
THE BIKE PROJECT
Giving freedom and independence to refugees
Our Impact
2025/26

Some of the Challenges Refugees Face



4 in 5 people seeking asylum must choose between transport and basic essentials.

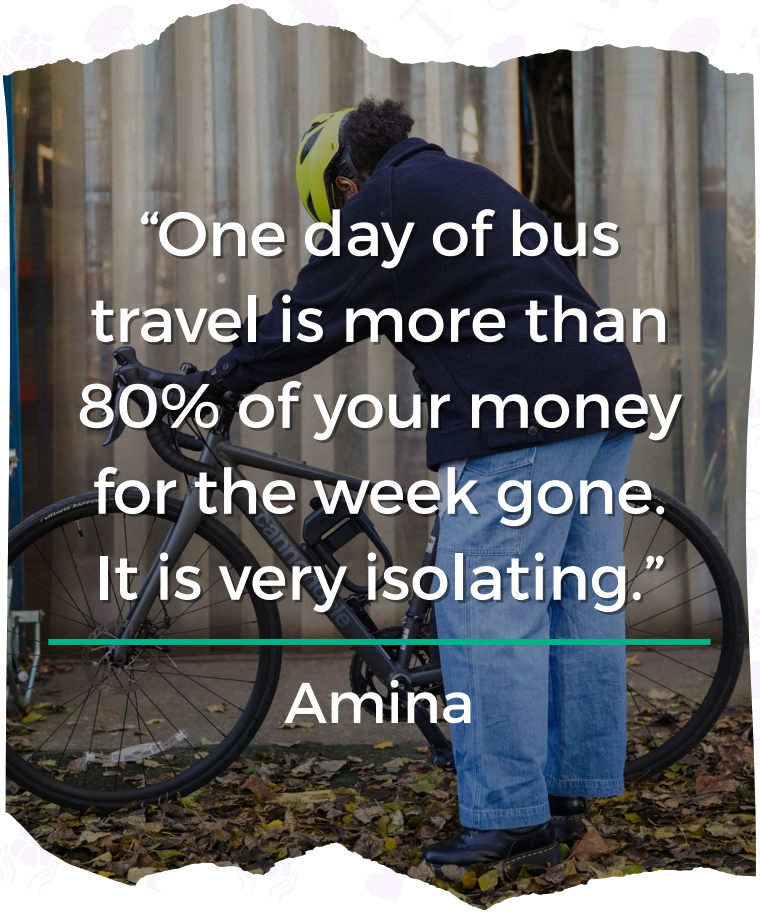
£9.95 Many live on as little as £9.95 a week – for clothing, toiletries and travel.

That makes life incredibly challenging.

"I was dealing with depression and loneliness, due to the stress of my asylum process. I didn't have many friends or people to talk to." – **Mozhgan**

"You have to go from charity to charity to feed yourself" – **Adam**

"It felt confusing and stressful, especially when I had appointments or needed to get somewhere important." – **Mohammed**



Bikes Give Freedom and Independence

The Bike Project collects unwanted bikes, donated by the public, refurbishes them and provides them to refugees.

Bikes offer more than a mode of transport. They provide freedom and independence. They enable people to connect with others, build confidence and improve both their physical and mental health.

"My bicycle is my main source of travel. My wheels are my wings. It's brought me happiness. It saves me money. I feel alive and healthy." – **Anonymous**

"I get a sense of belonging, like I'm part of a community. I can be someone, I can do volunteering... it helps me to keep going." – **Comfort**

"It's practical support, independence, confidence. A bike helps access education, healthcare, work opportunities, social activities. It can make a real difference." – **Mohammed**

"It symbolises freedom, hope, and the ability to move forward. It's life-changing." – **Mozhgan**



1,418 REFUGEES
received refurbished bikes and cycle safety equipment in 2025/26

Contents

The Challenges and Benefits of a Bike 02

Karim, Maryam and Jamal's Story 05

Our Year at The Bike Project 06

This Year, With Your Help 08

Axel's Story 10

Sofia, Mandaneh and Noor's Story 11

Habtom & Bruno's Story 12

Our Plans for the Future 13

How You Can Help 14

Thank You 15



Karim, Maryam and Jamal's Story

Karim says:

"It felt overwhelming when we arrived in London from Afghanistan. It took a long time to get to the shops or appointments; it could take hours. If buses were cancelled, we couldn't get where needed."

"Receiving my bike from The Bike Project felt like a key to unlock the city, like someone saying, 'We see you, believe in you and you deserve to enjoy life'.

"My Bike Buddy, Christopher, is like my best friend. They listened to me, encouraged me, and helped mesettle in. We chatted non-stop from Holloway to Richmond. We still ride regularly and explore new routes.



Maryam, Karim's wife

"Cycling was new to me – I'd never ridden before! I dreamed we could travel and explore together.

"Learning to ride through Pedal Power made me feel capable and strong. That confidence spilled over into everything else in my life too. Cycling has transformed our daily life! We travel so easily, affordably and happily. Parks and riversides are our favourite places to be.

"It's more than transport, it's confidence, freedom and a sense of belonging.

"We got a balance bike for our 2-year-old son, Jamal. Seeing him excited, eager to learn brings tears of pure joy. We hope cycling will give Jamal that lifelong love of exploring the world, that movement equals joy."

"Thank you. More than wheels and lessons, you gave us hope and independence. We have a sense of being home and feeling welcome."



Douglas Krikler

Chair of Trustees

93%

of the people we support report better physical health

Our Year at The Bike Project

This has been a year of progress, resilience and growing ambition. Despite the difficult fundraising environment and ongoing challenges facing refugees, the team continues to deliver impactful programmes.

As part of our ongoing work to increase our impact and reach, we were excited to launch a partnership with the North London Waste Authority, through which we are securing donated bikes. We have developed partnerships with several bike manufacturers and retailers, securing donated or lower-cost parts and accessories.

We contributed to national conversations about refugee inclusion and active travel, with our evidence informing parliamentary discussions. Lizzie Kenyon, our Chief Executive, spoke at conferences and events all over the country.

Our work featured widely in the media, including The Guardian, BBC Sunday Morning Live and ITV Central, helping us reach new audiences and highlight the vital role that bikes play in enabling refugees to rebuild their lives.

Internally, we have worked hard to improve our efficiency while positioning ourselves for future growth. We have remained disciplined in managing costs, improving our systems and building our resilience. We were also pleased to welcome new fundraising staff.

Most importantly, we have been proud to enable hundreds more people to access the transformative benefits a bike offers. We could not do this without the dedication of our staff, volunteers and trustees. Whether welcoming refugees at donation sessions, refurbishing bikes, teaching cycling, raising funds or advocating for a more compassionate asylum system, they continue to show extraordinary commitment to our mission every day.

Thank you all.





Lizzie Kenyon
Chief Executive

"This year we supported 1,418 refugees with bikes, and hundreds more through our networks of trusted partners. Pedal Power trained 93 women to cycle for the first time."

We are deeply grateful to everyone who supported The Bike Project: our volunteers, donors, funders, corporate partners, and wider community.

Our skilled mechanics carried out 131 repairs to keep refugees riding and 97 volunteers supported our team over 3,012 hours. Without them we could not deliver our work.

Bikes are more than a means of transport. They offer freedom, independence and confidence. They provide the opportunity
to access work, education, healthcare
and community.

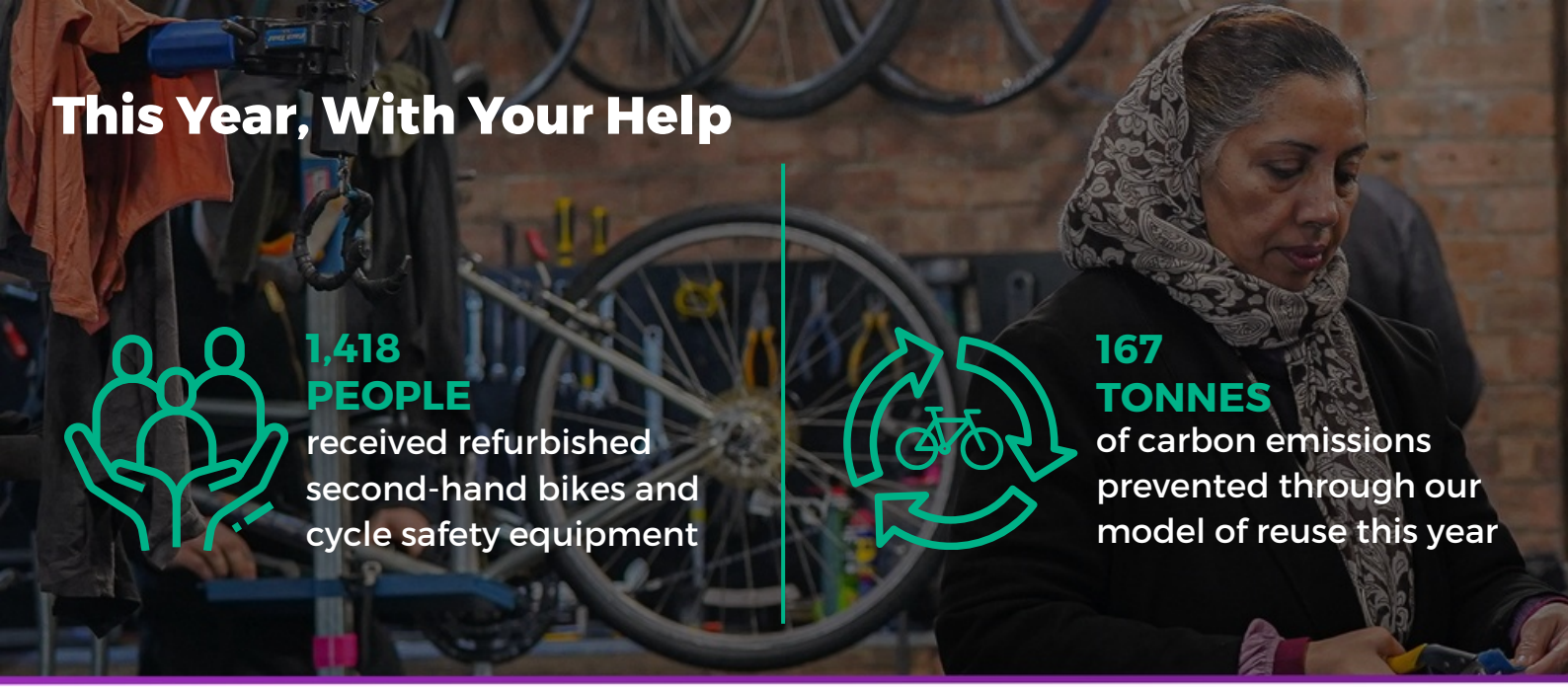
Alongside this, we are making important progress towards our long-term ambition of reaching more refugees nationwide, securing early backing from funders and developing exciting new partnerships.

Our supporters have demonstrated extraordinary generosity. Dr Sarah Ruggins' remarkable world-record cycling challenge from Lands' End to John O'Groats - and back again – raised thousands of pounds.

Record numbers supported our winter appeal, major donors made substantial multi-year commitments, and even our own staff took on incredible challenges.

Thanks to all who stand alongside refugees and support our work.

At a time when many seeking sanctuary face hostility and uncertainty, we remain committed to ensuring they receive practical support, a warm welcome and a powerful reminder that they belong.



This Year, With Your Help

1,418
PEOPLE
received refurbished second-hand bikes and cycle safety equipment

167
TONNES
of carbon emissions prevented through our model of reuse this year

93%
of people use their bikes for essential journeys weekly.

96%
report better access to legal support and other vital services.

98%
say having a bike has made their lives easier.

82%
of people say they feel less lonely and isolated

2025/2026

Volunteering
3,012 hours of support



Bike Buddies
63 one-to-one matches

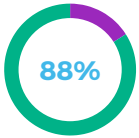


Bikes collected
2,770 bikes donated by the public

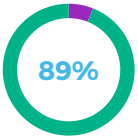


Pedal Power
93 refugee women learned to cycle

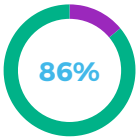




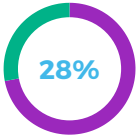
of people save on transport costs (estimated around £20 per week), easing financial pressures.



experienced better mental health, highlighting the holistic benefits of cycling.



are accessing more social and leisure activities.



of refugees and people seeking asylum receiving bikes are women and girls

Axel's Story

Axel came to the UK from Kyrgyzstan to work, intending to return home. When his situation changed and he was unable to return, Axel became a refugee.

"Starting a new life in another country, with a different language and culture, was not easy."

When Axel first moved to London, he relied on buses and tubes. Later, he bought a cheap bicycle, but it kept breaking, leaving him worried about both transport and the cost of repairs.

"At one point, I lost hope. It felt as though everything had become unfamiliar, and nothing brought me any joy anymore"

Through volunteering, Axel learnt about the Bike Project and received a reliable bike. "I no longer had to constantly worry about transport or repairing my old bicycle. I can travel freely around the city and get to work, meetings and other places more quickly."

But a bike meant more than just getting around. "I met people who supported me, helped me believe in myself again, and encouraged me to keep going through difficult times."

Cycling also helped Axel connect with his new city. "I have been able to get to know London much better. I become even more convinced that we live in one of the best cities."

"For someone who is starting life again, a bike is an opportunity to move forward, feel more free, and know that they are not alone."



64
people took part in group rides, alongside **63** Bike Buddy matches



Our Story: Sofia, Mandaneh and Noor



Sofia, Mandaneh and Noor met at the hotel they were housed in and came to Pedal Power cycling lessons together. Since then, they have fallen in love with cycling. Now that they have their own bikes, they are cycling nearly every day.

Sofia from Afghanistan says, "Learning to cycle made a big difference. I feel more confident going out, exploring new areas and moving around the city. It helps me travel quickly and independently.

"Our Pedal Power instructor was Emily. It was a great experience to learn how to ride more confidently on the roads and understand the cycling rules. **My favourite part was seeing my friends and others so excited to ride**. It brings happiness and confidence."

Mandaneh, originally from Iran, adds, "For me, cycling means freedom. **Pedal Power helped me believe in myself more**.

"Seeing my friends excitement while learning – that energy was unforgettable. It felt like flying. It changed my life. A bike is a step towards independence and hope."

Noor, from Kuwait, agrees, "Learning to ride made me feel stronger and more sure of myself. To me, cycling makes me feel calm. **Pedal Power made me feel supported**. One bike can change someone's day-to-day life."



93

Refugee women taught to cycle, many for the first time in their lives.

Habtom and Bruno's Story

Many people we work with experience isolation and disconnection due to the restrictions they face. Bike Buddies pairs refugees with volunteer cyclists for rides that build confidence, connection and community.

Habtom, from Eritrea, had cycled before, but wasn't familiar with Birmingham or its roads. He was paired with Bike Buddy Bruno. On their first ride, they explored a local reservoir.

"Bruno showed me the best routes for cyclists, what the road safety rules are, and how to cycle along the canal."

"It makes me happy how supportive Bruno is. He is never angry, even when I made lots of mistakes! Whatever happens, he encourages you to still go forward."

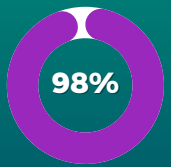
Bruno has had three Bike Buddies, experiences that have given him a deeper understanding of the circumstances refugees face.

"All my buddies I've worked with have had their lives enhanced by having a bike, be it to help get an education or for their mental health."





of people are using their bikes for essential journeys each week



say having a bike has made their lives easier

Our Plans for the Future

Reaching more refugees

Despite our continued progress, The Bike Project continues to be frustrated by the number of people we cannot yet reach.

To address this, the charity is embarking on an ambitious new strategy to increase the number of people reached.

The team is striving to work towards our new goal – that **every refugee, wherever they are, can access the transformative benefits a bike offers.**

Alongside delivery of the core Pedal Power, Bike Donations and Bike Buddies programmes, the charity is developing the Scaling Impact initiative.

Through discussions with partners, The Bike Project is identifying ways to increase the number of bikes donated through improved efficiency and new ways of engaging volunteers.

Furthermore, we are exploring how we can reach refugees in locations beyond London and Birmingham, through partnering with local groups across the country and trialling different distribution models.

Early results are encouraging. The Bike Project will continue to experiment and actively learn through Scaling Impact, as we work towards our goal and ensure that more people can access the freedom and independence a bike offers.



38
Volunteer drop-off points and partnerships across London and the West Midlands



How You Can Help

Donate



Help us support more refugees to get a refurbished bike, giving them freedom, independence and better health.

Fundraise



Take on a cycling challenge, like London to Brighton, run the Royal Parks Half, or tackle Refugee Routes to learn more about the challenges people face fleeing war and persecution.

Partner with us



We build tailored partnerships to support your company's goals. To find out more about partnerships and sponsorship, email fundraising@thebikeproject.co.uk

Donate a bike



Your unwanted bike can get a refugee riding. We are interested in road, vintage, mountain and hybrid bikes that are rust-free, with working brakes and no cracks or dents.

Buy a bike



Our online shop has a range of high-quality bikes that have been lovingly refurbished by our expert mechanics. All funds raised support refugees.

Volunteer



Help match a refugee with a bike, become a Bike Buddy, or share your skills, helping us to spread the word and champion refugees.

Thank You

We couldn't do this without our supporters, volunteers, fundraisers, and partners.

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...and all who cycled, abseiled, fundraised, gave their time, partnered and supported us.



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