewarding to be part of the Bikeability Trust and see how our work has contributed to this vision. After five years as its Chair of Trustees, I am leaving the Bikeability Trust knowing the programme is going from strength to strength.**

2022 was a notable year for many reasons. The cost of living crisis led to a challenging climate for our instructors and training providers. We piloted changes to help us support our industry, ensuring instructors would be paid for all courses they were booked to deliver, rather than for places attended. And along with the challenges came opportunity. Climate change rose up the political agenda; the government confirmed that the planned ban on the sale of new petrol and diesel vehicles from 2030 will go ahead. And we saw huge demand for Bikeability as children and their families looked for cheaper, healthier, and more sustainable ways to travel.

2022 also saw the establishment of Active Travel England (ATE), the government's cycling and walking body. Sponsored by the Department for Transport, ATE is responsible for making walking, wheeling, and cycling the preferred choice for everyone to get around. We have worked closely with ATE during its establishment to demonstrate how crucial it is that everyone has the confidence to cycle, if the goal of 50% of all journeys in towns and cities walked or cycled by 2030 is to be met.

Thank you also to Trudy Harrison MP for her active travel leadership during 2022, and for her support for our ambition for every child to be able to access Bikeability training. In October 2022 we welcomed the Rt Hon Jesse Norman MP back to the Department for Transport as Minister of State with responsibility for active travel. We enjoyed working with the Minister when he held the active travel brief previously and are pleased to be working with him once more.

I give thanks and wish all the very best to staff and trustees, and to incoming chair Simon Horne. There is still much to achieve, but I have no doubt that the Bikeability Trust will realise its vision of ensuring that everyone has the confidence to cycle and enjoy this skill for life.



# Reflections

**Emily Cherry,**  
**Bikeability Trust Chief Executive**



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**What a year! After the many challenges of Covid-19 during 2020 and 2021, Bikeability came back with a boom in 2022. We saw unprecedented demand for training, and we delivered – with 439,802 children learning to cycle between April 2021 and March 2022, and 461,887 learning between April 2022 and March 2023.**

However, 2022 wasn't without its challenges – from the playground to Parliament. Instructors reported a substantial increase in the number of children who turn up for their Level 1 course unable to cycle – a result of the school closures during Covid-19.

We're taking steps to address this – the snapshot of the innovative work our team has delivered in 2022 is testament to this. Our digitisation work will make it easier for training providers and instructors to have timely access to information like what level of skill trainees have. And projects like our in school cycle training pilot, which supports teachers to help children learn basic cycling skills, so instructors can spend more time focused on empowering children to have the confidence to cycle, could be transformative.

And we know just how worthwhile it is. On a recent visit a child told me that learning to ride was like playing the hardest level of Sonic the Hedgehog – but when you got it, and you could just keep going, it felt amazing. It was lovely to see him enjoying the independence and pride that Bikeability brings to so many young people.

2022 also saw the establishment of Active Travel England (ATE). The creation of a dedicated government body to make walking, wheeling and cycling the preferred choice for everyone to get around is a huge opportunity. We, Active Travel England and the Department for Transport (DfT) have shared ambitions around ensuring everyone has the confidence to cycle and can enjoy this skill for life. We thank ATE and DfT for all that they do to enable us to deliver against this shared goal.

But if we're truly serious about reducing carbon emissions and ensuring half of all journeys in towns and cities are made by walking, wheeling or cycling, more needs to be done, including funding both infrastructure improvements and behaviour change programmes.

**We are on a mission to ensure no child leaves school without the knowledge, confidence and opportunity to cycle. I'm confident that with the brilliant instructors, training providers, grant recipients, trustees and staff that make up Team Bikeability, we will get there.**



# Our aims

**Our vision is to ensure everyone has the confidence to cycle and enjoy these skills for life.**

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The Bikeability Trust aims to make Bikeability the leading programme for cycle training by ensuring:

- **We are child focussed.**

We deliver cycle training to both children and adults, but the majority of delivery is helping children learn the life skill of cycling.

- **We deliver quality.**

Our instructors deliver high quality, consistent cycle training across England.

- **We are inclusive.**

We take action to reduce barriers to participation and ensure that anyone who wishes to access Bikeability cycle training is able to.

- **We are efficient.**

Our delivery programme offers value for money and is delivered in an economic and efficient way.

- **We are influential.**

We share our evidence of the impact of cycle training across a variety of sectors, including transport, education, environment, health and leisure.

- **We are collaborative.**

We work with stakeholders, partners and commercial organisations to achieve our vision and ensure Bikeability is a household name.

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Our 2022 impact report tells stories of how the Bikeability Trust has enabled more cycle training for more children through these aims, and the impact that we have had – together with our instructors, training providers, grant recipients and partners.







## Impact

**Bikeability came back with a boom in 2022. We saw unprecedented demand for training, with 439,802 children learning to cycle between April 2021 and March 2022, and 461,887 learning between April 2022 and March 2023.**

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Our instructors and training providers rose to the challenge. But we knew we had to support our industry to have the biggest impact possible and enable them to deliver high quality training at scale. As part of this, we piloted changes to ensure all instructors would be paid for the courses they were booked to deliver, even if numbers were low due to last minute drop outs.

### We also...

- **Helped families to cycle more, together.** If families don't cycle, children don't cycle. So in 2021 we developed Bikeability Family to help the whole family cycle more, together. Then, in 2022 we refreshed our Family module to make sure it meets the needs of every unique family across England. We also created new resources to support industry to promote the module in their area, including videos, photos, posters and leaflets.



*It's just so convenient is the big thing. It means that the teenagers can get places by themselves. I'm not the permanent parent taxi, which is a really big deal!*

– Kate Ball

**View the Family resources**

[bikeability.org.uk/for-grant-recipients/family-campaign-toolkit](https://bikeability.org.uk/for-grant-recipients/family-campaign-toolkit)





- **Celebrated our Bikeability superstars.** Through our Celebration of Bikeability, we recognised the people and organisations that are encouraging children, young people, families and more to start cycling and switch to more sustainable transport methods. We had over 150 nominations for the 10 award categories. The celebration reached thousands of people through social media. Several of our winners were interviewed by local media, which helped to spread the word even further.

**Instructor of the Year**  
supported by BikeRight!

**Becky Evans**



**Rising Star**  
supported by Beryl

**Hannah Escott**



**School of the Year**  
supported by Bike Club

**Castle School**



**Pete Rollings Award**  
**Young Cyclist of the Year**  
supported by Frog Bikes

**Lilly Clatworthy**



**Family of the Year**  
supported by Forme

**The Ball Family**



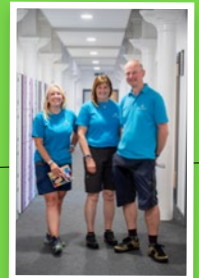
**Small Organisation of the Year**  
supported by Flare Safety

**Open Trail**



**Large Organisation of the Year**  
supported by Halfords

**Go Velo**



**Personal Achievement Award**  
supported by Squish

**Hartej Randhawa**



**Lifetime Achievement Award**  
**Wayne Curry**

**People's Champion Award**  
supported by Altura

**Hartej Randhawa**



Nearly

**50,000  
people**

reached on Facebook



Nearly

**20,000  
people**

reached on Twitter



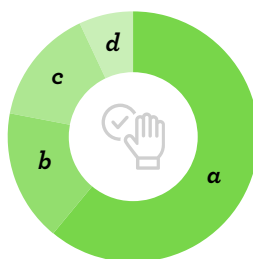
**Find out more about the Celebration of Bikeability**  
[bikeability.org.uk/celebrationofbikeability](https://bikeability.org.uk/celebrationofbikeability)





- **Encouraged pledges to cycle to school – and beyond.** With support from our friends at Sustrans, we celebrated Cycle to School Week in October. Over 1000 people pledged to cycle to school every day, with many more pledging to swap one car journey for cycling, to go on a cycle ride with their family, or to discover somewhere new by cycle.

We had  
**1,757**  
**pledges**  
for Cycle to  
School Week!



- a **1,064** pledged to cycle to school everyday
- b **289** pledged to swap one car journey for cycling
- c **266** pledged to go on a cycle ride with their family
- d **118** pledged to discover somewhere new

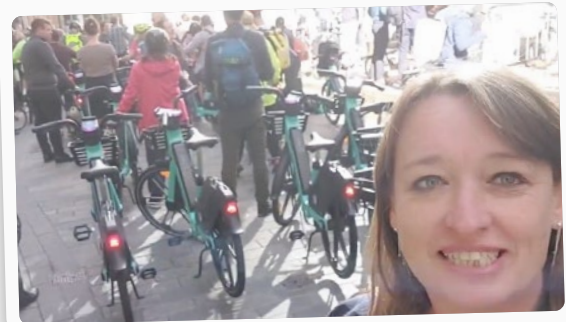
- **Showed public support for cycle training.** In 2022 we worked with YouGov to find out what people thought about cycle training for children – and found that 74% thought professional cycle training for children was important. 71% thought that it was important that cycle training was on the school curriculum.

**71%** thought it was important that cycle training was on the school curriculum

- **Kept cycling on the political agenda.** We made sure politicians couldn't miss the impact of Bikeability, keeping in regular contact with MPs and ministers responsible for transport. In June we joined the annual All Party Parliamentary Group (APPG) for Cycling and Walking's parliamentary cycle ride.

 **Emily Cherry**  
@EmilyCherryCEO

Nearly ready for the #Parliament #cycle with @allpartycycling. Great to join @transportgovuk Trudy Harrison MP, @activetraveleng, MPs, cycling CEOs @BritishCycling @BrianFacer @WeAreCyclingUK @s\_j\_mitchell. Celebrating cycling @BikeabilityUK

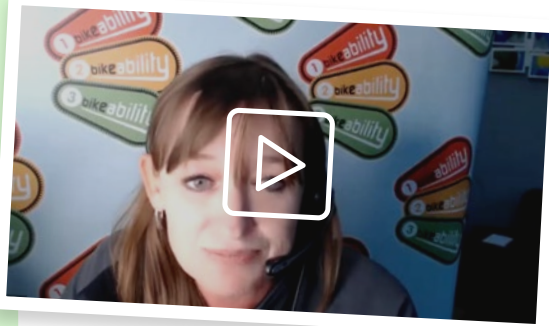


- **Updated our delivery guide in line with welcome changes to the Highway Code.** We welcomed the changes to the Highway Code introduced in 2022 because they encourage all road users to share their space, whilst protecting the most vulnerable. We worked with industry to refresh our delivery guide in line with these changes.



**Read about the Highway Code changes**  
[bikeability.org.uk/blog/highway-code-changes/](https://bikeability.org.uk/blog/highway-code-changes/)

- **Heard and responded to questions and concerns from industry.** Through our *Ask the Trust* sessions online and at the Bikeability Conference, we heard directly from Bikeability instructors, training providers and grant recipients. We had over 60 questions submitted, on themes including compliance and monitoring, instructor pay and conditions, inclusion, and the future of cycling in the UK. We were able to answer questions and take on board feedback to help us better support our industry.



- **Redesigned our 'Recognised Prior Learning' route for instructors.** Bikeability instructors deliver fantastic cycle training. It's important that all instructors are delivering to the same standard, so all new riders get the same great experience. Responding to feedback, we worked with 1st4Sport to redesign the 'Recognised Prior Learning' (RPL) route. The RPL route supports instructors to bring their learning up-to-date and to achieve their Level 2 Award in Instructing Cycle Training.

- **Supported training providers to write funding bids.** We worked with RTFQ, an Association of Proposal Management Professionals, to deliver a webinar to give training providers the awareness and skills they need to win funding for training programmes from local authorities.

#### Watch the webinar

[bikeability.org.uk/for-training-providers/bid-writing-support/](https://bikeability.org.uk/for-training-providers/bid-writing-support/)



- **Celebrated the Platinum Jubilee in style.** We were honoured to be selected to feature in the Official Platinum Jubilee Pageant Commemorative Album, a book celebrating the life and reign of Queen Elizabeth. The book, published in 2022, features an exclusive interview with Bikeability Trust Chief Executive Emily Cherry. Emily and Bikeability instructor David Williams were also invited to join the Queen's pageant as VIPs.





- **Saw the impact of Bikeability across the country.** We visited training sessions up and down the country to see the next generation being taught to ride. We were so impressed by what we saw – brilliant work all round! Here are just a few of the places we visited:



7. Celebrating the four millionth child trained with Active Cumbria and Trudy Harrison MP



5. At St Robert's First School in Northumberland, where children are learning to ride and balance



6. Visiting Rise North East, who are changing lives in Northumberland and Tyne and Wear



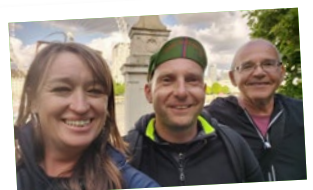
4. Meeting parents and children from Abbey Road Primary in Nottingham



3. Emily with instructors Phil and Mike in Leicester City



8. With the Hubb Foundation, who provide activities and meals for children and families in Stoke-on-Trent



2. With Jim and David from the brilliant Bikeworks in London



9. Visiting Bikeability School of the Year Lea Forest Primary in Birmingham – well done everyone!



1. Emily and Damian Hinds MP at Selbourne Primary School, Hampshire

## PROFILE

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### Lilly

Lilly is twelve years old, and won Young Cyclist of the Year award in the 2022 Celebration of Bikeability. Lilly cycles to and from school every single day, and feels confident and safe on her commute – and very proud of herself!



**“Bikeability has helped me be able to cycle to school safely, and I get to cycle with my friends which I love, and when I cycle, I feel FREE!**  
**I can’t imagine my life without being able to cycle, it would be so boring, and a very long walk to school. I am also very passionate protecting the environment and I love that I can cycle to school and not have to use a car.”**



## Inclusion

**Cycling is for anyone who wants to join in. It unlocks freedom and independence for children, as well as setting them up with healthy and sustainable travel habits. But too often there are barriers preventing children – and adults – from learning to ride.**

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We worked tirelessly with the industry to break down some of these barriers. And it paid off. In the financial year 2022–2023, we delivered training to just under 50,000 children who receive free school meals.<sup>1</sup> 8% of places were delivered to children with special educational needs and disabilities (SEND).<sup>2</sup> And over 80,000 of pupils who received Bikeability training were of minority ethnic background.<sup>3</sup> We will continue to improve delivery to these groups, and work with industry to improve our monitoring of rider characteristics.<sup>4</sup>

**To help people of all ages from underrepresented communities get cycling, we...**

- **Gave the opportunity of learning to ride to more children.** We invested more than £1.4m of Department for Transport funding into 44 projects through our Widening Participation fund. The funding was used to increase participation amongst teenage girls, children from ethnic minority backgrounds, older children and children living in areas of deprivation.



**£1.4m** funding  
**44** projects  
Over **9,000** children

**BEFORE**

**AFTER**

**72%** of children who took part in bespoke training sessions felt fairly or very confident when cycling after Bikeability compared to **36%** before.

- <sup>1</sup> 49,983 of Level 1&2 and Level 2 places delivered recorded children in receipt of FSM, representing 11% of total places delivered.
- <sup>2</sup> 38,948 places were delivered using the categories Level 1&2 SEND, Level 2 SEND, representing 8% of total places delivered.
- <sup>3</sup> We have used the same definition as the Department of Education. Bikeability data shows that 81,387 places were delivered to children of ethnicity classified as anything other than White British, representing 18% of total places delivered.
- <sup>4</sup> Figures do not include rider characteristics input as 'prefer not to say' or 'N/A'. At present we still have a large number of instances where the riders characteristics are input as 'N/A'. We are working with industry to try to resolve this but can only report on the figures that have been shared with us.





- **Supported Bikeability instructors to teach all children to ride.** In England, 15.9% of children have special needs or disabilities. In 2022 we built our Special Educational Needs and Disabilities (SEND) e-learning module, which helps to give Bikeability instructors the skills and confidence to teach children with special educational needs or disabilities to cycle.

*Such an awesome course to do. So pleased to see the Trust extending SEND training to an in-depth online course. Such a valuable resource for instructors.*

*Really worthwhile course. I feel much more enlightened and confident in delivering SEND training.*

*Terrific module: very rider and instructor friendly [and] supportive.*



- **Made additional funding available for vulnerable young people.** We supported providers to apply for money to help them deliver cycle training as part of the government's holiday activities and food programme. Providers could also use the money to loan or buy fleet bikes to ensure that all children have a cycle to learn to ride on.

- **Made inclusivity a key area of focus for the Bikeability Conference.** In 2022, we made sure themes of innovation and inclusivity were a priority at our conference.

**Watch the Innovation and Inclusion session from the 2022 Bikeability Conference**  
[https://youtu.be/6w5O4sR\\_64U](https://youtu.be/6w5O4sR_64U)



[IMAGE DESCRIPTION: Six young school children are sitting in a line on their bicycles, on a school playground. They are all wearing safety helmets holding up two 'thumbs up' and smiling at the camera.]



- **Changed the way we use social media.** All of our social media posts now include alternative text and image descriptions, so they're accessible for people using screen readers. Our visual content is level AAA – the gold standard level of web content accessibility. We also created a tone of voice and style guide, to ensure our language is accessible and inclusive. This includes the use of cycle in all content, instead of bicycle, and a commitment to use plain English.
- **Offered instructors free subscription to the UK Coaching Club.** We teamed up with UK Coaching to give instructors free, unlimited access to the UK Coaching Club. The club supports coaches and instructors of all levels, sports and activities to develop their skills, access practical support services, connect with coaches and more.

**Find out more about UK Coaching membership**  
[bikeability.org.uk/for-instructors/continuing-professional-development/](https://bikeability.org.uk/for-instructors/continuing-professional-development/)

- **Formed a staff mental health and wellbeing working group.** Mental health and wellbeing is a priority for us at the Bikeability Trust, with mental health considered just as important as physical health. Flexible working is now considered part of our working culture, staff are encouraged to talk and ask for help regarding their mental health should they need it, and we come together regularly for team wellbeing sessions. The mental health working group have organised various wellbeing themed staff activities and three of the Bikeability Trust staff qualified as mental health first aiders.
- **Increased the diversity of our board.** We're working to ensure our board reflects the communities we work with. We're pleased to have welcomed three new trustees in 2022, bringing a new range of perspectives and experiences, and a broad mix of skills and knowledge.
- **Shared stories from inspirational riders with our series of 'inspiring cyclist' blog posts.** We profiled riders like Sophie Unwin, Commonwealth Games, World Cup and Paralympic medal winning cyclist; Jas and her family from Birmingham, who cycle everywhere and don't have a car; and Faith and her family from Sheffield, who have found that pedal power gets them to places quickly, gives them a sense of achievement, and is great for their wellbeing.

*It's really developed their confidence and their independence, because when they can cycle on their own it's that little bit of 'oh, I can do this.'*

– Jas, Birmingham

**Read more**  
[bikeability.org.uk/blog/families-that-cycle-together/](https://bikeability.org.uk/blog/families-that-cycle-together/)



- **Celebrated the LGBTQIA+ community through the #RideWithPride campaign.** To celebrate Pride Month in June, we teamed up with PrideOut to showcase some truly inspiring cycling individuals, telling stories from communities whose voices are not always heard.



*There's still a long way to go but we have made strides – we have been able to get LGBTQIA cycling and representation into the media and it's now being talked about much more in cycling groups around the country.*

– Richard

*I'm really proud of the fact that I am usually the only Asian man and almost always the only queer Asian man at the start line of these ultra races, [because] regardless of how I do in them, it just feels like I'm making something of a difference to raise visibility.*

– Varun



*[My son-in-law and I have] enjoyed so much time riding together. [His] reaction to me transitioning was, he was shocked, but some three months or so later he took me to one side and said 'Why didn't you do this 20 years ago? You're so much happier than you used to be.'*

– Jackie



**Find out more and watch the videos**  
[bikeability.org.uk/blog/ridewithpride/](https://bikeability.org.uk/blog/ridewithpride/)







## PROFILE

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### Emma

Emma McLoughlin is an instructor who specialises in supporting people with special educational needs and disabilities to cycle. In 2022, Emma helped us to build our Special Educational Needs and Disabilities (SEND) e-learning module for instructors.

**“My son always says to me, ‘you’ve got the dream job’ and he’s right. I don’t think I could be anywhere else.**

**I tried a few different avenues after completing my degree. I qualified as a sports massage therapist and worked doing this for a while as I aspired to be a physio, however I was reluctant to leave my role supporting adults with complex needs.**

**Having the opportunity to be able to combine both passions for supporting people and tie that into my love for cycling. I wouldn’t want to do anything else really!”**

## Innovation

**It might not be possible to reinvent the wheel, but there's no limit to the creative ideas we have to get people riding. In 2022 we focused on how we can do things differently.**

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We developed new projects to break down barriers to cycling; new technologies to make us more effective and efficient; and new partnerships to help us reach different audiences.

**Thinking outside the box meant we...**

- **Researched the impact and effectiveness of immersive and virtual reality cycle training.** We worked with Dr Dan Bishop of Brunel University, London, and training providers in five locations in England, to show that immersive cycle training using virtual reality technology can help children and young people get excited about cycling, and build on their practical training. It's also great for those who don't have access to their own cycle.



Co-chairs of the APPG for Cycling & Walking, Selaine Saxby MP and Ruth Cadbury MP, try out virtual reality cycle training

- **Made plans to give teachers the skills to deliver cycle training through our 'in school cycle training' pilot.** Our instructors told us that some children attend their Bikeability training courses without the right skills to take part. This pilot aims to support teachers to help children learn basic cycling skills, and to embed Bikeability more effectively in schools. We'll be evaluating the pilot's success, and rolling out the next phases, in 2023.

**Find out more about the pilot**  
[bikeability.org.uk/blog/in-school-pilot](https://bikeability.org.uk/blog/in-school-pilot)





- **Piloted a new approach to encourage 'Cycle Savvy Driving'.** Our ground-breaking project with the Department for Transport aimed to improve understanding and co-operation between people who drive and people who cycle, by offering bespoke online training for driving instructors.



- **Supported young Active Travel Ambassadors to make the case for walking and cycling.** We supported Modeshift on a programme to empower secondary school pupils by giving them the skills and confidence to tackle travel issues in the school community. We took part in 'Campaign Junction' events and learnt what young people really want from cycle training.

- **Developed our corporate reporting dashboard.** We developed a corporate report using Power BI that allows us to visualise data in a variety of formats to identify patterns and emerging trends. Dashboards are important because they provide a platform to make better, more informed, data-driven decisions. The Power BI dashboard we have created is dynamic, interactive, and shows near real-time data. Displaying our data in this way enables us to analyse the data and provides us with the tools for better strategic analysis and to gain smarter insights.



- **Made plans to modernise our systems – to make life easier for everyone.** Our digitisation project will transform how Bikeability training is booked, managed and certified – meaning less paperwork and more up-to-date information for instructors, training providers and grant recipients.
- **Wrapped up an international project we've been working on since 2019.** The Safe4Cycle Erasmus project saw organisations from Slovenia, Romania and Hungary working collaboratively to equip children with the knowledge and skills needed to cycle safely. Organisations learnt from existing programmes in each country and created a new set of rider and instructor training resources. Project partners were able to take part in Bikeability instructor training and learn from the Bikeability programme.

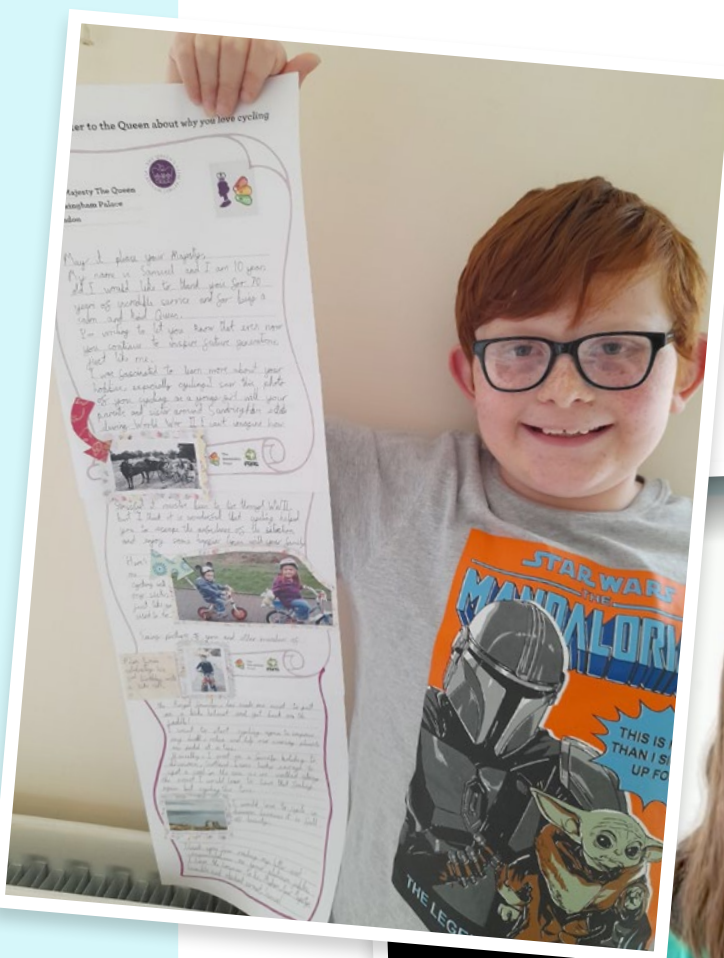


- **Reached new audiences with creative competitions on social media.** We had hundreds of brilliant entries to our creative competitions on social media – from families describing their dream cycle ride to win a selection of Forme bikes, to children writing a letter to the Queen for our #PlatinumJubilee competition with Frog Bikes, and many more.

**Make sure you're following us on social media for more giveaways**  
 🐦 Twitter   @Instagram   📘 Facebook



- **Stepped up our digital engagement with parents and carers.** In 2022 we introduced more information for parents and carers to our website – and developed exciting plans to help parents and carers stay more involved with their child's Bikeability journey. Watch this space!



## PROFILE

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### Diini

Diini Muse is a Project Officer with the Bikeability Trust. He works across various projects, with a particular emphasis on digitisation. His role involves identifying opportunities to enhance the Bikeability Trust's digital presence and services, coordinating with stakeholders, managing resources, and ensuring the quality of our digital offerings.



**“What I most enjoy about working here is the sense of community and shared purpose that animates our team. Everyone at the Trust is passionate about promoting Bikeability and its benefits. It's rewarding to see the positive impact our work has on individuals and communities, and to connect with people from all walks of life.**

**Joining the Bikeability Trust has not only impacted my professional life, but it's also positively influenced my personal life. It's inspired me to lead an even more active lifestyle, pushing me to embrace activities like hiking and mountain biking. I even find myself cycling around my city on a regular basis now.”**





## Collaboration

**Our goal is to ensure every child can cycle, but we know we can't reach that goal alone. That's why we collaborate with a variety of partners to help get people riding.**

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Here are some of the ways we worked with our commercial partners and other organisations working to get people travelling actively in 2022.

Huge thanks to our Celebration of Bikeability partners, who made sure our Bikeability superstars were duly rewarded in 2022: BikeRight!, Beryl, Bike Club, Frog Bikes, Forme, Flare Safety, Halfords, Squish and Altura.



Beryl provides green bikes for green cities. Their bike share system has safe, fun and easy to use cycles. As part of our partnership, Bikeability riders can access 300 free minutes to use on a Beryl bike while they learn.



Flare is an app with a difference. It creates a protective halo around your loved ones, with automatic incident detection, discreet emergency alerts and a smart network for safer journeys. Thanks to our partnership, all Bikeability riders can download the Flare Premium app for free.



Bike Club offers an affordable, sustainable and flexible way to get families cycling with their monthly kids' bike subscriptions. We teamed up with Bike Club to get more families riding with a discount code to get their first month free.



Frog Bikes are expertly designed to make a child's journey as comfortable and enjoyable as possible. Our partnership with Frog gives Bikeability providers access to Frog Bikes at discounted prices – meaning cycle training can be delivered to children regardless of whether they have a bike.





**24%**  
of 5 to 16 year olds  
have no access to  
a cycle growing up

*This is a fantastic initiative to get children cycling who may not have otherwise had the means or the opportunity to do so.*

– Transport Minister Baroness Vere

# halfords

Getting children pedalling comes with invaluable benefits, including improved physical fitness, mental health, and social skills. But 24% of 5 to 16 year olds have no access to a cycle growing up. So we teamed up with Halfords and their gold medallist ambassador Charlotte Worthington to give away 475 cycles across the country, to help tackle the barrier of children not having a cycle of their own. The cycles came from Halfords' pre-pedalled initiative, 'Bike Xchange', which involves giving pre-owned cycles a new lease of life.

To celebrate the initiative, Charlotte took part in a Bikeability session at Avenue Primary School, Leicester. Pupils were put through their cycling paces with the BMX star and two Bikeability instructors, who taught them how to check if their cycle is safe to ride, how to signal to other road users, and how to handle junctions.

## SQUISH

Squish Bikes stand by the ethos of the Bikeability Trust in that cycling is a rite of passage. Their bikes are developed to be as lightweight, well-proportioned and enjoyable to use as possible. To help ensure as many children as possible have access to cycling, Squish offers a special discount to all Bikeability professionals.

## Walking and Cycling Alliance

Together with the Bicycle Association, British Cycling, Cycling UK, Living Streets, Ramblers and Sustrans, we're a part of the Walking and Cycling Alliance (WACA). As part of WACA, we help to make the case for active travel measures. In 2022, we made the case for government to protect funding for walking and cycling, including signing a joint letter to the Secretary of State for Transport.

## PROFILE



## Open Trail

Open Trail is a charity and training provider based in Kidderminster, established to encourage young people to strive for more than they think possible, despite their own personal circumstances. The charity has also recently opened Worcestershire's first mountain bike park, Burlish Bike Park. Open Trail won Small Organisation of the Year in the 2022 Celebration of Bikeability. Its founder is Hannah Escott, GB Cycling Team Racer 2015–2018 and the 2016 and 2019 Women's World 4X Mountain Bike Series Champion.

**"Bikes are a wonderful tool for giving children a huge boost in their confidence when they master riding for the first time or their latest riding challenge, bikes test what great things they can achieve and give opportunities to support each other whether it be with their classmates or their family.**

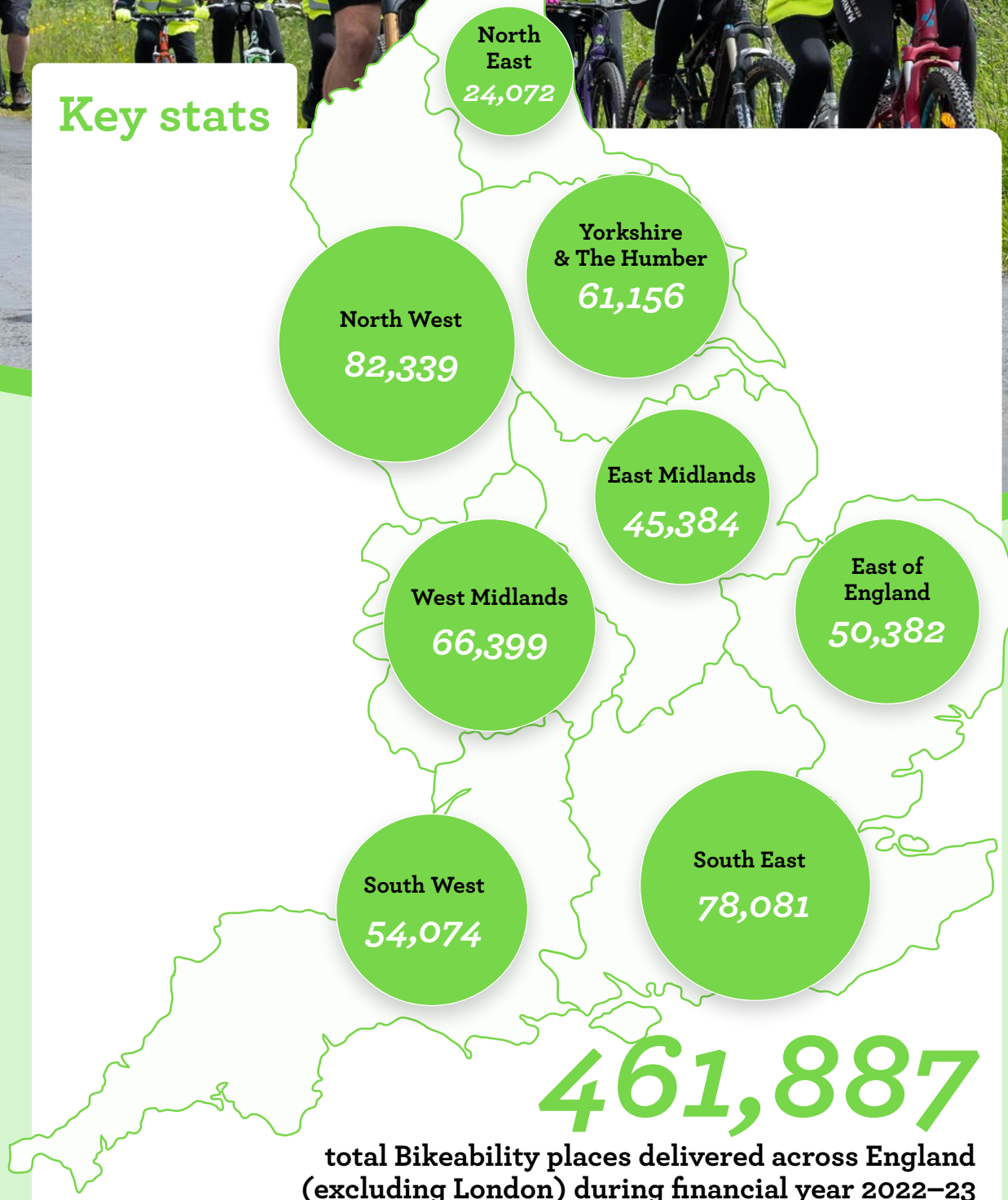
**I help children experience this every day and it is magical to be part of their learning journey with them."**

**– Hannah Escott**





## Key stats



For full delivery statistics for 2022-23 and previous years,  
please visit: [bikeability.org.uk/about/funding-and-delivery/](https://bikeability.org.uk/about/funding-and-delivery/)





# • 268,495

## Level 1 and Level 2 places delivered in schools across England (excluding London) during financial year 2022–23

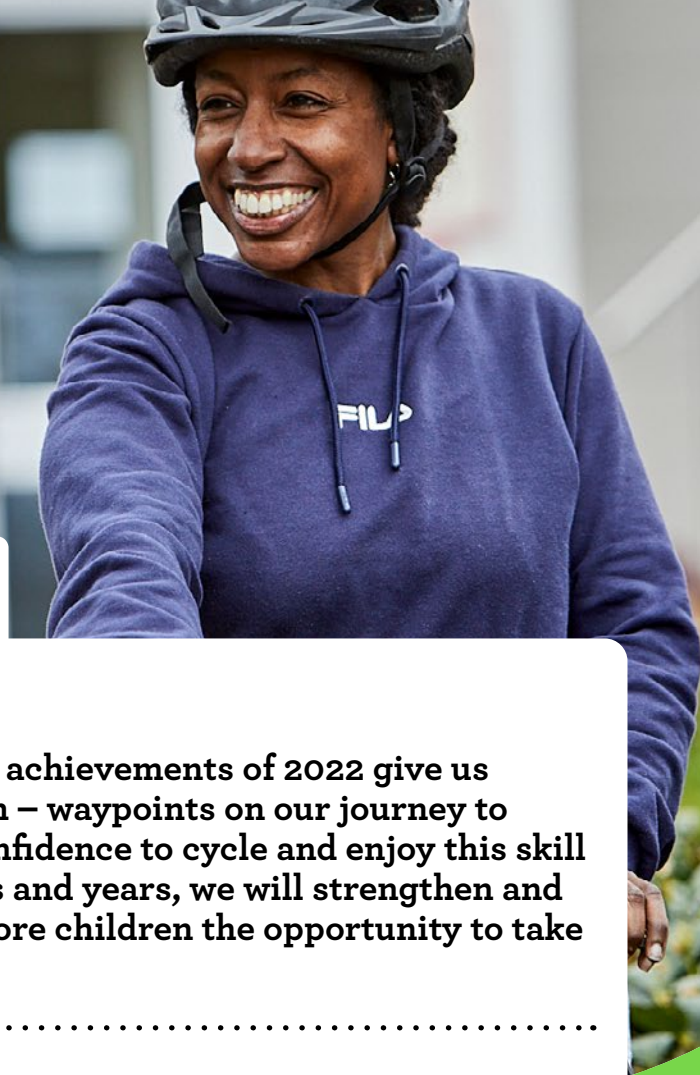
Total L1& 2 and L2 places offered (i.e. booked to attend) in 2022/23 (excluding London)	296,446
Total L1& 2 and L2 places delivered 2022/23 (excluding London)	268,495
Number of children in year 6 in England (excluding London) 2022/23	574,657
% of eligible children (year 6) in England (excluding London) booked to attend either L1&2 combined or L2 Bikeability training in 2022/23	52%
Number of primary schools in England (excluding London) 2022/23	14,987
Number of schools in England (excluding London) receiving Bikeability training 2022/23	9,844
% of primary schools in England (excluding London) who received Bikeability in 2022/23	66%

# • £20,161,657

## Funding allocated across England by our grants team during financial year 2021–22

*Regional distribution of funding financial year 2021–2022*

Region	Funding allocated	% distribution allocated	Funding claimed	% distribution paid
East of England	£2,131,868.00	11%	£1,773,694.00	10%
East Midlands	£1,939,917.00	10%	£1,567,110.00	9%
North East	£1,108,192.00	5%	£812,028.00	5%
North West	£3,953,611.00	20%	£3,251,066.00	19%
South East	£3,402,266.00	17%	£2,966,764.00	18%
South West	£2,426,444.00	12%	£2,003,267.00	12%
West Midlands	£2,663,119.00	13%	£2,180,737.00	13%
Yorkshire & The Humber	£2,536,240.00	13%	£2,373,462.00	14%
<b>Total</b>	<b>£20,161,657.00</b>	<b>100%</b>	<b>£16,928,128.00</b>	<b>100%</b>



## What's next for 2023 and beyond?

**The work doesn't stop here. Our achievements of 2022 give us strong foundations to build upon – waypoints on our journey to ensure that everyone has the confidence to cycle and enjoy this skill for life. Over the coming months and years, we will strengthen and secure partnerships that give more children the opportunity to take up cycling.**

.....

We will continue to focus on our themes of inclusion, innovation and impact. And by 2025, we will have helped more than 5 million children take up Bikeability cycle training. That's 5 million children who can enjoy the physical and mental health benefits of cycling, and who will have the skills and confidence to be able to make more sustainable transport choices for the rest of their lives.

There are undoubtedly challenges ahead. But there is also transformative work underway. Our digitisation project will make life easier for instructors, training providers and grant recipients, and ensure anyone who receives Bikeability cycle training has the best possible experience. It will help us to show the impact of our training so we can use this to lobby for increased funding and support for Bikeability beyond 2025. The coming years will see Bikeability expand to areas previously unreached, helping us to deliver training to even more people. And we will continue to break down barriers to unlock cycling for everyone who wants to join in – delivering high quality training to even more vulnerable young people, those with special educational needs and disabilities, and children from ethnic minority backgrounds.

**We can't wait for you to join us on the ride.**



# Thank you

from Phillip Darnton, Honorary Patron  
of the Bikeability Trust

.....



**When I addressed the Bikeability Conference in 2022, I compared cycling to a great tree. At the top of the tree, there are lots of branches, and these represent all the many different things that you can do on a bike throughout your life.**

You can be sporty, you can be a commuter, you can be a tourist. You can have fun, you can ride with your family. Different stages of your life take you to different branches. All those branches grow from the great trunk of the tree. And what is that trunk? It is the one thing that supports everything, allowing the tree to develop and grow – and that's 'learning to ride' in the first place.

You can't get to the branches if you don't learn to ride.

And that tree has roots. Those roots are the Bikeability family. The people who nurture the tree. The people who bring the tree to life and bring children all the joy they can experience for the rest of their life.

Thank you to all of the instructors, training providers, grant recipients, trustees and staff. This impact report is just a glimpse into the lives you changed in 2022. Let's keep that tree growing until every child has experienced that life-changing rite of passage: learning to ride.



1st 4sport



ALTURA



halfords



LOVE TO RIDE



SQUISH



TREK



The  
Bikeability  
Trust

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www.bikeability.org.uk