



Venture Trust's Change Cycle is an innovative employability programme delivered in partnership with the Bike Station in Edinburgh, and Bike for Good in Glasgow. Over the last year, the programme engaged with 62 young people (16-24) across areas of multiple deprivation. The elements of the programme include employability sessions, bike construction and maintenance including workshop experience and a short wilderness residential that has work-related tasks, and biking. Participants learn about responsibility and getting up to be at a job Monday to Friday. They get to keep the bike they have built and use it for job hunting, accessing services, training, getting to work, and leisure.

Direct Impact

6 courses in 2019-20

62 young people started the Change Cycle programme

61% of participants got a positive destination (work, training, study or volunteering)

77% of participants reported an increase in their confidence

94% of participants reported an increase in skills

81% of participants felt that they had achieved change in their behaviours and aspirations

79% of participants reported an increase in their wellbeing

Additional outcomes

For many young people it was the first time they got to own their own bicycle

For some it was a chance to learn how to ride a bicycle

Through owning a bicycle many young people improved their fitness levels

Through the course many young people built friendships and support groups with their fellow participants

Accredited awards

94% of Change Cycle participants achieved a recognised qualification

Oscar, Change Cycle participant:

"With support from Venture Trust I was able change what I was doing with my life. I was heading down the wrong path and thankfully now I'm on the right path to the right place. I really enjoyed the programme and building my skills. As a result, I am now a lead mechanic at a bike shop."

[Oscar's Story: Riding the right path](#)

Dean, Change Cycle participant:

"I was homeless at 16. My education suffered and I was struggling to find a job. Venture Trust supported me to stabilise my life and find housing. Their programmes also helped me gain employability skills and confidence. Now I'm an apprentice vehicle technician."

Anonymous, Change Cycle participant:

"The programme helped me be more active, get out, as [I was] just sitting at home and watching TV. The more you get up, the more successful you can get."

Change Cycle referral partner

"The residential is really key for a lot of young people. It allows the young person to test their boundaries and gives them a bit of a chance to find out what they want to do in the future."

Change Cycle referral partner

"The young person I referred has definitely benefited. They are living in sheltered accommodation and didn't really have a routine before. They got that from the programme. They'll be able to use that now as a stepping stone to go onto further training."