OUR YEAR
CYCLISTS FIGHTING CANCER
IMPACT REPORT 2022
Every year in the UK approximately 2,400 children up to and including the age of eighteen are diagnosed with cancer.¹

The effects of cancer and its associated treatment regimes are numerous, with the most common side effects seen in children being:

- Pain
- Fatigue
- Loss of cardiovascular conditioning
- Muscle weakness and muscle tightness
- Balance issues - certain drugs can affect the peripheral nerves causing loss of movement or sensation in hands and feet
- Coordination difficulties
- Lack of self-esteem, confidence and concerns with body self-perception

Research also shows that survivors of childhood cancer have lower levels of physical fitness than their peers and that this continues through into adult life, impacting on their future health. Almost half will experience chronic severe or life-threatening consequences (late effects) of their tumour and/or its treatment.²

A childhood cancer diagnosis affects the entire family. It is an extremely stressful time, causing massive upheaval and has a strong negative influence on the physical, social and psychological well-being of the caregivers.³

It is now known that physical activity is safe, beneficial and recommended for all children and adolescents affected by cancer.⁴ It is recognised as one of the most effective ways of improving physical and psychological health and wellbeing for children being treated for cancer and beyond; reducing the impact of some of the side effects of treatment, whilst promoting independence, peer support and self-confidence.⁵

¹ Children’s Cancer and Leukaemia Group, About childhood cancer
² British Medical Journal, Long-term follow-up of survivors of childhood cancer
³ National Library of Medicine, Influence of a Child's Cancer on the Functioning of Their Family
⁴ National Library of Medicine, International Pediatric Oncology Exercise Guidelines
⁵ Children’s Cancer and Leukaemia Group, Keeping your child active during and after treatment
EMMA

9-year-old Emma was diagnosed with metastatic Ewing Sarcoma in her right femur which is now severely damaged. She has reduced flexibility in her right knee and is prohibited from running and jumping - anything that would result in a strong impact on her legs, as there is a high danger of fracturing.

Mum says, “Just wanted to send through these happy pics of Emma on her trike. As the ice melted, we could once again get her out on it, what a joy, proudly pedalling around the house for quite a while. Our physiotherapist mentioned she could see her leg muscles are not wasting as quickly/strengthening and she even puts her feet down a bit flatter. What a difference it has made already! Thank you so much!”

EESA

Eesa was 5 when diagnosed with Leukaemia which took away a lot from him and one of those things was being able to be active. Medicine, procedures and treatment all took priority and exercise was on the backseat for all of us including his siblings. Prior to his diagnosis he used to ride with stabilisers only.

Since we have been awarded the cycles from CFC, 3 of my children have learned how to ride bikes without stabilisers and love taking their cycles out to the local park. I cannot thank CFC enough for their generous gift to us as it has changed so much of their lives. It has built up their confidence so much and they love being active.

To include his siblings meant a lot as they’ve always not felt included with gifts etc from hospitals. This made them feel really special and united. They give each other support and help look after their bikes. Once again thank you very much for making a huge difference in our active lives.
We encourage exercise and activity in children and young people at all stages of their cancer treatment and beyond. We promote cycling as it is low impact, accessible, outdoor, sociable and fun! It is an activity that can be enjoyed together as a family or for an older child it offers independence and freedom. It can be done at their own pace, in their own time and can be integrated into daily life.

We do this by providing new lightweight bikes and trikes to children and young people living with and beyond cancer up to and including 18 years old. An example of the bikes and trikes we provide are:

**WHAT WE DO**

<table>
<thead>
<tr>
<th>WHAT</th>
<th>WE DO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Balance bike</td>
<td></td>
</tr>
<tr>
<td>Tag-a-long</td>
<td>£200</td>
</tr>
<tr>
<td>Hand trike</td>
<td>£3000+</td>
</tr>
<tr>
<td>Standard bike</td>
<td>£500-£1000 (dependent on age)</td>
</tr>
<tr>
<td>Standard trike</td>
<td>£400-£1000 (dependent on age)</td>
</tr>
<tr>
<td>Specially adapted bike</td>
<td>£500-£1500 (dependent on age)</td>
</tr>
<tr>
<td>Specially adapted trike</td>
<td>£1500-£3000 (dependent on age)</td>
</tr>
<tr>
<td>Junior recumbent static bike</td>
<td>£4000</td>
</tr>
</tbody>
</table>
These bikes and trikes cover a wide range of needs and abilities. From a lightweight standard bike to a specially adapted trike which offers extra balance and head, neck or torso support, footplates, or a parent handle to help with steering. We also have a bike adaptations specialist who can amend a standard bike for specific needs, for example if a prosthetic has been fitted or if the child has limited function of an arm and needs all of the bike controls on one side. We have never failed to get a child pedalling yet!

We also fund any cycling-related equipment that may be required, helmets, stabilisers, bike locks, turbo trainers and biky biky jackets (to help with balance).

Our standard bikes are high quality and lightweight, on average 6kg lighter (or 3 x 2 litre bottles of water!) than their cheaper brand equivalent. This is a huge benefit when there are already existing issues with balance, coordination and strength as lightweight bikes are much easier to pedal and control, which in turn also aids confidence and self-esteem.

Because the effects of cancer are not over once the treatment stops, and the likelihood of ‘late effects’ (long term side effects) we invite families to reapply for a second bike once their child has outgrown their original, providing them ongoing support up to and including the age of eighteen.

As cancer also causes massive disruption in families, where possible, we give bikes to their siblings, and in some cases their parents, anything that will help encourage the child living with cancer to make the most out of their bike, and also so that they can take part in an activity as a family once again after what can be years of hospitalisation and upheaval.

We work closely with the 21 paediatric oncology units in the UK to provide our service to the families and children that need it. We have four staff/trustees who are Cancer Exercise Specialists, who can advise families about the specific needs of their children and ensure that the most appropriate bike or trike is provided.

“Cycling is an excellent form of physical activity with so many benefits; low impact, improves cardiovascular fitness and muscle strength, encourages coordination and promotes maintenance of healthy weight and mind. All these positive effects make it such a brilliant, fun, sociable and accessible activity for so many of our patients, who have varying abilities and disabilities.”

LUCY WALLER
Clinical Specialist Physiotherapist, Great Ormond Street Hospital for Children

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6 Weight of cheaper brand equivalent bikes on Halfords website
We provide our service throughout the UK and in 2022 we delivered bikes up to Wick in Scotland, Claudy in Northern Ireland, Newtown in Mid Wales, Penryn in Cornwall, Ramsgate in Kent and everywhere in between.

We receive referrals from hospitals, physiotherapists, social workers, social media, our events and marketing and we work closely with Young Lives vs Cancer who referred 144 families to us throughout the year.

2022
IN NUMBERS

- 442 bikes in total provided by CFC.
- 344 bikes to a child living with and beyond cancer (breakdown of bike type below).
- 70 bikes to a sibling of a child living with cancer.
- 28 bikes to a parent of a child living with cancer.
- 406 helmets were delivered with bikes.
- 57 pairs of stabilisers went on the bikes that needed them.
- 30 different hospitals referred children to us for our service.
- 16” was our most requested sized bike.
- 4-6 years old was the age range with the highest number of applications.

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Thank you so much for our son’s bike and helmet. He absolutely loves it and won’t be without it now when we leave the house. It has brought him on so much physically and mentally. It was also a joy and a relief for my husband and I, as parents, to see him master a ‘normal’ activity that other kids take part in. An absolute tonic and treat to be away from the horrors of the paediatric oncology ward and in the fresh air enjoying family time together. We are grateful you provided my husband with a bike as well so we could go out all together.
PHYSICAL BENEFITS

95.5% showed an improvement in strength.
88% showed an increase in stamina.
79% of children reported an improvement in balance.
75% reported an improvement in co-ordination.

Every time a child uses their bike, they are improving their physical fitness without even realising. Pedalling, steering, balancing, requires multiple skills and when done at increased speeds improve with practice.

MENTAL HEALTH BENEFITS

93% improvement in mood.
89% increase in confidence.
81% increase in self-esteem.
67% showed a decrease in stress levels.
59.5% showed a decrease in levels of anxiety.

Being physically active as well as being outside has double the benefit. Spending time in the natural environment whether that’s cycling around the local park or on the commute to school all helps to improve mental wellbeing and how we perceive ourselves. Mastering a new skill such as riding a bike, as well as improving it and being able to see your progression is an excellent way of boosting confidence and self-esteem.

Mind, mental health charity, mind.org.uk
NHS, 5 steps to mental wellbeing, nhs.uk/mental-health/self-help
SOCIAL BENEFITS

95% show an increase in the amount of time spent with a sibling active outside.

69% show an increase in the amount of time spent active with a friend outside.

64% showed they are more likely to interact with other children.

60% noted an improvement in the quality of interaction.

Being able to join in with a family activity and keep up with siblings and peers is invaluable. Many children receiving cancer treatment are unable to walk long distances and their bikes provide them with the opportunity to spend quality time together. Siblings have a unique influence on behaviour as they are a persistent influence as both a peer and family member, so taking part in an activity together is an excellent way of motivating and encouraging further physical activity.

CFC have enabled children and young people following a diagnosis of cancer to become more active, become stronger and have fun, supporting not only their physical, but also their mental health. We have heard fabulous stories of children riding their bikes to school, going out on family bike rides and riding with their friends. Supporting evidence on the importance of physical activity and exercise following a cancer diagnosis for both physical and mental health is mounting, and it is charities like CFC that provide the opportunities for children and young people to reach their goals.

DEBORAH ROWLEY
Advanced Physiotherapist
Sheffield Children’s Hospital

9 National Library of Medicine, Sibling influence on children’s objectively measured physical activity
As more children are treated for these diseases each year it is becoming increasingly important that they remain physically active throughout their treatment and beyond. Side effects caused by cancer and its toxic treatment leave many of these children with life limited disabilities. Children are commonly known to experience reduced bone density, obesity, diabetes, global weakness, depression and social isolation. However, there is hope. Physical exercise and an active lifestyle have been shown to seriously help reduce these side effects.

We hope this day will encourage and inspire children to engage in exercise in a fun and positive environment, hopefully springboarding them into adopting an active lifestyle.

The Cancer Unit at Great Ormond Street Hospital run an annual Sports and Activity Fun Day for all children, and their families, called Get Active – the idea to promote being physically active through and beyond their cancer treatment, allowing children to try various sports and activities in a fun and supportive way. CFC have supported us since we began this in 2019, and they are a very valued returning supporter. The range of bikes and trikes available to use means there is great accessibility for our wide range of children and young people’s abilities, and all the CFC Team are so encouraging and motivating, resulting in it being one of the most popular activities of the day!

These days are a fantastic way to showcase all of the activities that the children and their families can get involved in and encourage them to give everything a try.

We get to meet so many of the wonderful families and children that we support. In 2022 we attended, Sheffield Children’s Hospital, ‘Do It For You Day’, Great Ormond Street Hospital, ‘Get Active’ and Bristol Royal Children’s Hospital ‘Make a Move Event’.

At these three events we provided 13 bikes/trikes for families to take home on the day and took a further 59 applications for bikes/trikes to be delivered.

These are our favourite days of the entire year!
I wanted to say thank you so much to you and the team at CFC for providing Rosie with a trike at the ‘Do It For You’ event last week. We got out on the trike for the first time yesterday and she loves it! We went out for an hour and covered over 3 miles. Rosie’s walking distance is still very limited as she lost a lot of strength during two rounds of intensive chemotherapy, so I was amazed at how well she did on the trike - and she is even talking about riding it to school!

Before Rosie’s leukaemia diagnosis she was an active teenager and loved gymnastics, swimming, kickboxing and working out on the parkour bars in the park. Sadly, she hasn’t been able to return to these yet, but having the trike means that she can build up her strength and stamina to start trying out other activities again as well. She is very confident on her trike and absolutely loves it!

*Update - Rosie missed her school transport bus today as she was feeling a little unwell - so she cycled to school instead and blew some cobwebs away*
FUNDRAISING HIGHLIGHTS

In 2022 we had some epic challenges conquered for us, helping to raise awareness of CFC and what we do, while raising funds for us too.

RACE ACROSS AMERICA (RAAM)

Our trustee Kevin Musgrave, plus Doug McKinnon, Ed Cowell and Caspar Gilroy took on ‘the World’s toughest bike race’ a 3,063 mile non-stop race from the West to East coast of America. It was a gruelling challenge not only for the riders but for the 6 person support crew too. They finished in 8 days, 16 hours and 3 minutes, passing through 12 states, over the Rockies and Appalachian Mountain ranges, taking the total feet climbed to 170,000ft.

MAGNIFICENT SEVEN

A team of 14 riders rode 860 miles, the length of the UK, from John O’Groats to Land’s End on a seven-seat conference bike! Two teams of seven kept the bike moving 24 hours a day and they became Guinness World Record holders, completing the challenge in 5 days, 21 hours and 11 minutes. CFC provided a support crew, van and fundraising materials to aid the attempt which gained over 200 pieces of press coverage!

#CANCERSUCKS

9-year-old Pierce rode his 5km challenge at our #cancersucks charity sportive. He is currently undergoing treatment for leukaemia and had his first bike from CFC in 2020. Pierce wanted to ride to raise awareness about childhood cancer, to raise awareness of CFC and to help provide more bikes to more children. Mum says, ‘a bike offers them a sense of normality, keeps them active through physically challenging treatment and offers them escapism from the relentless chemotherapy’. He was an absolute star on the day with family and friends coming to watch and cheer him on. He cycled a lot further than he planned and was an inspiration to everyone who was there.
We have three Charity Bike Shops, Stratford upon Avon, Cheltenham and Manchester. Each shop takes in donations of unwanted bikes, refurbishes them and sells them to raise funds to support the charity.

We sold 1961 bikes across the three shops in 2022, prolonging their life and saving them from going to landfill. One refurbished bike saves on average 175kg of greenhouse gases, that’s 343 tonnes of CO\textsuperscript{2} saved, the equivalent to the emissions produced by 895 return flights from Amsterdam to Rome!

11 staff and 35 volunteers run the bike shops, allowing good quality pre-loved bikes to be purchased at affordable prices, helping to get more people cycling. We also provide services, repairs, sell parts, accessories, new and donated cycling clothing. They are a real hub for the local area, not just for cyclists but for the community as a whole too.

10. Trek Bicycle 2021 Sustainability Report
As a retiree, I turned up one morning to volunteer at the Cheltenham CFC branch when the building was an empty shell at the beginning of 2020. There were no bikes, no tools, no benches, my first job was to move some boxes of parts which had been delivered.

Since then, it has been a pleasure to be part of the successful growth of the shop into a hub for volunteers, cyclists and the community. As more volunteers have been engaged from many diverse backgrounds, I have seen them each provide their own unique inputs, skills and contributions to transform the place and meet changing demands.

When I started, I thought I knew something about bikes. I soon realised, faced with every single type of bike, gear, brake, bearing, crank and wheel system that’s ever been invented, what I knew was hardly worth knowing! Luckily there have always been willing staff and other knowledgeable volunteers on hand, to help what must have been one of the oldest apprentice bike mechanics in the country!

In my case CFC has also given something back to me. I came to the shop after the passing of my late wife. In the beginning I had no wish to serve customers or answer the phones. Stripping and rebuilding bikes served as therapy for me. Now I get involved in all aspects, the shop has helped me on my journey and provided a place to drop in on an afternoon, morning or day, for the camaraderie, chat, banter, joking and just general fun whilst doing something useful with a serious side.

CFC has been a lifesaver in more ways than I possibly expected.
George, volunteer at the Charity Bike Shop, Cheltenham

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“Got a mountain bike for my 12 year old son at a very reasonable price. It’s an amazing and ideal place to get a good quality bicycle and the customer service is top notch. I’m really happy with the purchase and glad to contribute to the charity.”

George, Google Review

“I bought a bike for my son from here and he is absolutely thrilled with it. The staff were lovely, and the bike was serviced professionally and was in tip top condition. Before buying a new bike, I would highly recommend seeing what this fabulous charity has in stock. Superb bikes at a great price and you get to donate a valuable cause. Ten out of ten in my book!”

George, Google Review
We were delighted to welcome Dame Laura Kenny and Sir Jason Kenny as our first ever charity patrons! With 12 Olympic cycling gold medals between them and their enthusiasm and passion for sport we are absolutely thrilled with their support and are looking forward to how we can work together in the future.

“We’re really honoured to become patrons of Cyclists Fighting Cancer (CFC) and to support their crucial work with children and young people living with cancer throughout the UK. Cycling has been such a huge part of our lives for so long, so being involved with a charity which enables some of the most vulnerable children in our society to have their own new lightweight bike or adapted trike to help them in their rehabilitation is something that we are extremely passionate about.

Cycling is our happy place, especially as a family with our son Albie, we love spending time together outside with all the physical and mental positives this brings, so to be part of making this possible for other families going through such difficult circumstances is very important to us.”

We also welcomed Liz Pharoah as our newest trustee after originally joining the team in 2018 as a Cancer Exercise Specialist.

“I’m currently a doctoral researcher at Loughborough University researching ways to increase the ‘physical activity levels and quality of life of paediatric cancer patients and their family: A family-based approach’. I am also a personal trainer and previously I was a Primary school teacher for almost 20 years.

I have worked with CFC visiting hospitals to meet with medical healthcare professionals as well as parents and child and teenage patients to share the importance of physical activity for children living with and beyond cancer. It has been great to also be involved in the family fun days hosted by the hospitals to meet some of the families that we have supported, as well as give other children and families affected by cancer opportunities to ride bikes and also apply for their own bikes.

My favourite part of the job is seeing the look on parents’ faces when they watch their child riding their CFC bike for the first time, doing something ‘normal’ during such a traumatic period for the whole family.”
We can only continue to exist because of the generosity of our supporters. We would like to thank everyone that has donated or fundraised for us, donated or purchased a bike, or volunteered their time to our Charity Bike Shops. We also give thanks for the support of the following trusts and organisations, without which, the achievements outlined in this report would not have been possible.

OUR SUPPORTERS

The Hedley Foundation

The 29th May 1961 Charitable Trust

The Edward Cadbury Trust

The Rowlands Foundation

The Lawson Trust

The High Sheriff of Warwickshire

The Peter Harrison Foundation

St James Place Charitable Foundation

Blakemore Foundation

Spirax Sarco

Allen and Overy Foundation

Souter Charitable Trust

Club Peloton

Baron Davenport
9 year old William was diagnosed with a metastatic medulloblastoma (brain tumour) and has undergone surgery, radiotherapy and intensive chemotherapy. Due to the presence of the residual disease his prognosis remains uncertain.

Dear all at CFC - William, my husband and I just wanted to write and thank you all SO SO much for the amazing delivery of a brand new bike! He absolutely LOVES it. We’ve had a few rides with it, however I just wanted to share a particular moment with you where he had a momentous achievement and it was completely due to the new ‘Cyclists Fighting Cancer’ bike!! Near our house, we have quite a steep hill, and quite incredibly, William made it all the way to the top for the first time in two and a half years!! Even we would struggle with this and clearly the lightweight structure of the bike must have so helped him with the challenge! He was so excited and impressed with himself for making it all the way up....and we therefore wanted to thank you for the bike, but also thank you for this almost instant boost it gave to his self-esteem and sense of achievement!! - Thank you all SO much!

Thank you from the bottom of our hearts for all you have done giving Harmony her main wish of being able to ride her bike again. In lockdown 2020 Harmony spent every day for our hour exercise riding a bike. Then in June 2020 she was diagnosed with Ewing sarcoma bone cancer to her arm, hand and lungs. She had 14 cycles of chemotherapy, 38 rounds of radiotherapy, 2 operations to her hands and arm, with bones removed from them. She will never regain normal function of her right hand and arm again. So, to be able to see her ride a bike again today completely broke me down. She was smiling every single second. Thank you so, so much for Harmony’s incredible bike. She can finally be with her friends and feel normal with her specially adapted bike.
During 2023 we are aiming to increase our support to 500 children living with cancer and their families, getting nearer to pre-pandemic levels.

We will also:

- Work more closely with the paediatric oncology units to help develop more hospital activity days so that we can reach more families who can benefit from our service.

- Look to provide more exercise and activity equipment to the paediatric oncology units to further enhance our ongoing support for children living with and beyond cancer. Ensuring that they have access to equipment during treatment and beyond.

- Continue to expand our successful Charity Bike Shop model, to relocate our Stratford upon Avon shop to a more suitable location and premises. To continue to look for suitable premises at other locations throughout the UK.

- We will continue to grow our funding streams, from grants and trusts, community fundraising and virtual fundraising campaigns.

- Following the decision to no longer hold our own cycling events we will look to align with external cycling event organisers and become their charity partner.

We are excited to see what 2023 brings and to ultimately increase the number of children living with and beyond cancer and their families that we can support.