



HARROW CYCLE HUB ANNUAL REPORT 2025

Harrow Cycle Hub is Five Years Old



- 2020 Working with **Evolve Muslim Women's Cycling Network** and **Harrow Council** to use former Civic Centre for cycle training
- 2021 Hub registered as Charity; first eight coaches trained thanks to **Harrow Giving** and **British Cycling**; first Learn to Ride courses
- 2022 Wheels for All launched, with Public Health and **Community Connex** support
- 2023 First Diwali children's event with **Harrow Cyclists**
- 2024 **John Lyon's Charity** grant for Wheels for All; 10 new Ride Leaders trained
- 2025 **Harrow Council** supports move to Kenton Recreation Ground



Wheels for All



Wheels for All is an inclusive cycling programme enabling disabled people to cycle, using adapted cycles where needed

- Maryanne Smith, Wheels for All Project Manager
- Amy Fernando, Disability Lead Trustee
- Kevin Lynch, Inclusion Officer
- Eight regular volunteers plus nine from time to time
- 10% increase in attendance: 1,193 in 2025 vs 1,082 in 2024; 73 new attendees in 2025
- Six new adapted cycles donated or grant-funded
- Very positive independent research from SMV reported significant physical and mental health benefits to participants
- Funded by John Lyon's Charity, Welldon Activity Group, Walking & Cycling Grants London, London Cycling Campaign's Share the Joy, individual donations and fees

“My son isn't confident riding a two wheel bike but coming to Wheels For All he has so much fun riding the three wheeler, he is always looking forward to the next session!”

“At Wheels For All my daughter gets to experience the joy of riding, being active outdoors and joining in socially without being held back by her disabilities.”





Wheels for All

Zeph's story: Zeph has ADHD and Cerebral Palsy. Cycling at Wheels For All has been an important part of his recovery following surgery on his feet and metal screws being put into his knees. Initially Zeph used the Fun2Go side by side cycle, then the Tomcat Fizz with a carer control but has now progressed to cycling independently

"It's great to see that Zeph can now cycle by himself. The cycling sessions have really helped his post-surgery rehabilitation. I'm elated that he is cycling independently so thank you!" (Zeph's mum, Amy)



New and continuing partnerships in 2025 with Community Connex, The Inclusion Project, Lifeways, Barnet Mencap, Kef Kids, Sense and Harrow Cyclists

Events at Easter, Diwali and Christmas

"The volunteers are warm, patient and supportive...Heartfelt thanks for creating such a positive environment." (Kef Kids)





Coaching

- The Hub's qualified coaches ran 20 courses in total with 101 attendees
- We specialise in Learn to Ride and Confidence Builder courses for adults who never had the chance to learn. Once riders have learned to pedal, qualified volunteer leaders offer beginner rides on quiet roads, building confidence and road skills
- We also coach teens (aged 10-16)
- Nine qualified coaches plus five helpers
- Janet Flemming, Coaching Coordinator, was one of CyclingUK's 100 Women in Cycling 2025
- Two courses with Harrow Central Integrated Neighbourhood Team (NHS GP patients)
- New in 2025: Partnership with Harrow Carers – four bespoke training courses (funded by Walking & Cycling Grants London)

“Janet is an absolute gem. It's her patience and calm demeanour that made me learn in the end. It's volunteers like Janet who make Harrow Cycle Hub so special.” (Course participant)

“Both coaches were very kind and patient. They adapted to different children's abilities. There was lots of encouragement and they made it fun.” (Mother of Teen Learn to Ride course participant)





Focus: Harrow Carers



With funding from Walking and Cycling Grants London, Harrow Carers commissioned Harrow Cycle Hub to run four cycling courses for unpaid carers

We welcomed 27 participants during May-August 2025 and received great feedback about the coaching and the difference it made

“The cycling courses stood out as a wonderful opportunity for carers to explore something new, or even rediscover a long-lost skill, all within a safe and encouraging space. Not only did the courses provide a healthy activity, but they also allowed carers to focus on their own wellbeing and take a much-needed break from their responsibilities. Learning to cycle safely boosted confidence and opened the door to ongoing healthy habits.” (Colin Powell, Harrow Carers CEO)

“I’m well on my way after excellent tutors here. I’m hoping to ride my bike more. Just to do local errands, I think that would be brilliant rather than taking my car or having to walk.” (Rajinder, 77)

“Great course and teachers knew when to push and when not to. Very inspiring” (Harrow Carer)



Cycle Repair Training, Donations and Recycling



- Darren Beazley, Fleet Coordinator, supported by seven volunteers
- Maintaining the Hub's two-wheeler training bikes and adapted cycles for Wheels for All
- Brenda Beazley(left): sourcing, refurbishing and selling donated or purchased bikes - £2,050 raised
- Fitting and adjusting bikes for students on courses; checking and fixing children's bikes at events
- 13 attendees on Puncture Repair courses

"It was amazing, very informative and made me confident to fix a puncture" (Puncture Repair Course participant)

- Three bicycles donated to people in need
- Demsew, a refugee from Ethiopia, contacted the Hub to ask for bikes for his children who were about to join him. We were able to give the children a bike each, making a real difference to the family

"Thank you for the bicycles you kindly gave to my children. They are so happy and excited – you can't imagine how much relief and joy this has brought to me as a parent."





Led Rides

- 1,842 attendances in 2025 - 53% up on 2024!
- Kevin Lynch led 78 rides, new ride leader Naran Gorsia 74
- Kevin Lynch won London Cycling Campaign's Community Spirit Award
- 30 qualified volunteer ride leaders led or assisted on rides
- Three Hub teams took part in StreetTag, the Council-sponsored app encouraging more cycle journeys
- More volunteer leaders, more rides and more attendances thanks to funding from Harrow Public Health for Ride Leader and First Aid training in late 2024



“Public Health funded the Ride Leader training to strengthen community led cycling opportunities in Harrow, and we are delighted to see the level of support for it. Harrow Cycle Hub plays an important role in supporting local residents to be active, connected, and confident, and we greatly value their contribution to community wellbeing.”
(Laurence Gibson, Director of Public Health, Harrow Council)

“I have thoroughly enjoyed cycling with Harrow Cycle Hub over the last year in the company of friendly people. I have grown in confidence and feel able to go on longer rides.”(Sunny)

“I became a ride leader to increase cycling in Harrow and keep myself fit. It's really great seeing riders build confidence, make new friends and discover hidden gems in our community.”
(Naran Gorsia, ride leader)

Events



- Canons Park Picnic – 90 riders on eight separate led rides finished at Canons Park for a fun ‘pannier picnic’ in the sun
- Kites and Bikes Festival - the Hub stall at Harrow Recreation Ground was busy all afternoon, offering free bike check-ups and minor bike repairs
- Diwali – in partnership with Harrow Cyclists, 80 people enjoyed an afternoon of kids’ bike rides, Dandiya on bikes, a Bollywood dance workshop plus Diwali food and drink. A decorated bikes competition was judged by Harrow’s Mayor, Councillor Anjana Patel
- Christmas Wheels For All Fun Day – regular riders and volunteers dressed in festive gear and enjoyed some cycling to Christmas music as well as festive crafts and food and drink

“I’d like to thank Harrow Cycle Hub, for their welcoming spirit and a joyful event that beautifully brought the community together.” (Priyanka, mother of Aariana, winner of Diwali best dressed bike competition)

“It was a great get together and I really enjoyed the cycling”
(Canons Park Picnic participant)



Our Trustees have overall responsibility for the Hub:

Kunle Babalola – IT Lead

Veronica Chamberlain – Chair

Navdeep Dhillon – Board Secretary

Donna John – Vice Chair and Policy

Farah Juma – Risk Management

Delani Nanthathayalan – Treasurer

Cllr Paul Osborn – Harrow Council representative

John Rome – Annual Return and Safeguarding

Key People

Our Steering Group, almost all volunteers, run the Hub on a day-to-day basis:

Darren Beazley – Fleet and Premises Coordinator

Jenny Devine – Membership Officer

Janet Flemming – Coaching Coordinator

Des Gayler – Website Officer

Eleanor Letek – Volunteering Officer

Kevin Lynch – Inclusion Officer

Julie Mellor – Volunteering Officer

Caroline Osborne – Communications Co-ordinator

Julie Pappacoda – Safeguarding Officer

Alka Shah-Kalayil – Volunteering Officer

Maryanne Smith – Wheels for All Project Manager

“I wanted to give back to this community. Coming from an audit/finance background, becoming Hub Treasurer seemed the most practical way for me to help deliver its goals and ambitions.” Delani Nanthathayalan



Volunteers



"I felt volunteering at Wheels for All was something I really wanted to do. It's amazing seeing the smiles on the children's faces and how they engage with the other children. It's so rewarding." (Arti Maugi, Wheels for All volunteer and session leader)



"The past two years I've found myself working among the greatest people I could hope to meet. Their consistent efforts using their precious time and hard won skills to improve lives are ever an inspiration." (Darren Beazley, Fleet and Premises Coordinator)



Future Plans

- A new cycling centre in Kenton Rec - Spring 2026
- More children's activities, bike recycling, bespoke courses
- New partnerships – waste reduction, support for vulnerable people, schools, community groups
- A one-stop shop for cycling – information, signposting, activities
- Advice and support for authorities and employers

...and what would you like the Hub to do? Send your ideas via the website





Funders and Friends



£1000+

John Lyon's Charity

Walking & Cycling Grants London

Welldon Activity Group

Harrow Central Integrated Neighbourhood Team

London Cycling Campaign Share the Joy Fund

Harrow Carers

An individual donor

Other Donations

We should thank the very many individual supporters who have kindly made donations to our work. The last five years would not have been possible without the community, government and business partners, too many to name, who have helped to make the Hub a success. A big thank you to all.