

**Cycling changes lives,  
so can you!**

**"Cycling gives me direction  
in life, it helps me bond with  
my family and feel positive  
about myself."**

## Winter appeal

# HELP CHANGE LIVES

**"C**ycling changed my life. It gave me purpose, direction and a way to bond with my sons. As a cyclist, when you head out on a ride you have a plan of where you are going, which direction you are headed. My name is Paul. I lost my direction in life through a lifetime of living with mental health issues, but cycling gave me that direction back.

"I turned to drugs and alcohol to 'help' me through bad times, and when lockdown

hit, it hit me hard. I was working in farming and cycled to get to and from work, but I didn't really connect with the joy that cycling can bring. I spiralled in lockdown and, to be a better dad to my sons, I ended up in DJK House, a recovery centre for people to rebuild their lives.

"When I arrived, I found it hard to even walk down the stairs. I hated myself. One of the things I did was go on a 'joy ride', a led ride for

novices around Liverpool. There was nothing joyous to me about that first ride!

"I did, however, meet Magdalena from Cycling UK and, after a few more rides, found I was starting to enjoy myself. I had real peace of mind after the rides.

"Cycling UK put their trust in me, something that was incredibly important. I completed several courses, including becoming a ride leader and bike mechanic. I'm now working as a bike mechanic with Peloton Liverpool, where I get involved in various projects.

"One of the main things I've been working on is cycle repair events at the University of Liverpool, which are funded through Cycling UK's Big Bike Revival project.

"Cycling really has given me the direction that I lacked, the purpose that I needed and a hobby that I can use to bond with my sons. I never really knew where I 'fitted' in life but now I do.

"The more people that can find the joy of cycling the better; cycling really can change lives – I am living proof of that. Mine is one of thousands of stories about how Cycling UK's work helps impact lives each year.

"Whether your cycling passion is to support people like me to better health, to get more people cycling, to have safer and more accessible cycling for you and your family or to improve the environment, your donation today will really make a difference. Cycling changes lives, and so can you."

**Paul Williams, qualified bike mechanic**

## Big Bike Revival

### THE DEVELOPMENT OFFICER'S VIEW



**"It's been fantastic to work  
with Paul in the last two  
years and to see his  
transformation thanks to  
recovery and cycling. From  
someone who wasn't  
confident to fix a puncture  
two years ago, he's become  
a dedicated bike mechanic  
who now helps his**

**community by offering free bike repairs at the Big  
Bike Revival events on behalf of Peloton Liverpool."**

**Magdalena Cichocka, Cycling UK development  
Officer, Liverpool Region**

## Donate now

### HOW YOU CAN HELP

Cycling changes lives – and so can you. Please donate today.

- **£10** could help fund campaigning to provide safe places for people to cycle
- **£25** could buy an essentials kit for cycle community clubs, enabling people to get back into cycling
- **£50** could enable people to connect through cycle clubs, reducing isolation
- **£100** could help open up new routes for people to explore, creating memories and opportunities to explore the great outdoors

Visit [cyclinguk.org/cycling-changes-lives](https://cyclinguk.org/cycling-changes-lives) or scan the QR code above.

