

Cycle Sisters Impact Report 2023/2024



“There is no doubt these rides have changed my life for the better. If you can fly on that bike in a group, you can literally do anything.



Message from our Chair & CEO

Assalamu alaikum, peace be with you

We're excited to share with you some of the highlights of a very exciting year for Cycle Sisters as we continue our journey to empower Muslim women through cycling. We'd like to extend our **heartfelt appreciation to all of our supporters** who make this possible - our partners, our funders and a special thank you to the inspiring women who volunteer as our Ride Leaders.

We are just at the **start of a new 3 year strategy** which focuses on three goals:

- Reaching more women through our programmes
- Increasing the visibility and representation of Muslim women in cycling
- Strengthening Cycle Sisters as a values-led, impactful and financially sustainable organisation

We're looking forward to going from strength to strength over the coming years, God willing, in our mission to build a **healthy, confident and connected community of Muslim women** through cycling.



Samra Said
Chair



Sarah Javid MBE
CEO

Cycle Sisters has a life-changing impact for our participants.

92% said “My health is better”

91% said “I feel more confident”

86% said “I feel more connected to my local community”



Cycle Groups

Cycle Sisters' core activity is running volunteer-led cycle groups for Muslim women, which offer inclusive and empowering rides. Our rides are tailored to meet the needs of Muslim women and we welcome women from all backgrounds.

This year, our rides took place in Ealing, Hackney, Haringey, Hounslow, Lambeth, Newham, Redbridge, Tower Hamlets, Waltham Forest and Wandsworth.

408
rides

457 unique
participants

10 London
boroughs



“ There isn't another group like Cycle Sisters - it is a really unique and inclusive group with Ride Leaders that couldn't be more supportive towards those of all backgrounds and abilities. I wouldn't have started cycling again without Cycle Sisters!

Cycle Lessons

Cycle Sisters offers cycle lessons with our team of community-based cycle instructors, in partnership with local authorities and training providers. We teach women to learn to ride a bike, as well as helping others to build confidence to cycle for transport.

We were delighted to gain registration as a **Bikeability Provider** and plan to expand our cycle lesson provision over the coming year.

**3 new
instructors
trained**



**18
instructors
in total**



“When I found out they had a Muslim instructor, I felt more comfortable with somebody from my own background teaching me. **Rabiyah**”

Road Club

Cycle Sisters aims to increase the representation and visibility of Muslim women at all levels of cycling.

Our Road Club offers longer rides, introducing women to the world of road cycling, as well as providing support to train for sportives and events.

We were proud to work with London Marathon Events to make it possible for over 120 women to participate in **RideLondon** this year, conquering 30, 60 or 100 miles! For many of the participants, this was their first opportunity to experience a sportive.



“

I'm proud of being part of Cycle Sisters. The confidence and opportunities it has given me has been beyond imagination. I only dreamt of taking part in challenges and now I'm doing it!"

Smiles & Miles

Smiles & Miles is our annual winter challenge which promotes independent cycling outside of our group rides. Women in our network set themselves a challenge to cycle as many miles as possible during the month of February. For the first time, this year we partnered with Brompton, Waltham Forest Council, Newham Council and Peddle My Wheels to provide free use of bikes for the challenge, making it possible for even more women to join.

Each week had a unique theme including cycling to different Cycle Sisters' boroughs for "Meet the Neighbours" as well as "Hills Week" and "Foodies Week." The challenge connected women across London and motivated many to push the boundaries of what they thought they could achieve!

222
participants



25,752
miles cycled



“ I was able to cycle independently on London roads and am astonished by the number of miles I could ride. I definitely loved the cycling atmosphere which has encouraged me to buy a bike. **Issath**”

Teen Bikers

This year, we expanded our Teen Bikers provision to **two new boroughs**, Redbridge and Hounslow, in addition to Waltham Forest. Teen Bikers offers rides and lessons for teen girls aged 13-17.

In summer and autumn 2023, we offered a series of 10 rides in Waltham Forest and Redbridge made possible by the Queens Jubilee Fund. In January 2024, with support from Hounslow Council, we also started up rides in Hounslow.

We were thrilled to secure funding from Go! London for a 2 year project to expand and continue our lessons and rides across these three boroughs, so that we can reach more girls and continue to inspire the cyclists of the future.

80
participants

39
rides



“ I used to ride my bike a lot. In the last couple of years I felt really unmotivated to ride but the teens ride have given me lots of confidence and made me feel empowered by riding a bike. **Ayla**

Reaching under-represented groups

We want our activities to reach the full diversity of the Muslim community and have taken steps to engage with specific communities we've identified as currently under-represented.

With the support of the Tower Hamlets GP Care Group and Bikeworks, we offered weekly group cycle sessions for Somali women in Tower Hamlets over 7 months. Each session was supported by a 'Community Ambassador' who engaged with women locally and attended to provide language support.

We're pleased to have secured funding from Walking & Cycling Grants London to offer sessions for Turkish women in Hackney from April 2024.

**60 women
took part**

**32 learnt to
cycle for the
first time**

**1 trained as a
Ride Leader**



“ I've always wanted to learn to cycle but never felt these opportunities were for me. When a friend told me about the Somali project, I immediately felt safe. I felt that I belonged. I told everyone about my experience after that! **Khadra**

Tri Sisters

This year, we launched our new Tri Sisters project, aiming to support Muslim women to participate in triathlon (swim, bike, run). Only 2% of British Triathlon's members are from ethnically diverse backgrounds and we want to see more representation from our communities.

Women from our network participated in numerous events including **Challenge London Triathlon**, **Swim Serpentine** and the **Black Tri Tribe London Triathlon**.

We also started delivering our first block of **women-only swimming lessons** as we identified that this is one of the key barriers to triathlon. We're excited to have formed a partnership with Fund Her Tri and look forward to growing this project over the next year.



“My world has gotten way bigger now. It started with cycling but now I am part of Tri Sisters and training for a triathlon. I would never have thought of doing something so wild in my life!” **Priya**

“ I am so grateful to have found Cycle Sisters. Not only did I get to connect with the wonderful people in my community, it helped me break through anxiety and did wonders for my mental health.



Launch of our Guides

Cycle Sisters launched a series of guides at an online event in July 2023 to celebrate and promote cycling for diverse communities. The 3 guides can be downloaded here:

cyclesisters.org.uk/guides. They are targeted at different audiences:

- Individuals looking to set up a cycle group
- Existing groups and clubs
- Local authorities

The online event was attended by over 90 people from the cycling and active travel sectors and was opened with an address from Dr Will Norman, the Mayor of London's Walking & Cycling Commissioner, who talked about the important role that community groups play in diversifying cycling.

An external evaluation of Cycle Sisters' work, undertaken by Esther Anaya-Boig, was also launched at the event and can be downloaded here: cyclesisters.org.uk/our-impact.

Cycling for Diverse Communities

A Guide for Local Authorities

**cycle
sisters**

Supported by:



“Massive congratulations to everyone at Cycle Sisters for developing these brilliant guides. It’s exactly what the country needs and so important for tackling the future challenges we all face.

Dr Will Norman

Media & Awards

Alongside our cycling activities, Cycle Sisters looks for opportunities to increase the representation of Muslim women in the wider cycling world including conferences, events and media.

Some of the highlights from this year include delivering a workshop about engaging Muslim women in cycling at the **Bikeability Trust Conference**, and featuring on **Islam Channel, BBC Radio London and Rouleur Magazine**.

We were delighted to receive the **"Community Impact Award"** at the London Sports Awards in March 2024.

We are also incredibly proud of the women from within our network who have been recognised for their contribution to cycling within their communities. This includes our founder **Sarah Javid receiving an MBE** in the King's Birthday Honours List, our Ride Leader Yusra Nayyar receiving the **"Haringey Hero Award"** and our Project Coordinator, Sab Miah, and 3 of our Ride Leaders included on Cycling UK's **"Top 100 Women in Cycling 2023"** list.



“

I am so incredibly proud to win the London Sports Award. All of the volunteers across London dedicate not only time but passion to the rides they lead every week. Seeing the positive impact it has on our communities really makes it all worth it. **Samra Said, Chair**

Volunteers

Cycle Sisters would not be possible without our team of dedicated volunteers who run our group rides and support women in their local communities to discover the joy of cycling.

This year, we have continued to grow our volunteer team as well as focusing on improving our training and development programme. This has included online skills sessions on first aid and route planning, as well as a London-wide volunteer event, bringing together all the volunteers to network with each other.

**31 new
volunteers
trained**

**81 total
volunteers**

**90 said
volunteering
has improved
their skills**



“ Ride leading with Cycle Sisters has opened many doors of opportunity for me, including paid opportunities teaching cycling in schools. I have influenced and broken some barriers that stopped women from cycling. And now, I'm happy to see so many Muslim women cycling. **Rabia**

Partners & supporters

Cycle Sisters' achievements are only possible thanks to collaboration with a huge range of partners and supporters. We'd like to extend our heartfelt thanks to the following organisations and individuals for their support over the past year

A & S Cycles
BCBN
Bikeability Trust
Bikeworks
Black Tri Tribe
British Cycling
Brompton
CareTech Foundation
Cycle Chic
Cycle Confident
Cycle Spirit
Cycling Instructor
Cycling UK
Ealing Council
Esther Anaya-Boig
Evolve
Freshwater Foundation
Fund Her Tri
Go! London
Hackney Council
Hadley Property Group
Haringey Council
Hounslow Council
Inspire Hounslow
Irfan Ahmed
Jenna Selby
Lambeth Council
Lee Valley Regional Park Authority
Lee Valley VeloPark
London Borough of Hounslow Swim Club
London Cycling Campaign
London Marathon Events
London Marathon Foundation
London Sport
Newham Council
Osterley Park
Palmers Green Mosque
Peddle My Wheels
Rapha
Redbridge Council
Safe for All CIC
Sport England
Sported
St Stephens Health Centre
Sustrans
Transport for London
Tom Moreland
Tower Hamlets Council
Tower Hamlets GP Care Group
Waltham Forest Council
Wandsworth Council
Wesleyan Foundation
Women of Colour Cycling Collective
Viewtube

Our team



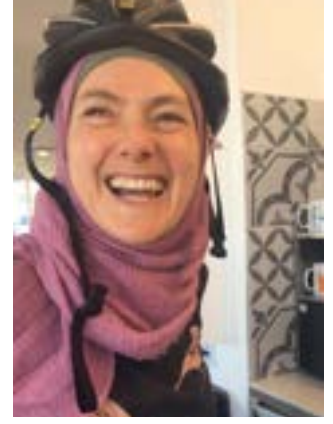
Samra Said
Chair



Raiyhana Noorgat
Treasurer



Zainab Arian
Secretary



Carolyn Axtell
Trustee



**Sarah
Javaid MBE**
CEO



**Emma
Pajarillaga**
Operations
Lead



Deryn Ellis
Comms &
Media Lead



Sab Miah
Project
Coordinator



Khadijah Zaidi
Book-keeper



Mariam Ahmed
Admin
Coordinator



Seema Jadwet
Mentor



Rukaiya Moola
Mentor



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cyclesisters.org.uk

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