

CIC 34

Community Interest Company Report

For official use
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*Please
complete in
typescript, or
in bold black
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Company Name in full

York Bike Belles Community Interest Company

Company Number

12470154

Year Ending

28 February 2023

(The date format is required in full)

Please ensure the company name is consistent with the company name entered on the accounts.

This template illustrates what the Regulator of Community Interest Companies considers to be best practice for completing a simplified community interest company report. All such reports must be delivered in accordance with section 34 of the Companies (Audit, Investigations and Community Enterprise) Act 2004 and contain the information required by Part 7 of the Community Interest Company Regulations 2005. For further guidance see chapter 8 of the Regulator's guidance notes and the alternate example provided for a more complex company with more detailed notes.

(N.B. A Filing Fee of £15 is payable on this document. Please enclose a cheque or postal order payable to Companies House)

PART 1 - GENERAL DESCRIPTION OF THE COMPANY'S ACTIVITIES AND IMPACT

In the space provided below, please insert a general account of the company's activities in the financial year to which the report relates, including a description of how they have benefited the community.

York Bike Belles CIC (YBB) is an award-winning not-for-profit community organisation. We incorporated as a Community Interest Company (CIC) on 18 February 2020.

We work towards a vision of York as a healthy, green and kind city, where everyone thrives, now and in a sustainable future. Our objectives are to enable residents of all ages, abilities and life situations to walk and cycle as the natural way to get around York, while improving wellbeing, community life, green spaces, and tackling inequalities and the climate and nature crises.

In 2022/23, we significantly expanded and developed our work and organisation in response to need, and to better deliver against our organisational objectives for the benefit of York residents. We delivered 328 free walking, cycling and nature activities to 888 York residents. We worked with 32 volunteers for 3840 volunteer hours, and with 25 delivery partners.

Have a look at our "Experience York Bike Belles 2022" video at https://youtu.be/y_xlAs1PwFA.

We invested in legacy actions to help our work become more sustainable, with the purchase of a second Cycling Without Age Triobike Taxi, more trained volunteers to help deliver future activities, more YBB Team training in Nature-based Wellbeing, Digital and Evaluation skills, better internal procedures and resources, and a better-connected network of partners and referrers.

We improved our Start Cycling and Car-Lite Living Services

We developed our Start Cycling Support into a new 12-week Pathway to include advice, bike hire, and ongoing Training, Bike Buddying, Nature Rides and Bike Maintenance Workshops. We worked with local partners to support Ukrainian refugees and their children into cycling as a mode of a low-cost transport around the city. We developed our place-based community engagement in the Westfield Ward of York. We integrated a new 'Car-Lite Living' scheme to encourage participants to reduce their car use, as part of a National Lottery-funded 'Together For Our Planet' environmental programme. We developed new tailored walking, cycling and public transport Personal Travel Plans to further support residents into sustainable travel.

Participants were aged 7 to 82 and the majority self-reported physical or mental health challenges. The Start Cycling with Cake Confidence scheme enabled 88% of participants to start cycling or cycle more often. After Car-Lite Living support, the majority of participants walked or cycled more locally, with fewer car journeys.

We expanded our Cycling Without Age Rides

We bought a second Triobike Taxi, and set up a 'Northern Hub' to store the new bike and from which we offered more Rides to Care Partners and community organisations in the north of the city. We recruited, trained and supported more volunteers to deliver Rides as 'Pedallers' or 'Companions'.

We developed new Community Nature Rides, with a free offer of Rides to individuals of any age with restricted mobility or disability. This was part of a National Green Social Prescription 'Test and Learn' programme, funded by Humber and North Yorkshire Health and Care Partnership.

Participants were aged 25 to 102, and the majority self-reported some form of disability. After Rides, the majority of participants said they felt happier, more relaxed, less anxious or stressed and more connected to nature.

Margaret said "The Rides are excellent! I love being outdoors, meeting people on the bike and seeing plants and trees change through the year."

We improved our Nature-based activities

We increased the frequency of our Nature Time Walks and Rides to several times a month. We developed our knowledge of habitats and species along Green Routes in the city. We developed our delivery skills based on Nature Connection, Five Ways to Wellbeing and Nature on Prescription guidance. We integrated sensory and mindfulness elements in activities to improve their wellbeing impact on participants and to ensure they are accessible for a wide range of participants, with a focus on older and disabled groups. We delivered ongoing Nature-based Wellbeing training to the YBB Team. We collaborated with other nature organisations including St Nicks, York Greenways, Sustrans and the RSPB.

Participants were aged from 4 months to 102. After Nature-based activities, 85% of participants said that they learnt new things, felt more connected to nature, and said that they would care for nature more. The majority of participants also said they would walk or cycle more locally.

We continued to improve Community Life

We recruited, trained and supported more volunteers. We created 2 new volunteer roles – 'Cycling Without Age Companions' and 'Nature Walk Leaders'. We offered training in First Aid, Safeguarding, Pedaller, Companion, and Walk/ Ride Leader roles, Nature-based Wellbeing and Digital skills, and developed regular Volunteer Walks and Socials. We worked with more partners across the city to refer people to our activities, especially York's Social Prescribing Team.

We participated in more local and regional Networks, including (Green) Social Prescribing, Dementia, Social Care and Mental Health, Refugee Support, Carers, and Environmental networks. We participated in York's Environment Week.

We continued to have excellent Wellbeing Outcomes in all our activities

- The majority of our Start Cycling participants increased confidence, learnt new skills, felt happier, with less anxiety, more connected to other people, more part of their community and felt they had more freedom. Ellie said "I have a history of anxiety and now feel a lot more confident. It's been brilliant for my mental health."
- The majority of our Cycling Without Age Ride passengers with the capacity to respond said that they felt happier after Rides. The Wellbeing Coordinator at Chocolate Works Care Village said "Without exception, our residents are noticeably happier after the Rides."
- The majority of our Walking Book Group participants improved social contact and helped build relationships. One participant said "I love the little network of friends I've made through YBB."
- The majority of our Nature Time Walk and Ride participants improved their mood and reduced feelings of anxiety and stress after activities. Pearl said "I felt a right sense of peace and stillness listening to the birds". Christine said "Exhilarating! After the Ride, my stress levels disappeared."
- The majority of the YBB Team reported an increased sense of satisfaction and purpose in life. Julie (Coordinator) said "Through involvement with YBB, I feel like a positive and valued part of my community". Laurence (Volunteer) said "I ended each Ride feeling uplifted, more connected with nature, and more familiar with my home city."

We continued to tackle Inequalities

The majority of participants in our Start Cycling and Cycling Without Age Rides schemes were women, older (60+), and/or self-reported physical or mental health challenges.

In addition, our Start Cycling Scheme offered outreach cycling support sessions in Westfield Ward, which has the highest level of deprivation in the city. Our Cycling Without Age Nature Rides offered access to sociable, outdoor

and nature-based activities to York residents of all ages with disabilities living both in Care Homes and in the Community across the city. Consequently, we tackled the health inequalities often faced by these residents.

We continued to improve our Organisational Resilience

- We grew our paid Staff Team, with a Programme Manager, two Coordinators, two Trainers, an intern, and a new Cycling Coach role.
- Thanks to City of York Council business financial support, we worked with a professional consultant to develop a new “YBB” brand, now used on all our marketing materials.
- We further improved our organisational expertise in digital skills working with a Journalism and Film intern, and developed a suite of new videos on YouTube. We increased our online community to 5869 followers on four social media channels.
- We improved our Monitoring and Evaluation skills by working with a professional Evaluator.
- We improved our internal procedures and resources, our financial accounting skills, and developed a new YBB Strategy 2023 – 2028 at <https://yorkbikebelles.community/resources/york-bike-belles-cic-strategy-2023-2028/>.

The value of our work was recognised in York. Joe Micheli, Head of Communities at City of York Council said “We recognise York Bike Belles as an outstanding charitable organisation in the city”. We were “Highly Commended” at the York Sport Awards 2022.

We were able to offer our activities free of charge to York residents, thanks to funding from grants, donations and sponsorship. In this period, we were grateful for funding from The National Lottery Community Fund, My Sight York, Two Ridings Community Foundation, Chocolate Works Care Village, Humber and North Yorkshire Health and Care Partnership, Purey Cust Trust, Northern Customer and Community Improvement Fund (CCIF), Sport England, Dunnington Community Events, City of York Council, Local Giving and the Postcode Neighbourhood Trust, Asda Green Tokens, and St Chads Church.

We were also grateful to our delivery partners Cycle Heaven bike shop and York St John University who provided free of charge delivery support.

Sport England funding enabled us to develop our Start Cycling scheme in this period; Humber and North Yorkshire Health and Care Partnership, Dunnington Community Events and Northern CCIF enabled us to develop our Cycling Without Age Rides; and financial support from My Sight York and the Purey Cust Trust enabled us to develop our Nature Time Walks and Rides.

Finally, we secured a grant from Two Ridings Community Foundation (York Step Change Fund) to sustain and develop our work in the following year.

(If applicable, please just state “A social audit report covering these points is attached”).

(Please continue on separate continuation sheet if necessary.)

PART 2 – CONSULTATION WITH STAKEHOLDERS Please indicate who the company's stakeholders are; how the stakeholders have been consulted and what action, if any, has the company taken in response to feedback from its consultations? If there has been no consultation, this should be made clear.

Our external stakeholders are York residents, activity participants, funders, and local delivery and referral partner organisations. Partners included Cycle Heaven bike shop, York St John University, Chocolate Works Care Village, The Lodge Care Home, Hartrigg Oaks Care Home, My Sight York, York CVS Social Prescribing Team, York Carer's Centre, Local Area Coordinators, City of York Council Adult Social Care and Mental Health Services, York City of Sanctuary and the Humber and North Yorkshire Green Social Prescribing Programme.

We requested and recorded feedback from participants after all activities, both informally and using a follow-up online survey. We consulted all partner organisations at the start of joint activities, offered taster activities and regularly contacted them for feedback as part of a continual feedback and improvement loop.

Our passionate team, participants and engaged community talked about the benefits of our work to York residents they met out and about in the community throughout this period. This generated useful wider feedback and increased the uptake of our services.

Finally, we discussed and incorporated all feedback into current schemes and the planning of future schemes at our monthly operational and regular Director's meetings.

(If applicable, please just state "A social audit report covering these points is attached").

PART 3 – DIRECTOR'S REMUNERATION – if you have provided full details in your accounts you need not reproduce it here. Please clearly identify the information within the accounts and confirm that, "There were no other transactions or arrangements in connection with the remuneration of directors, or compensation for director's loss of office, which require to be disclosed" (See example with full notes). If no remuneration was received you must state that "no remuneration was received" below.

One of our Directors was paid £22,400 for services to the Company.
There were no other transactions or arrangements in connection with the remuneration of directors, or compensation for director's loss of office, which require to be disclosed.

PART 4 – TRANSFER OF ASSETS OTHER THAN FOR FULL CONSIDERATION – Please insert full details of any transfers of assets other than for full consideration e.g. Donations to outside bodies. If this does not apply you must state that "no transfer of assets other than for full consideration has been made" below.

No transfer of assets other than for full consideration has been made.
No transfer of assets has been made.

(Please continue on separate continuation sheet if necessary.)

PART 5 – SIGNATORY (Please note this must be a live signature)

(DD/MM/YY)

The original report must be signed by a director or secretary of the company

Signed

Aislinn H. H. H.

Date

28/6/23

Please note that it is a legal requirement for the date format to be provided in full throughout the CIC34 report.

Applications will be rejected if this information is incorrect.

Office held (delete as appropriate) Director/Secretary

You do not have to give any contact information in the box opposite but if you do, it will help the Registrar of Companies to contact you if there is a query on the form. The contact information that you give will be visible to searchers of the public record.

Director	
50 Trafalgar Street, York, Y O3 1HZ	
Tel 07581 149056	
DX Number	DX Exchange

When you have completed and signed the form, please attach it to the accounts and send both forms by post to the Registrar of Companies at:

For companies registered in England and Wales: Companies House, Crown Way, Cardiff, CF14 3UZ
DX 33050 Cardiff

For companies registered in Scotland: Companies House, 4th Floor, Edinburgh Quay 2, 139
Fountainbridge, Edinburgh, EH3 9FF DX 235 Edinburgh or LP – 4 Edinburgh 2

For companies registered in Northern Ireland: Companies House, 2nd Floor, The Linenhall, 32-38
Linenhall Street, Belfast, BT2 8BG

(N.B. Please enclose a cheque for £15 payable to Companies House)