



PedalPower

the cycling charity for all  
yr elusen seiclo i bawb

**Annual Report**

**2022 / 2023**

## Introduction from Sian Donovan, Director

*“Sometimes carrying on, just carrying on, is a superhuman achievement.” - Albert Camus.*



For everyone, the post-pandemic world continues to be plagued with additional challenges - from the continued impact of the Ukrainian war and soaring energy prices to the seemingly never-ending cost of living crisis. Yet throughout this extraordinary year, marked by global unrest, prime ministerial resignations, and the death of Queen Elizabeth II, I'm proud to say that the team at Pedal Power managed, somehow, to cope, carry on serving our customers, and even count some positive achievements.

- ◆ The hottest summer (too hot to move!), saw the landmark installation of water and electricity at our Bay site – a long and hard-fought battle!
- ◆ Wales's ONLY inclusive mass cycle ride - Ride for All - took to the cycleways of the capital, with over 100 participants.
- ◆ A financially tense period for our charity culminated in successful applications for funding from the Motability Foundation, the National Lottery and the Principality Community Fund amongst others. This means we can enter the new financial year (2023/24) with renewed optimism and quite a few new staff!

The coming year will undoubtedly be filled with further challenges, but Pedal Power is more resilient than ever and will continue to prevail! This is thanks to the fantastic dedication and hard work of our staff, trustees and volunteers, facing every bump and pothole with determination and optimism, eyes always on the future of inclusive cycling.

*“Life is like riding a bicycle. In order to keep your balance, you must keep moving.”*

*Albert Einstein.*

## Chair's Report, Peter Harding

It has been an honour and a privilege to lead the Board of Trustees for the last five years, and to write the introductions to these annual reports during my time as Chair.

Reflecting on all that Pedal Power has achieved during this period I fully endorse the sentiments expressed in this report by our Director, Sian Donovan. Sian has enabled the organisation to be flexible and agile, adapting to the challenging social and economic conditions we and our communities have faced. We have continued to find new ways to support our staff, volunteers, visitors and those who participate in our activities. We continue to have profound impacts for those involved, and it is vital that we continue to develop our valuable work further in years to come.

The partnership between the Executive and the Trustees at Pedal Power has enabled us to grow through and after the pandemic in very difficult times, securing a more solid financial base and a strong foundation for the future. Sian has enabled her team to achieve remarkable successes, working with partners, stakeholders and volunteers. I pay tribute to her and her team for their resilience, positivity and dedication. I also pay tribute to my fellow trustees for their support, and in taking the lead on important areas of governance work.

In 2023 we celebrate 21 years as a registered charity. During this time we have developed as an organisation into a valued and unique community resource that is at the heart of inclusive cycling and active travel in Cardiff and beyond. Our achievements would not be possible without the support of our funders. We are indebted to Welsh Government, Cardiff Council, Motability and to the others recognised in this report.

We remain committed to developing our role and remit further and will work tirelessly with our partners to achieve this, promoting the importance and value of inclusive cycling and active travel in Wales.

### List of Directors

- ◆ Peter Harding – Chair
- ◆ Steve Cox – Treasurer
- ◆ Ed Evans
- ◆ Pat Ruddock
- ◆ Cathryn Ferris
- ◆ Naomi Brightmore
- ◆ Tony Hendrickson
- ◆ Michael Walsh
- ◆ Malcolm Eames

## My son has autism...

Pedal Power has provided an exceptional experience for my son to learn to ride a bike with confidence. There is nowhere else like it that could provide the same skillful teaching, 1:1 attention and positive environment that embraces diversity and is committed to inclusion. His teacher, Robyn, was excellent, giving my son skills, support and encouragement whilst always being sensitive to his needs. It means my son and I can now go on bike rides together for the first time ever. It means my son experienced success and achievement.

"I can now ride without my stabilisers and can whizz along really fast. I love riding my bike."

## Our Vision

Pedal Power will be seen as the first point-of-call in the local area for residents, communities, care-organisations and visitors, regardless of age, ability or background, to access opportunities to socialise and improve their health and wellbeing through cycling.

## Our Mission

We encourage and enable people of all ages and abilities to experience the benefits of cycling.



## How we Operate

As a charity, we receive no core funding, and therefore rely on self-generated income, private donations (mainly one-off cash, regular/monthly standing orders and physical cycles), and grants and funding for specific projects and initiatives from relevant funding bodies. We currently deliver our services with a staff of 16 full and part time posts plus volunteer support.

Self-generated income comes from the following income streams:

- ◆ Cycle Hire
- ◆ Membership Fees
- ◆ 1:1 and Group Lessons
- ◆ Sales of refurbished bikes that have been donated to us
- ◆ Bike repairs and servicing
- ◆ Cafe at Pontcanna site
- ◆ Dealership of our specialist cycles

See [LINK] for detailed financials

Cash donations in the 22/23 financial year were in excess of £15,000. We also received 216 used bikes that were refurbished and sold on

## Cycling Services

The growing movement towards Active Travel highlights the benefits of cycling – and it is our belief that cycling must be inclusive. Due to our extensive variety of cycles, as well as our experience and expertise of working with all ages and abilities, Pedal Power continues to play a vital and significant role in providing cycling opportunities to the people of Cardiff and the surrounding areas.

## Membership Services

We work hard to build a feeling of community, and our membership model supports those cyclists who may need a carer or family member to accompany them, encouraging more frequent activity. Being a member ensures frequent assessments, reduced training rates, simpler and cheaper access to cycle hire and a free bike for carer or family support, if required.

Our staff and volunteers are trained to build relationships with our customers, demonstrating sensitivity to each individual and their needs. Our aim is to remove all perceived and physical barriers to cycling by providing:

On March 31st, 2022,  
our membership  
stood at 1,211

This year we delivered 11,830 member hires (includes carers bikes) across both sites

- ◆ Assessments to recommend the best bike/trike and accessories
- ◆ Learn to Ride sessions for all ages and all abilities
- ◆ Confidence Building and skills practice sessions
- ◆ Supported social rides at various ability levels
- ◆ **Lots of encouragement!!**

## General Hire

In addition to our membership model which is designed to support disabled cyclists, we provide a cycle hire service that is open to everyone. Our fleet of cycles available to hire is more than 150 and includes E Assist bikes, E Cargo bikes, E Trikes and top quality 2-wheeled bikes in a variety of sizes, including for children. We also provide tagalongs, buggies and child seats, ensuring that whole families can enjoy cycling; as well as helmets, locks and if required, a water-resistant poncho (we are based in Wales). All cycling needs can be met by Pedal Power!

We are the only cycle hire facility in Cardiff able to provide bikes in large numbers, thereby facilitating group hires - and have been delighted to see the gradual return of larger groups from Europe, notably Belgium and France.

Between our two sites we delivered 3,545 general hires this year. Along with membership hires, this gives a grand total of 15,375 cycling journeys!

## Maintenance and Repairs

216 donated bikes were recycled and sold, with proceeds supporting the charity. We also donated a number of children's bikes to the Ukrainian charity and Oasis.

Maintaining and repairing our fleet is quite an undertaking - our wide variety of cycles require specialist knowledge, and safety and an enjoyable cycling experience are top of our list. All of our mechanics receive training and gain experience of working with adaptive cycles and accessories. This means that every mechanic who joins our team is enriching their knowledge and understanding of cycles - specialist upskilling at its best.

- ◆ We also offer maintenance and repair services to the public and are well regarded in the field
- ◆ Refurbishing and re-selling donated bikes serves the multi-purpose of raising funds for the charity, providing affordable bikes, plus reducing landfill
- ◆ For donated bikes that cannot be upcycled, we strip the parts and donate them to the Cardiff Rivers charity for scrap - nothing is wasted!
- ◆ South Wales Police security marking scheme continues to work with us to highlight the sad need for security as bike theft has risen significantly. We offer Dr Bike 'health check' sessions at the same time, free of charge

We are the largest dealer in Wales for adaptive cycles including Van Raam, Ice Trike, Hase, HP Velotechnik, PF Mobility, Mission, Hugbike amongst others

## Dealership

We have continued to build relationships with manufacturers in order to strengthen our position as a dealer for many of our cycles and this year have added Van Raam to our list. We are very happy and believe it important that people are able to come to our site and try models before considering pur-



Our mission is always to remove any barriers to cycling and assessing the right cycle for a person's needs is one of our key strengths. Our membership ensures that assessments and re-assessments are undertaken regularly, and our experienced Cycling Officers are in high demand for this service.



## Training Continued...

Equally, learning to ride and building confidence are skills that need to be taught with additional sensitivity and patience, particularly for adults and children with additional needs. We are also delighted to have a growing number of older people beginning or renewing their cycling journeys, either in response to health issues, environmental issues, or both! Our E Assist and low-step-through cycles are proving very popular with this group and this, in turn, supports all moves towards more active travel in general.



We are also managing to maintain a number of our social rides with the help of volunteers. We were delighted to be able to take cycles to Llandough Hospital, where we worked with patients on the Mental Health Services for Older People ward and also took recumbent trikes to the Spinal Injuries Unit so patients and staff could experience the benefits first hand.

Financial constraints reduced our Cycling Officer capacity although we continued to be extremely busy!



We delivered 509 Learn to Ride sessions and had 584 participants in our Confidence Building sessions. In addition, we had in excess of 100 taster and social rides with some 462 participants.

## Café

Our café continues to play its vital role providing not only reasonably priced refreshments but also a welcoming social space where people can relax and feel at home, with no pressure to purchase or to leave.

Our outdoor space is partially covered, thus providing different spaces for different needs, and our wrap-around garden encourages wildlife with its many colours and scents.

- ◆ We have a number of groups who now meet regularly at our café – United Friends, Headway, Pontcanna Over 60s, local walking groups, and Scope is now holding chat sessions every two weeks.
- ◆ This is in addition to our 'Tune-filled Tuesdays' drop-in singing session and Friday visits from guitarists from the Royal Welsh College of Music & Drama



Our Community Notice board helps keep everyone in touch with local events and support services, and our Art in the Café stimulates the imagination and supports local artists.

The space also serves as a studio in part when local artists Nikki and Alice involve Innovate Trust in making props for the Butetown Carnival, and for the Welsh Indonesian community who worked with artist Andy Bolton on their mural, designed collaboratively with disabled people, now installed at our Bay site.





## Project – Welsh Government Capital Funding for SeE Cycling Differently

The Welsh Government funded the purchase of 35 E-Bikes

SeE Cycling Differently is a Welsh Government funded project that has enabled us to purchase E-Cycles (E-Bikes, E-Trikes and E-Cargo bikes) to supplement and enhance our already extensive and varied fleet. The e-assist function of E-Cycles is a game changer for many of our customers as it enables them to cycle for longer, go further and most definitely go steeper!



This, therefore, helps with removing more barriers to cycling and addresses the needs of those disabled by illness or injury. It also gives the confidence to explore further, particularly to our more senior customers. Our E -Cycles are extremely popular, as are our free taster sessions, which enable everyone to have a try!

### Volunteers

We have volunteers supporting in many core areas including cycle hire, the café and reception. We also have volunteers supporting our weekly music session, facilitating questionnaires and have a growing number providing support for social rides and confidence building sessions, including working with SightLife and piloting tandems. This is an area of our service that we understand is very important in encouraging people to take up cycling and increase cycling activities in their daily lives

Our cycle volunteers play a significant part as role models.

We have up to 40 volunteers working with us on a regular basis

### Support Workers and Organisations:

Post pandemic, the challenge continues to be to re-establish links with organisations where there may have been staff changes. Pedal Power continues to work at making strong relationships with special schools, colleges, care homes and third sector community organisations from Cardiff, the Vale of Glamorgan, Rhondda Cynon Taff and beyond. We always encourage visits and taster sessions as this is definitely the most effective way of helping people understand what Pedal Power has to offer. Our free E-Cycle tasters continue to be received enthusiastically and we will always make time to show people around and explain our services.

## People and Events

We were delighted to be able to re-instate our Ride For All this year. This ride aims to provide a social and inclusive ride, which our members can participate in at no charge. Also encouraging other cyclists of all ages and abilities to participate and support, this event helps to raise our visibility in the capital city.

The ride has two iterations, the main ride being through the city centre, with a shorter ride being around the park. Importantly, everyone joins together at the end for some light refreshments and this year we were treated to an impromptu performance by trumpeters from the Royal Welsh College of Music and Drama.

Over 100 people took part in our Ride for All this year, which is marshalled and supported by staff and volunteers



- ◆ We also hosted events attended by Senedd AMs Lee Waters and Huw Irranca-Davies, we were invited to present at Julie Morgan AM's Active and Sustainable Travel event, PHW's Move More, Eat Well initiative, we gave a talk to Rhiwbina Civic Society and contributed to the Health Ageing Conference.
- ◆ We continued to play a role with the Cross-Party Group for Active Travel, the Disability Taskforce, Transform Cymru and Transport for Wales, who, among many meetings, held a training day with us to improve their understanding of inclusive cycling.
- ◆ Our Bay site held a very successful visit from Welsh Government and Keep Wales Tidy to see our pollinator-friendly community garden. We also were delighted to make a connection with the Welsh Indonesian community through mural artist Andy Bolton and their first mural has been installed at our Bay site with further work to follow later in the year.

## Our Ambitions for the Future

- ⇒ Continue to pursue and strengthen our relationships with organisations who benefit from our service, including with all health-related organisations, in order to ensure that we are fully utilised as a resource for preventative and supportive approaches to health and thus reduce pressures on the NHS.
- ⇒ Continue in our efforts to be involved in all Active Travel planning, supporting efforts to address the climate emergency through modal shift by ensuring that the future of cycling is truly inclusive, all ages, all abilities .
- ⇒ Continue to seek a variety of sources of funding to ensure the financial stability of the charity , enabling growth and development as we continue to address the inclusive cycling needs of Cardiff and beyond.

## Partnerships: & Collaborations

- ◆ Welsh Government
- ◆ Cardiff Council (continuance of our Adult services funding for another year)
- ◆ Transport for Wales
- ◆ Cardiff University
- ◆ Cardiff Met
- ◆ Women Connect First
- ◆ South Riverside Community Development Centre (SRCDC)
- ◆ Elderfit (encouraging seniors to cycle)
- ◆ Welsh Cycling – Breeze Rides
- ◆ Innovate Trust (craft sessions and participation in Butetown Carnival)
- ◆ WMC (Butetown Carnival)
- ◆ Welsh Indonesian Society
- ◆ SCOPE
- ◆ MS Society
- ◆ Leonard Cheshire (taster Day)
- ◆ Wizzkidz
- ◆ PHW (Move More, Eat Well)
- ◆ Royal Welsh College of Music and Drama
- ◆ Southshore TV – charity of the year 2023
- ◆ Enabling schools to access our services at our main location and visiting their sites including Ty Coch, Red Rose, Ysgol Y Deri, Headlands, Woodlands, Ty Gwyn, Riverbank, Glan Taf, Ysgol Tregenna, St Teilos
- ◆ Supported the Bigmoose Supertri with 60 children participating
- ◆ South Wales Police
- ◆ Waterfront partners (this is a group to which we subscribe in order to keep abreast of business developments in the Bay area)
- ◆ Pedal Power continues to work actively with schools, colleges and other organisations to deliver our services and improve our outcomes for individuals and communities.
- ◆ We also continue to work in partnership with Cardiff Council, Welsh Government, WCVA and C3SC in order to access all possible support for the future of the charity.
- ◆ All Wales Partnership Working - we have maintained our contact with colleagues from the Wales Inclusive Cycling Forum (established 2013) where we work to promote inclusive cycling throughout Wales with Disability Sports Wales, Bikeability Swansea, Pedal Power Wrexham, Cycling UK (formerly CTC) and Sustrans. We are also developing an Inclusive Cycling Directory for our website to help make stronger connections between organisations and to facilitate people accessing inclusive cycling across Wales.



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## Contact Details

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