

2023 Harlow Cycle Recycle



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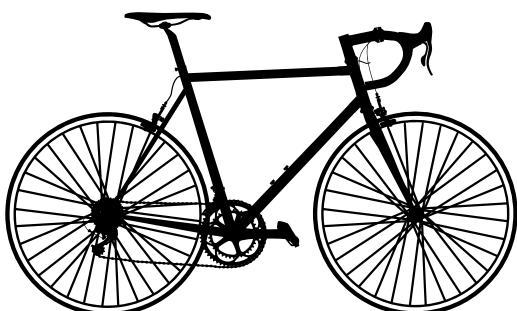
- Read through four case studies based off of different members of the community to understand the range of this program and who it is benefiting.

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HARLOW CYCLE RECYCLE

Providing Transportation For a Family of 4

Roots to Wellbeing was approached by a family who was involved in one of the Essex Activate groups run by the organization. This Father and his three young daughters did not have a way to access the community due to transportation issues including no accessible bus routes. Walking as their main mode of transportation was not a sustainable option since the journey to school from their home was approximately 2 miles.

Harlow Cycle Recycle's goal for this family was to provide them with a way to get to school and any other locations in a safe and efficient manner. With this in mind, we searched for a tall bike for the father along with a trailer where the children could sit. A kind donor donated a trailer for the family that had a value of £500. Before providing this to the family, we needed helmets, the correct bracket, and a seat for the youngest child.

We have been fortunate enough to offer the youngest daughter a bike and hope to offer the oldest siblings a bike one day as well.



A young girl smiling who has brown hair and blue eyes. She is wearing a purple shirt and purple bike helmet.



A young girl smiling who has blonde hair and blue eyes. She is wearing a blue "frozen" shirt and a pink bike helmet



HARLOW CYCLE RECYCLE

Providing Transportation For a Brother and Sister

Two siblings (ages 12 and 15) who attend our Essex Activist groups approached us regarding the Harlow Cycle Recycle program. The brother and sister went to different schools, the sister just starting secondary school while the brother attended a school targeted for 'hands-on' learners. Through the Harlow Cycle Recycle program, the sister was donated a bike which she uses on the weekend as she builds her confidence. Their mother also uses this bike which has been supporting her mental health. The brother was given a bike as well with a lock and now rides to school daily.

Below is a quote from the brother about the impact of having his own bike:

"This has made such a difference for me. My mum struggles as she does not drive and I have a baby brother so she is busy. Transport locally is expensive and never on time. I was often late to school. Having my own bike has really helped me be more independent. Thank you."

We hope to one day give the family a seat for the bike as their mother has a 22 month old child, as well as find a different bike for the sister because she can find the height a little scary.



A blue pedal bike



A grey pedal bike



HARLOW CYCLE RECYCLE

Providing Transportation For a Single Mother

Vicki received a bicycle from the Harlow Cycle Recycle program which allowed her to kickstart her fitness again and recuperate after Covid-19. After starting to exercise on the bicycle, Vicki felt a stronger desire to start other physical activities including yoga, swimming, running, and even training for a triathlon. Without the bicycle, Vicki may have never built up the motivation to start these other activities.

While Vicki enjoys using the bike for recreational purposes, it has also helped her in many other ways. Vicki feels her ability to get around the community has massively improved. She is now able to easily get to her mum or nans house at any time, previously she would have to walk long distances or pay for a cab. The bicycle also allows Vicki to complete activities she is passionate about including shopping in an environmentally friendly manner.

“My mental health has improved, i'm out in nature more and engaging in life more”

Additionally, Vicki is now able to participate in more activities with her daughter. She also has a bike which has brought them closer together and allows her to get to school safely in the winter.



Vicki is standing next to a grey and blue bike. She is wearing a grey sweater and green pants.



HARLOW CYCLE RECYCLE

Providing Transportation For International Students

Josh is an international student from Newfoundland and Labrador, Canada, and is studying in the United Kingdom for four months at Memorial University's (MUN) Harlow Campus. Josh uses the bicycles that Harlow Cycle Recycle donated to Harlow Campus as a way to get to and from the gym. Without the bicycle, Josh would not be able to go to the gym as often since the bus can get expensive and the walk is quite far.

The bicycle has benefited Josh's physical health and in turn his mental health. Being able to go to the gym was an important factor for Josh when deciding to come to Harlow and he is very grateful for having access to the bikes to help him maintain this routine.

"The gym is an essential part of my routine which improves my mental health. The bicycles have also allowed me to get fresh air and enjoy the weather while riding to the gym."

Two bicycles were donated to the MUN Harlow Campus with the offer to receive more if needed. Having a form of transportation has made a big difference for international students as it helps them maintain their physical and mental health levels while away from home.



Josh is wearing a black coat, sunglasses and a baseball cap backwards. He is standing next to his bike with a red gym bag.

Harlow Cycle Recycle Program Cost Allocation		To date bikes donated:		26	
Item Needed	Cost per Unit	Unit	Projected Units Needed		Total Cost
Bike Accessories					
Bike Locks	£ 4.00	Per Lock	50.00	£	200.00
Maintenance for Donated Bikes	£ 39.00	Per Bike	50.00	£	1,950.00
Lights	£ 5.00	Per set of light	50.00	£	250.00
Helmets	£ 20.00	Per Helmet	50.00	£	1,000.00
Reflective Bands	£ 30.00	Per 20 Bands	3.00	£	90.00
Child Seat	£ 60.00	Per Seat	10.00	£	600.00
Trailer for Bikes	£ 200.00	Per Trailer	4.00	£	800.00
Total				£	4,890.00
Overhead Costs					
Administration Costs	£ 12.00	Per Hour	312.00	£	3,744.00
Storage for Bikes- Annual fee for Garage	£ 600.00	Per year for 1 Garage	1.00	£	600.00
Dry Storage for Bikes	£ 564.00	Per year for Storage	1.00	£	564.00
Mileage for Bike Delivery	£ 0.45	Per Mile	420.00	£	189.00
Total				£	5,097.00
Bike Parts					
Brake Blocks	£ 700.00	Budgeted for 50 bikes	N/A	£	700.00
Oils and Grease	£ 100.00	Budgeted for 50 bikes	N/A	£	100.00
Tyres	£ 200.00	Budgeted for 50 bikes	N/A	£	200.00
Inner Tubes	£ 300.00	Budgeted for 50 bikes	N/A	£	300.00
Additional Parts	£ 1200.00	Budgeted for 50 bikes	N/A	£	1,200.00
Total				£	2,500.00
One time additional costs					
Banner	£ 59.00	Per Banner	1.00	£	59.00
Printing Services for Posters	£ 29.83	Per Batch of 100	1.00	£	29.83
Reflective Stickers	£ 31.56	Per Batch of 100	1.00	£	31.56
Gazebo / Shelter for "pop ups"	£ 772.56	Per Gazebo	1.00	£	772.56
Flags with logo for pop up events	£ 161.21	Per Flag with Weight	2.00	£	322.42
Participant Ability Training	£ 20.00	Per Person Trained	20.00	£	400.00

Bike Maintenance Lead Training	£	500.00	Per Person Trained	1.00	£	500.00
Total					£	2,115.37
GRAND TOTAL					£	14,602.37
INITIAL SETUP COSTS					£	2,115.37
REVISED TOTAL					£	12,487.00
APPROXIMATE COST PER BIKE					£	249.74
			DISCLAIMER: These costs are based on pilot scheme and projected for 50 cycles. Costs may vary. Spending records will be kept.			



SPONSORS NEEDED

Roots to Wellbeing is looking for Sponsors to assist with the Harlow Cycle Recycle Program

We welcome you to join us in making a positive impact in our community!



Ways to Help:

Provide Donations

We are looking for donations both monetary, and bicycle donations (locks, helmets, stickers, coats)

Spread the Word

Share us on social media, tell your friends, hang up our posters!

Volunteer

Volunteer at bicycle drives, or be a bike buddy!

Provide Storage

Allow unused dry storage space to be used for bicycle storage.

To support Harlow Cycle Recycle, please contact us at support@rootstowellbeing.org. We are grateful for your support and collaboration!



support@rootstowellbeing.org
Call +44 7985 751059