

# *Cycle Sisters*

## Annual Impact Report 2022/2023



**Cycle Sisters  
inspires & enables  
Muslim women to  
change their lives  
through cycling**



## Message from our Chair, Samra Said



It has certainly been a very busy and exciting 12 months for Cycle Sisters. We have focused our efforts on building our capacity as an organisation. Our partnership with London Marathon Foundation has been hugely important in helping us to work towards becoming more effective and sustainable. I am excited about the launch of a series of guides and external evaluation later in 2023 which will demonstrate how far we have come as an organisation.

We've continued to prioritise our volunteers this year, holding our first ever get together of our volunteer network, with over 50 women joining us for a celebration of their incredible commitment to enabling thousands of women to begin their cycling journeys. I am incredibly grateful to every single volunteer who gives their time and energy to make Cycle Sisters what it is.

We've gone from strength to strength with several new groups and rides across London, meaning that we can offer our services to even more women in the months and years ahead. I am particularly excited by the expansion of our Teen Bikers project, aimed at supporting 13-17 year olds to cycle. This project really is about inspiring the next generation of Muslim women, opening up the joy of a lifetime of cycling.

I am very proud of the many collaborations that Cycle Sisters has been involved with this year. Working with other committed organisations and individuals in the sector has undoubtedly helped us to have more of an impact and work towards our vision of cycling being truly inclusive for all. I'd like to thank all of the many partners that we've had the privilege to work with.





## Our Team



**Samra Said**  
Chair



**Raiyhana Noorgat**  
Treasurer



**Zainab Arian**  
Secretary



**Carolyn Axtell**  
Trustee



**Sarah Javaid MBE**  
Programmes &  
Partnerships Lead



**Emma Pajarillaga**  
Operations  
Lead



**Sab Miah**  
Project  
Coordinator



**Khadijah Zaidi**  
Book-keeper



**Mariam Ahmed**  
Admin Coordinator



**Seema Jadwet**  
Mentor



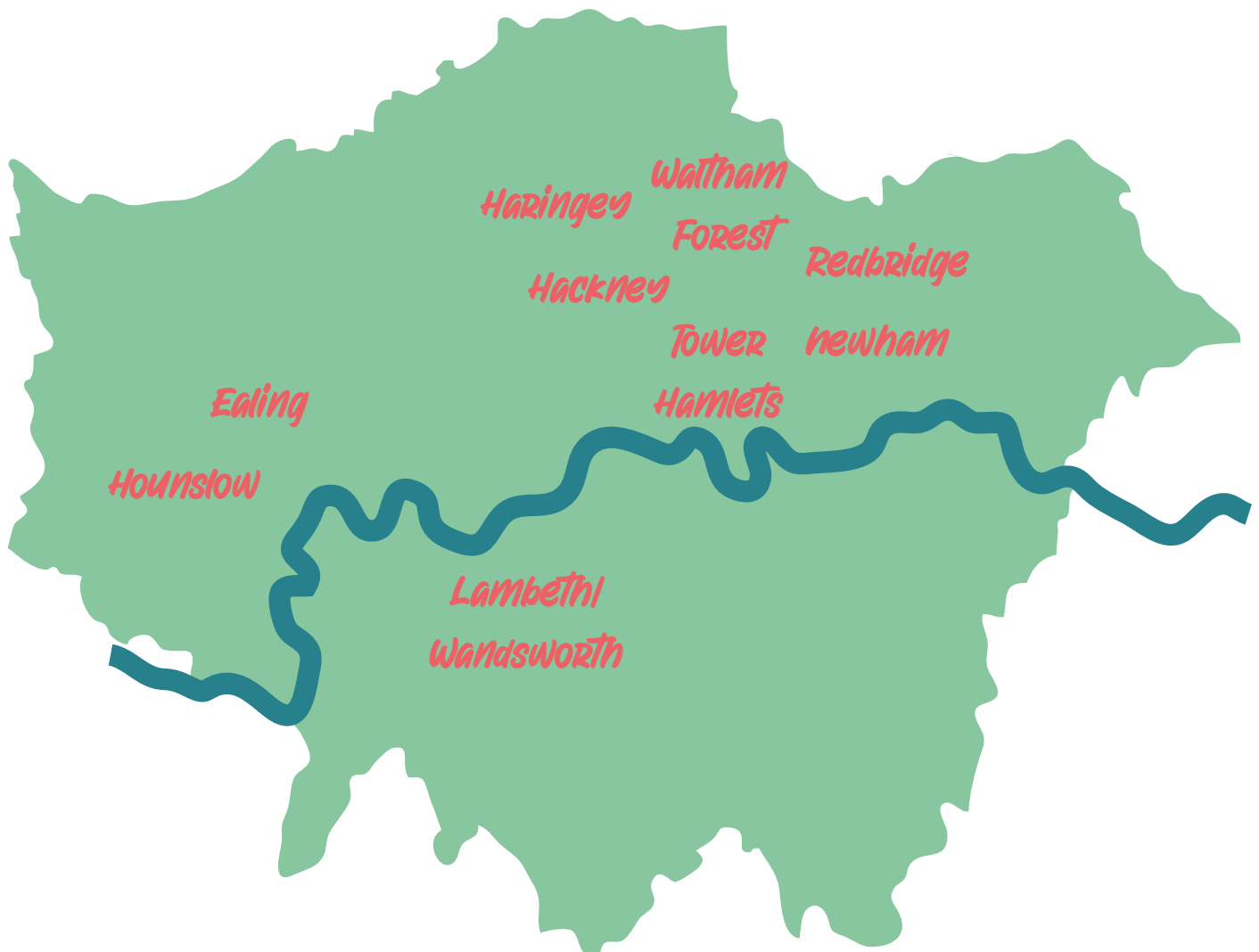
**Rukaiya Moola**  
Mentor

## Cycle Sisters Groups

Cycle Sisters' core activity is running volunteer-led cycle groups for Muslim women which offer regular accessible, social led-rides. Our rides are tailored to meet the needs of Muslim women but women from all backgrounds are welcome to join!

### Our achievements this year:

- Ran **415 rides** with **404 unique participants** accross 10 London boroughs: Ealing, Hackney, Haringey, Hounslow, Lambeth, Newham, Redbridge, Tower Hamlets, Waltham Forest and Wandsworth
- New Cycle Sisters group started in **Ealing** with fortnightly rides on Saturdays from Ealing Town Hall
- New weekday rides started from Hanworth Park in **Hounslow** to complement existing Sunday rides





## Projects

Alongside our regular borough-based group rides, Cycle Sisters offers a range of activities, creating pathways for everyone to start their cycling journeys and develop their skills, regardless of their starting point - many women in their 50s and 60s have learnt to ride a bike for the first time with Cycle Sisters!

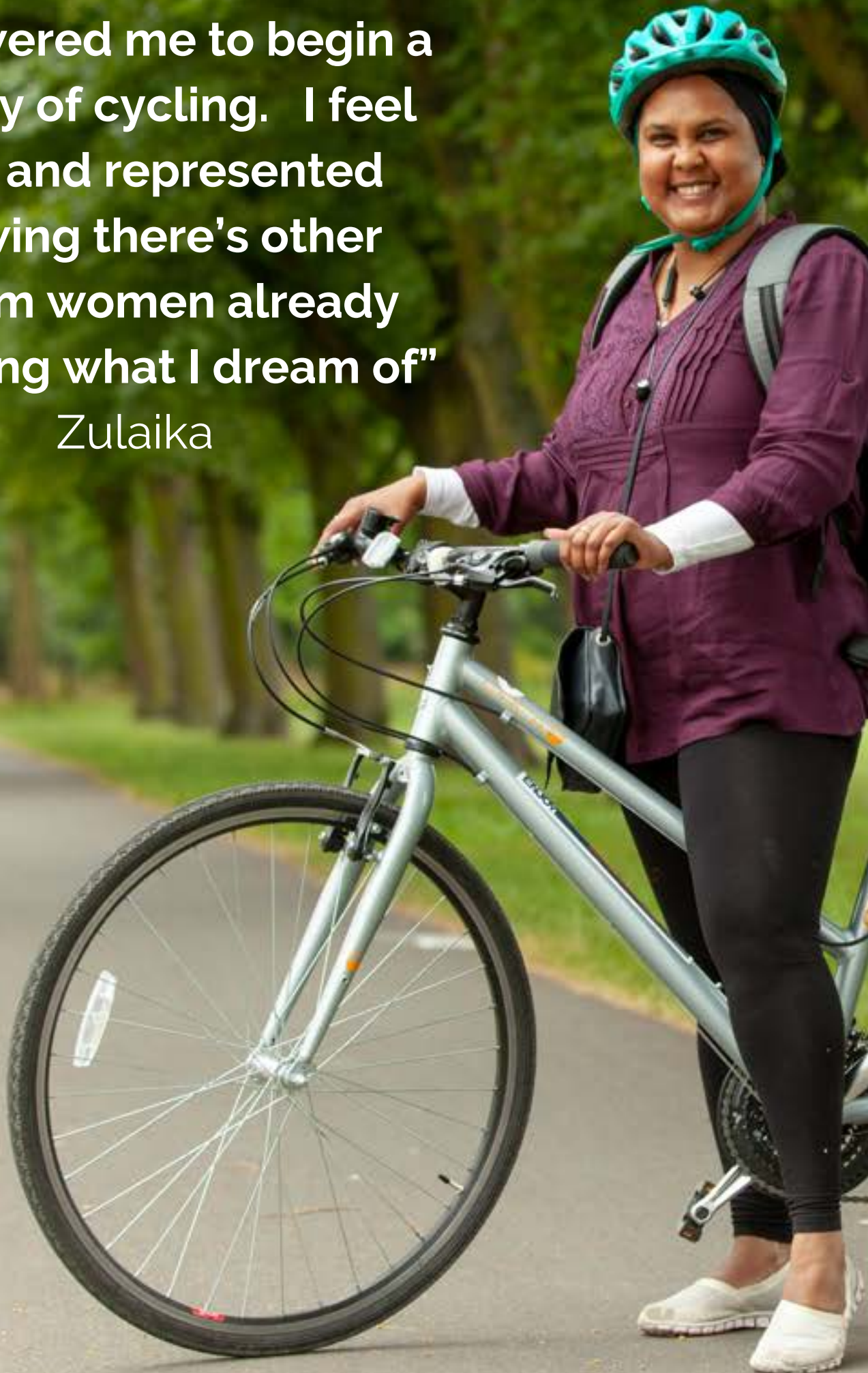
### Our achievements this year:

- Delivered cycle lessons through our team of **13 Bikeability Instructors** teaching complete beginners how to ride a bike, and developing on-road confidence for others
- **Cycle Sisters Road Club** expanded to north and west London in addition to existing rides in the east, offering longer, more challenging rides and helping to make the road cycling scene more accessible
- Ran **Teen Bikers** rides in Waltham Forest for teen girls age 13-17 during school holidays. We're excited to be expanding this programme to Redbridge next year.





**“Cycle Sisters has  
empowered me to begin a  
journey of cycling. I feel  
seen and represented  
knowing there’s other  
Muslim women already  
achieving what I dream of”  
Zulaika**





## Events

Cycle Sisters aims to increase the representation and visibility of Muslim women at all levels of cycling. We've worked with event organisers to make key cycling events and facilities more accessible, as well as organising our own events with an emphasis on inclusion and diversity.

### Our achievements this year:

- Worked with London Marathon Events to support 109 women to take part in **RideLondon** 30 mile, 60 mile and 100 mile events
- Organised our first women-only sportive, the **Tour de Cycle Sisters**, a 100km ride around Essex, with over 50 participants
- Offered coached road circuit sessions at the **Lee Valley VeloPark** with support from Newham Council and the Lee Valley Regional Park Authority
- Ran our annual winter cycling challenge **Smiles & Miles**, with 168 participants cycling more than 28,000 miles in just 4 weeks!







**"I felt very empowered to take part in RideLondon. It's given me the confidence to try out new challenges as a practicing Muslim woman. This was only possible due to the support from Cycle Sisters!"**

**Shamsia**



## Our impact

**Cycle Sisters has a life-changing impact for our participants:**

- **92% have improved physical & mental health**
- **85% feel less lonely and isolated**
- **90% feel more confident**
- **52% use their car less**
- **46% say their family cycles more**





# 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 and freedom of cycling. We now have nearly **90 active volunteers** and we're incredible grateful to them for their hard work and being such inspiring role models.

## Our achievements this year:

- Trained **19 new volunteer Ride Leaders** in partnership with British Cycling
- Produced a series of short **videos about ride leading** with Fusion Media
- Held our first Volunteer **Thank You Event** at the Lee Valley VeloPark with 50 of our volunteers joining us
- Introduced quarterly **digital updates** and online **skills sessions** for volunteers
- Provided ongoing support and development through **on-ride mentor visits**

**100% of our volunteers rate volunteering with Cycle Sisters “4” or “5” out of 5**



**“Being a Ride Leader has uplifted me in more ways than I can mention. I love how much physically stronger I am, how much happier I am and how many people I’m able to help” Ayesha**





## Media & representation

Alongside our cycling activities, Cycle Sisters looks for opportunities to increase the visibility of Muslim women in cycling. This helps to challenge stereotypes about cycling and inspires more Muslim women (and others) to consider cycling as an option for them.

### Our achievements this year:

- Visit from the **London Assembly Health Committee** to our Redbridge group to feed into a report for the Mayor of London
- Hounslow group featured on **Department for Transport's 'Transport Stories'** series and **The Jeremy Vine Show**
- Won the **'Diversity & Inclusion Award'** at the Sports & Recreation Alliance Awards
- Our founder, Sarah Javaid, was included on the prestigious BBC Radio 4 **Women's Hour Power List 2023**
- Presented about Cycle Sisters at **London Walking & Cycling Conference** and other events



## Partners

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  
Algebra  
Arnold Clark  
Bikeworks  
Brazabon Centre  
British Cycling  
Brompton  
Cycle Chic  
Cycle Confident  
Cycle Spirit  
Cycling Instructor  
Cycling UK  
Ealing Council  
Esther Anaya-Boig  
Eva Huang  
Evolve  
Faith Action  
Fusion Media  
Hackney Council  
Hadley Property Group  
Haringey Council  
Hounslow Council  
Irfan Ahmed  
Jenna Selby  
Lambeth Council  
Lee Valley Regional Park Authority  
Lee Valley VeloPark  
London Cycling Campaign  
London Marathon Events  
London Marathon Foundation  
Lyle's Local Fund  
Maggie Shi  
Muc-Off  
Newham Council  
Osterley Park  
Palmers Green Mosque  
Peddle My Wheels  
Rapha  
Redbridge Council  
Safe for All CIC  
Shabana Ahmed  
Sport England  
Sport & Recreation Alliance  
Sported  
St Stephens Health Centre  
Sustrans  
The Bike Project  
Transport for London  
Tom Moreland  
Tower Hamlets Council  
Tower Hamlets GP Care Group  
Waltham Forest Council  
Wandsworth Council  
Viewtube







[cyclesisters.org.uk](https://cyclesisters.org.uk)

