

# CIC 34

## Community Interest Company Report

For official use  
(Please leave blank)

--

Please  
complete in  
typescript, or  
in bold black  
capitals.

Company Name in  
full

York Bike Belles Community Interest Company

Company Number

12470154

Year Ending

28 February 2022

**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.

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

York Bike Belles CIC 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 2021/22, we made excellent progress in recovering from the pandemic and delivering against our organisation objectives for the benefit of York residents. **We delivered 180 free walking, cycling and nature activities to 454 York residents, working with 27 volunteers for 2580 volunteer hours, and 9 delivery partners.**

Our headline outcomes were:

- Our inclusive start cycling scheme achieved a 97% success rate in increasing cycling and physical activity in a wide range of York residents. Participants were aged 17 to 85 and over 50% had physical or mental health

conditions.

- After a pandemic pause of 18 months, in September 2021 we restarted our Cycling Without Age Rides to elder care home residents aged over 85. Described by one care partner as a "lifesaver", the Rides enabled residents to recover from the isolation, loneliness, and mental trauma of the pandemic by getting out into outdoor space, nature, and the community.
- Our activities had excellent mental wellbeing outcomes for participants and volunteers, in particular:
  - our Start Cycling scheme increased confidence and self-esteem and developed skills.
  - our Walking Book Group improved social contact and helped build relationships.
  - our Nature Time Walks improved connection to nature, with improved mood and reduced feelings of anxiety and stress.
  - our volunteers reported an increased sense of purpose in life.
- With community partners, we developed our Nature Time Walks to become more accessible and meet the needs of York residents who are visually impaired, elder and with mental health conditions.
- We developed a blended learning programme to better train and support our volunteers and had over 100% increase in volunteer recruitment.
- We developed our organisational capacity and expertise in digital skills with a Film intern and new digital assets on YouTube. This led to a 25% increase in online engagement, with an average of 1250 people a month actively engaging on our Facebook channel alone.

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 Feoffees of St Michael's Spurriergate, Skiweb Ltd, Sport England, My Sight York, St Nicks, Benenden Health, Two Ridings Community Foundation, City of York Council, Chocolate Works Care Village and Hartrigg Oaks Care Home. 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 finish delivering our 2020 Cake Confidence start cycling scheme in this period; Feoffees of St Michael's Spurriergate, Skiweb Ltd, Benenden Health and Two Ridings Community Foundation grants enabled us to restart our Cycling Without Age Rides; and My Sight York and St Nicks financial support enabled us to develop our Nature Time Walks.

Finally, we secured grants from Humber and North Yorkshire Health and Care Partnership, Purey Cust Trust, and The National Lottery Community Fund to sustain and develop our work in the following year.

*(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, St Nicks, York Ending Stigma and the Humber Coast and Vale Green Social Prescribing Programme.

We requested and recorded feedback from participants after all activities, both informally and using a follow-up online survey. We regularly contacted partner organisations for feedback on the partnership and joint delivery of activities.

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 Directors' meetings.

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

**PART 3 – DIRECTORS' 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 £7,200 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 disclosure.

**PART 4 – TRANSFERS 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

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

Signed

Austin Holmes

Date

2/11/2022

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	
YO23 1HZ	
Tel 07581 149 056	
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, 4<sup>th</sup> 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

The accounts and CIC34 cannot be filed online

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