

Bike Kitchen Project Summary

Who is Life Cycle

Life Cycle is a Bristol-based charity that has been working in the field of cycle promotion for 12 years. Our aim is to encourage, enable and inspire people of all ages and backgrounds to take up cycling as a way of improving the environment, their health, finances, quality of life and creating positive lifestyles and communities. We know from experience that many people want to cycle but are deterred from doing so. Life Cycle specialises in finding innovative, practical solutions to overcome these deterrents and to make cycling an easy and attractive option.

What is "Bike Kitchen"?

Life Cycle UK has run a range of bike maintenance activities for several years including Doctor Bike surgeries (where our mechanics fix people's bikes for free) and bike maintenance courses (structured lessons to teach people bike fixing skills). We have been asked repeatedly for an alternative type of activity where people can do their own repairs under supervision. The concept has particular appeal because it will run on an informal, drop-in basis and because it gives people access to resources and expertise that they otherwise could not afford. **Bike Kitchen** is the name we're giving to this activity and funding from The Naturesave Trust will enable us to buy the tools needed for them.

The project will enable people living in disadvantaged communities to repair and maintain their bicycles and to keep them in a safe, roadworthy condition. Life Cycle will provide a comprehensive range of bike tools, workstands (to hold a bike upright so that it is easy to work on) and a range of spare parts. People will be able to drop in, with their bikes, select the tools and parts that they need and work on their own bikes. Some of Life Cycle's mechanics will be on hand to offer advice or assistance if required.

Many people stop cycling because their bicycle develops a mechanical problem. Many people have the aptitude and the rudimentary skills to repair their bikes but cannot afford specialist tools or a proper workstand (see enclosed illustrations). They may not be able to afford the services of a cycle shop and may be wary of being mis-sold.

Through Bike Kitchen we aim to keep bikes roadworthy, and enable people to continue using their bikes for everyday transport.

LIFE CYCLE UK • THE CYCLING PROMOTION CHARITY

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