

# Get On A Bike (SCIO)

Scotland · Charity number SC053122

## Details

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Status	Active
Legal form	SCIO (Scottish Charitable Incorporated Organisation)
Registered	2024-02-13
Register	<a href="#">View on the OSCR register</a>

## Contact

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Address	Muckle hoose Birnie IV308SW
Website	<a href="http://www.getonabike.org.uk">www.getonabike.org.uk</a>

## Activities

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**Activities:** 'It carries out activities or services itself'

**Purposes:** 'the advancement of health'

**What the charity does:** We support adults in Moray to start or re start cycling in order to improve their physical and/or mental wellbeing. We deliver 1:1 and group cycle rides, and provide bikes, helmets and necessary accessories. We also take riders to a local cafe, and offer drinks and snacks in order to encourage group social interaction at no cost to participants.

**Beneficiaries:** 'No specific group, or for the benefit of the community'

**Objectives:** To advance health by providing access to cycling opportunities, and by promoting the health benefits of cycling, to people in Moray.

## Geography

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- **Main operating location:** Moray
- **Geographical spread:** Wider, but within one local authority area

## Finances

Period end	Income	Expenditure	Assets	Employees
2026-01-31	£0	£5,584	-	0
2025-01-31	£20,274	£3,963	-	0

**Get On A Bike (SCIO)**

Scotland - Charity number SC053122

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# Accounts

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**APPENDIX 3**



<b>Independent examiner's report on the accounts</b>							v2
<b>Report to the trustees/members of</b>	Charity name						
<b>Registered charity number</b>	SC						
<b>On the accounts of the charity for the period</b>	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year
<b>Set out on pages</b>							(remember to include the page numbers of additional sheets)
<b>Respective responsibilities of trustees and examiner</b>	<p>The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) 2005 Act and the Charities Accounts (Scotland) Regulations 2006 (as amended). The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.</p>						
<b>Basis of independent examiner's statement</b>	<p>My examination is carried out in accordance with Regulation 11 of the 2006 Accounts Regulations. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the view given by the accounts.</p>						
<b>Independent examiner's statement</b>	<p>In the course of my examination, no matter has come to my attention [other than that disclosed on the attached page*]</p> <p>1. which gives me reasonable cause to believe that in any material respect the requirements:</p> <ul style="list-style-type: none"> <li>• to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and</li> <li>• to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations</li> </ul> <p>have not been met, or</p> <p>2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.</p>						
<b>Signed**:</b>						<b>Date:</b>	
<b>Name:</b>							
<b>Relevant professional qualification(s) or body (if any):</b>							
<b>Address:</b>							

\*Please delete the words in the brackets if they do not apply. If the words do apply, set out those matters which have come to your attention on the following page.

\*\*OSCR will accept digital or typed signatures.

## APPENDIX 3

### Disclosure section

Only complete if the examiner needs to highlight material problems.

**Give here brief details of any items that the examiner wishes to disclose**

**Get On A Bike (SCIO)**

Scotland - Charity number SC053122

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# Accounts

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**Get On A Bike SCIO**  
( SCIO 53122, 2025.1. )

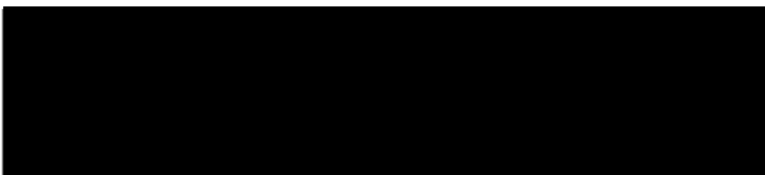
**Trustees' Annual Report**

**From 13<sup>th</sup> February 2024 to 31<sup>st</sup> January 2025**

**Contact information**

Get On A Bike SCIO

Scottish Charity Number: SC053122





SC053122

### Receipts and payments accounts

1 Charity number and legal name: SC053122 Get On A Bike

2 Get on a bike is governed by its constitution.



5 Gross Income for the period 13/02/2024 to 31/01/25: £20,274

6 Gross expenditure: £3,963

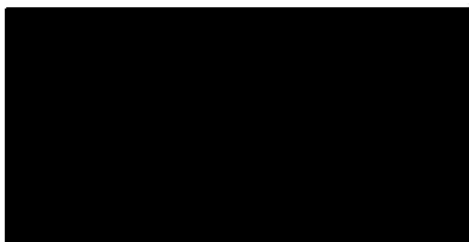
7 Annual reports and accounts – see over

8 Charitable purpose and activity: The advancement of health, by providing access to cycling opportunities, and by promoting the health benefits of cycling, to people in Moray.

9 Income from investments: none

10 Total number of Charity Trustees: 5 Total number of paid staff :0

11 Charity trustees are:



12 Safeguarding: Get on a bike holds PVGs for all charity trustees and volunteer ride leaders.

13 Cross borders: n/a



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14 Summary of main activities of the charity in period of report: see Chairman's Report for period 13<sup>th</sup> February 2024 – 31<sup>st</sup> January 2025 over.

15 Charity trustees will be appointed by the board of trustees at any board meeting.

16 The board is to meet during May 2025 to finalise ongoing strategy, including designation and timing of funds and the organisation's reserve policy.

17 Donated facilities and services:

Get on a bike received a donation of 12 hybrid bikes of various sizes, to be used for led rides by qualified Ride Leaders. An appropriate number of cycling gloves, helmets, jackets, bike locks, bike hooks and bike pumps were also donated by Scottish Cycling. The total value of the donated items at the time of donation was under £5,048.

The charity was also given some initial temporary storage accommodation within a local business FOC, and eventually, permanent storage facilities within the local public park.



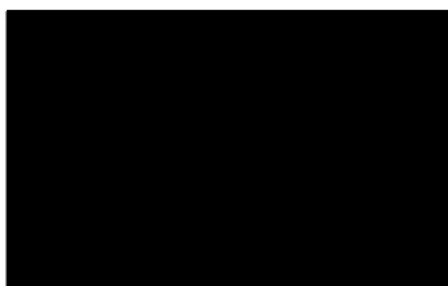
SC053122

## GET ON A BIKE CHAIRMAN'S REPORT

13<sup>th</sup> February 2024 – 31<sup>st</sup> January 2025

Welcome to our first Annual General Meeting for Get on a Bike. Get on a Bike was started in September 2023 as an unregistered organisation prior to registering as a charity in February 2024.

We have 6 Trustees on our board at time of AGM



As at 31 January 2025 we have a pool of 3 volunteers

September/October 2023 we set out a draft business plan with the aim of obtaining funding for bikes and equipment. We gained valuable links with Arrows (local addiction service) and the mental health psychologists at Dr Grays Hospital that were keen to support our project.

Get on a Bike was operating as an unregistered organisation prior to constitutionally forming as a registered charity on 13 February 2024.

As an unregistered organisation, donations to the sum of £1,500 was received from Scottish Cycling (SC), alongside bikes and associated equipment. The unregistered organisation gifted these donations to Get on a Bike (SCIO) upon registering as a charity on 13 February 2024.

Winter months were spent designing a logo for Get on a Bike, developing a referral and evaluation forms to send out to clients. Getting to the grips with teams and Microsoft 365 which we use to administer and communicate. Also gaining valuable links with Arrows/Dr Grays.



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February 2024 we had the delivery of 12 hybrid bikes from SC of various sizes and equipment for using these bikes (helmets, gloves, bike pumps, bike hooks and stands) delivered to temporary premises in Tyock Industrial Estate while we located permanent storage facilities.

March 2024 we secured permanent accommodation for our bikes and equipment within the pavilion located in Cooper Park Elgin with the support of [REDACTED] Community Sports Officers from Moray Council. We spent a day scrubbing and cleaning the store prior to moving the bikes and equipment on the 15<sup>th</sup> March 2024, loads of elbow grease and bleach and the store looked amazing.

While getting our permanent home ready we did practice lead rides with family and friends to get used to the bikes and taking groups out. We had promotional photos taken by [REDACTED] to use on social media and posters.

17<sup>th</sup> March 2024 – [REDACTED] travelled to Aberdeen and completed their Ride 1 Leader Training and then week later completed their First Aid Training at Moray Sports Centre, well done all.

29<sup>th</sup> March 2024 – [REDACTED] made a brilliant promotional video for us – great cycle around Cooper Park, the sun was shining and most importantly we ate cake outside. The video brings the true ethos for GOAB and it brings a tear in my eye to watch it.

April 2024 was a busy and exciting month for GOAB project we had our first led ride with a lady referred from the mental health well-being practitioners for NHS Grampian. We obtained three funding bids - £16,394 from lottery awards for all; £400 from Alpkit and £480 from Changing lives Fund (Moray council).

24<sup>th</sup> May – [REDACTED] attended a cycle promotional event in Maryhill Health Centre. Great networking event and the beginning of making services aware of our project.

The arrival of the summer months saw us all get lovely GOAB tee shirts and gilets with our logo and sponsors on it.

28<sup>th</sup> July [REDACTED] travelled to Aviemore and completed the Velotech mechanical course; [REDACTED] has also completed this course a few months later.



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August 2024 we gained another funding source from Energize a recruitment company for the value of £1,500. The managing directors had a personal connection with supporting mental health through personnel experiences and wished to support our project.

Through 2024 we continued to have successful GOAB bike cycles. In total for the AGM year we have had 5 referrals from mental health referrals, CLAN cancer support, psychology referrals that have had guided rides with us.

All of these rides have brought great feedback from evaluation forms and the benefits the ride give for mental well-being. On reflection we found that instead of having big group rides we have catered for 1:1 rides or 2 leaders to one client. We have discovered the benefit of meeting the clients before taking them on a guided ride by taking them for a coffee and chat (including an informal Cycling Skills Assessment).

Elgin Breeze Group – a British Cycling funded group have made wonderful use of our bikes using them for their ladies guided ride. These have been used 42 times by Breeze ladies and 20 bikes by leaders since March 2024 to January 2025.

Cycling UK – We have made contact with [REDACTED] Development Officer for Moray [REDACTED] is also located within Cooper Park we have meet a few times and made good plans on how we can all work together to encourage more clients on bikes.

For the next coming year

- Continue links with mental well-being practitioners, CLAN, moray well-being hub and building on new links within the community.
- Arrange and plan promotional events to promote our projects eg GP practices, road shows, community groups
- Think about replacing or building on our pool of bikes to cater for needs of clients – e bikes, step through bikes.
- Redo promotional video to show small group rides – like 1:1, 2 leaders to 1 client.
- Continue to work with Paula from cycling UK

I would like to thank our trustees and volunteers for all the hard work and dedication in the past year. You have all done an amazing job.

Thank you Scottish Cycling, Alpkit, National Lottery, Moray Council and Energize for funding our project very grateful for your support in our project

[REDACTED] Chair



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**Receipts - 13/02/24 to 31/01/25**

<b>Grants</b>	Awards for All	£16,394		
	Changing Lives Fund	£480		
	Alpkit	£400		
<b>Subtotal</b>			<b>£17,274</b>	
<b>Donations</b>	Energise	£1,500		
	Scottish Cycling	£1,500		
<b>Subtotal</b>			<b>£3,000</b>	
<b>INCOME TOTAL</b>			<b>£20,274</b>	



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**Receipts and payments breakdown -13/2/24 to 31/1/2534**

		<b>Receipts to nearest £</b>	<b>Payments to nearest £</b>	<b>Balance to nearest £</b>
<b>Equipment</b>	Bikes*	£3,400	£0	£3,400
	Mobile phones	£700	£612	£88
	Clothing	£1,500	£969	£531
	Storage equipment /supplies	£400	£394	£6
<b>Repairs</b>	Bike repairs	£912	£140	£772
<b>Training</b>	First Aid	£1,500	£136	£1,364
	Bike Maintenance	£3,000	£836*	£2,164
<b>Web design</b>	Web design	£156	£0	£156
<b>Stationery/m'keting</b>	Posters/flyers/st'nery	£0	£184	-£184
<b>Insurance and Fees</b>	Bike insurance	£880	£261	£619
	Cycling accreditation	£146	£103	£43
<b>Refreshments</b>		£6,180	£328	£5,852
<b>Unrestricted</b>	Donation from Scottish Cycling	£1,500	£0	£1,500
<b>TOTAL</b>		<b>£20,274</b>	<b>£3,963</b>	<b>£16,311</b>

- \*Includes a one off payment of travel expenses to one Ride Leader attending a course 50 miles from home, as per our expenses policy

NB The charity also holds gifted bikes and cycling accessories to the value of £5,048 at year end date 31/1/25



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Receipts and payments by funding source 13/02/24 – 31/01/25

Source and funding allocated	Timescale	Spend as at 31/01/25	Reporting requirements	Key GOAB contact given to funder
<b>Lottery - Awards For All</b> £16,394 Purpose Web design £156 Community Fee - £146 Store Supplies - £400 Bike Repair - £912 Clothing - £1,500 Mobile Phone - £700 Bike Maint courses - £3,000 First Aid courses - £1,500 Refreshments - £4,200 Bike Insurance £880 Replacement Bikes - £3,000	April 2024- March 2026	£3,235.16	At end of project	Sheila
<b>Energize</b> £1,500 Purpose Refreshments	August 2024 - £1,000 November - £500 No timescale allocated for spend	£0	None	Lorna
<b>Scottish Cycling</b> £1,500 Purpose Not specified	February 2024 No timescale	£0	None	
<b>Alpkit</b> £400 Purpose To Purchase one bike (later reported on purchase of sundry items after receiving bikes from SC)	2024	£400	Online form to funder	Lorna/Sheila



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Changing Lives Fund (Moray Council) £480 Purpose Refreshment costs for 2 groups of 10 riders and leaders for four rides each, based on £6 per head	April 2024- March 2025	£328.28 (allocated total spend here )	To be clarified by Changing Lives Fund	Susan
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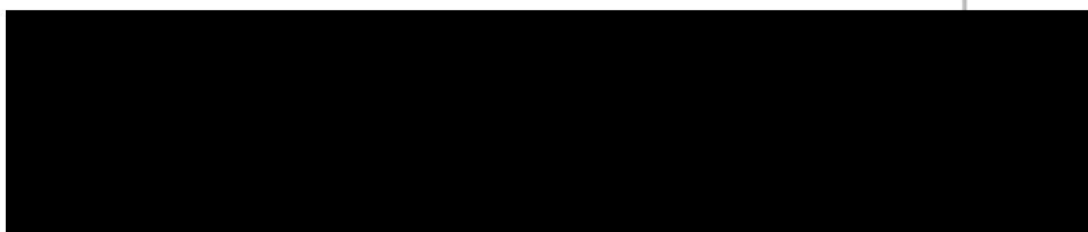


**Declaration**

The trustees declare that they have approved the trustees' report and statement of receipts and payments account above.

Signed on behalf of the charity's trustees

Signatures



Full Names

Positions

TREASURER

CHAIR

Date

2.5.25

2/5/25

**Independent examiner's report on the accounts**

v2

**Report to the trustees/members of** Charity name Get On A Bike

**Registered charity number** SC053122

**On the accounts of the charity for the period**

Period start date			Period end date			
Day	Month	Year	to	Day	Month	Year
13	2	2024		31	01	2025

**Set out on pages** 1 to 10 (remember to include the page numbers of additional sheets)

**Respective responsibilities of trustees and examiner** The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) 2005 Act and the Charities Accounts (Scotland) Regulations 2006 (as amended). The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.

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**Independent examiner's statement** In the course of my examination, no matter has come to my attention [other than that disclosed on the attached page\*]

1. which gives me reasonable cause to believe that in any material respect the requirements:
  - to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and
  - to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations

have not been met, or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

**Signed\*\*:**

**Name:**

**Date:** 28/4/2025

**Relevant professional qualification(s) or body (if any):**

**Address:**



\*Please delete the words in the brackets if they do not apply. If the words do apply, set out those matters which have come to your attention on the following page.

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## APPENDIX 3

### Disclosure section

Only complete if the examiner needs to highlight material problems.

Give here brief details of  
any items that the  
examiner wishes to  
disclose

Not Applicable - nothing to note