



## Our Mission:

to provide youth development programs that use the bicycle as a tool to build resiliency.


# IMPACT REPORT

2018







## ED MESSAGE

### Hello to our community!

I am so pleased to share the newest edition of our Two Wheel View IMPACT REPORT with you. This year we've worked hard to include even more stories and information. If you are reading this report in print, I invite you to visit our website to access the additional features, including audio and video clips that give you a peek into life at Two Wheel View and the impact our programs are having on the community. Look for the little bicycle symbol  to find out more.

2018 was definitely a year of learning, growth and opportunity. We've seen the power of our community manifest itself in astonishing ways through:

- the 302% increase to our Birdies for Kids campaign 
- the passionate attendees at our Winter Cycling Workshop 
- our selection for the Calgary Herald Christmas Fund 
- all the incredible participants that feel a sense of belonging in our programs 

Our vision is to 'change kids' lives from the seat of a bike' and, to me, there is a reason that 'changing lives' comes first and 'bikes' come second. It is our mission to provide youth development programs that build resiliency in young people. First and foremost, we are here to help reduce the risk factors and increase the protective factors that will positively impact long-term growth and development. The bicycle is the incredibly powerful tool we use to achieve that goal.

These past twelve months we've dug deeper into our values – adventure, respect, authenticity, resilience and community – and how they weave together throughout our team, our office and workshop, our programs and our community. Through our programs, our blog series and in our shop space, we've worked hard to understand what these values mean to us and how we can continue to connect them to our organizational culture and our participants. I'm proud of the initiatives our team has undertaken and can't wait to continue the work.

In 2019 my focus areas will be evaluation, story telling and community building. I want to

gain a deeper understanding of the impact our programs are having on youth, both in the short term and over time to find ways of improving our practices and deepening our impact. I also want to share more of our stories with our stakeholders and community. Each and every day we are touched by meaningful experiences that happen with the young people in our programs, with the volunteers that show up and with our partners. These small but powerful moments are the inspiration that drives us as an organization and the anecdotes that demonstrate our impact. These stories deserve to be heard. Finally, I want work even harder to create a sense of welcome and belonging for each person who comes through our doors and continue to invite new people to be a part of changing kids' lives from the seat of a bike.

Our community is growing and I invite you to become an even greater part of it. Come and share your skills and passions to motivate and empower youth. There are young people in your community that are looking for what you have to offer.

*Kawa*

# VISION, MISSION & VALUES

## Adventure

Adventure helps young people navigate the fine lines between uncertainty and preparedness, courage and surrender, adversity and success; this allows them to approach every day struggles with more of the social and emotional strengths that are essential for success in school and life.



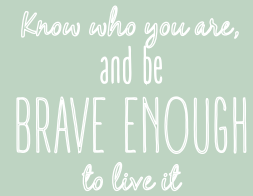
## Respect

Developing a culture of respect is critical to helping us achieve our mission because our programs bring together people from all demographics – different backgrounds, cultures and experiences. In order to do the work we do – which requires the breakdown of barriers and the building of trust - we need all participants to respect each other, other cultures, beliefs and ways of life.



## Authenticity

Authenticity and diversity is important to the team at TWV because we feel that people, especially young people, are constantly changing as they interact with the world and take on new understandings and behaviours they see modelled by the people around them. Exposure to new ideas, beliefs and behaviours can help broaden a young person's ability to define the type of person, and leader, they want to be.



## Resilience

Using the bicycle as a tool, our programs foster resilience in youth by building age appropriate competencies such as teamwork, problem solving and leadership. We help young people develop and practice social and emotional skills such as emotion management, empathy and positive attitudes about self.



## Community

Our programs, by encouraging leadership competencies and helping young people practice communication skills, are helping to change the perspective on what youth can be and how they can contribute to society. We also give young people the opportunity to interact with and contribute to their communities in positive ways beyond our programs.





# OUR APPROACH

**Two Wheel View** uses best practices in youth development to inform our program curriculum and shape the way we form relationships with the youth, our partners and our community. Our focus is on the social emotional learning growth of our participants. Social and emotional learning (SEL) is a process of attaining the knowledge, attitudes, and skills we need as humans to ‘understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions’.

Based on these five core competencies, or building blocks, SEL enhances young people’s capacities for effectively dealing with life – both the everyday and the challenges. Our programs actively encourage young people to take initiative and creatively explore and test different solutions to problems. We encourage young people to develop a sense of responsibility – towards their own behaviour, their commitment to personal development and their involvement in their communities.

Two Wheel View not only combines physical skills development with social learning elements in our curriculum, our programs are also made up of people from diverse generations, cultures and backgrounds. Therefore, the environment we create both facilitates and requires tolerance, appreciation and teamwork. By first acknowledging our own strengths and weaknesses, and accurately seeing those in others, we promote young people’s ability to comprehend that the effectiveness of a team relies on diversity, balance and cooperation.

“(In Bike Club) I learned that I can do anything if I put my mind to it. If I try, I’ll exceed (sic) in most things in life.”

“I liked interacting and helping the others in Bike Club, as well as learning the function of the bike.”

Developing empathy in young people is a key goal for our programs. In all our programs, we use different exercises to talk about identity, what makes you special and what makes other people special.

We aim not just to teach bike mechanics to young people. We use the bicycle as a tool, whether it’s through our bike clubs or our adventure trips, to facilitate more holistic lessons in social and emotional learning that youth can apply in a wider range of situations and challenges. Fostering social and emotional learning is critical for success in both school and life.

For examples on how this is presented in our curriculum, visit the online version of this report. [🚲](#)



“Before I used to rush things and do everything myself.  
Now I can take it slow and do group work.”

# OUR PROGRAMS:

## Earn-a-Bike (Bike Club) –

This program uses the bicycle as a tool to foster leadership, teamwork and social emotional skills. Through this 10-week program, youth make positive peer and adult connection, practice teamwork skills and discuss topics such as empathy, identity and responsibility. Upon completion, they earn a bike of their own, along with a lock and helmet.

 [Experience a day of Earn-a-Bike](#)

## Bike Trips –

Through our bike trips, youth have the opportunity to participate in a high impact outdoor experience. They build leadership and resiliency skills while increasing their sense of achievement, self-esteem and desire to pursue healthy lifestyles. The trips also support a connection to nature and local culture.

 [Sweet summer memories](#)

## Full Cycle –

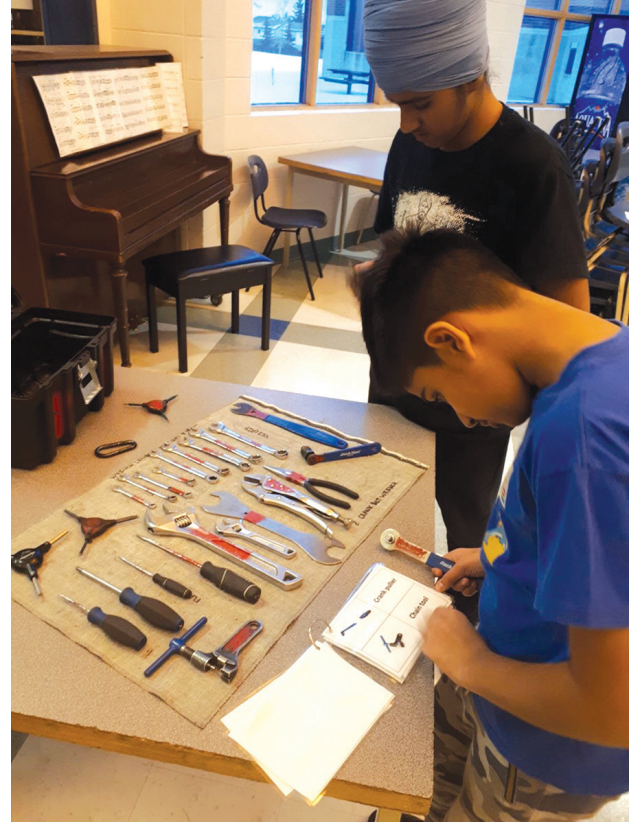
The Full Cycle Program engages southern Alberta First Nations youth in positive, community-based initiatives. Full Cycle aims to reduce risk factors facing Indigenous youth, while increasing protective factors through a school-based bicycle program. In partnership with the communities, TWV delivers in service training and support for teachers and community members, skill building bike mechanic programs and bike trip experiences that develop a sense of adventure and discovery.

 [Finding a spark at Full Cycle](#)





🚲 Our Founder Family returns from a trip around the world- by bike!



# 2018 STATISTICS

## FOR TWO WHEEL VIEW CALGARY

VOLUNTEER HOURS            1,300 hours  
 HOURS BY STUDENTS        1,400 hours  
*Mount Royal, University of Calgary and Bow Valley College*

YOUTH IN PROGRAMS        601  
 YOUTH IN BIKE CLUB        313  
 YOUTH ON TRIPS            42  
 YOUTH IN FULL CYCLE       83

KM'S TRAVELLED            23,611  
 BIKES DONATED              861  
 BIKES SOLD IN OUR SHOP   257



*Adventure  
 is calling  
 &  
 I must go*





# THIS YEAR'S HIGHLIGHTS:

We increased our Bike Club program from 8 to 10 weeks.

We ran a blog series that highlighted our values, culture and social emotional learning principles.

We had a successful first full year of our social enterprise bike shop. 🚲

We were selected to receive the Calgary Herald Christmas Fund.

We held the 2nd annual Shift into Winter: Winter Cycling Workshop raising more than \$1100 and bringing the Calgary cycling community into our shop.

Our Birdies for Kids campaign exceeded our goal, raising more than \$43K for our youth programs, up from \$13K in 2017, (a 302% increase). 🚲

We had a van donated that will help us reach even more community program sites for Bike Club and Full Cycle First Nations.

We received a renewed three-year agreement with FCSS.

We were interviewed by Global TV with the Shaw Charity Classic. 🚲

Changing kids' lives from the seat of a bike.



# PARENT TESTIMONIAL

“My daughter recently completed the Two Wheel View program on Thursday evenings, and it had a very positive impact on her. She doesn’t love going to school, but on Thursday mornings, she couldn’t wait to go to school because she knew that Bike Club was at the end of the day. After the club, in the evenings, she would describe all of her learning and proudly explain how to complete each of the tasks that she had learned. This program has improved her confidence and her self esteem. She felt very successful after each of the classes giving her a sense of empowerment that I believe will continue to impact her well into her future.

This program is exceptional, and I hope that it continues to be available to many other children. It has likely been one of the memories of her childhood that has influenced how she perceives herself and her ability to be successful. She will carry this experience with her for a very long time.” ~ Bike Club Parent

# STATISTICS FOR CA ROULE POUR MOI



## Two Wheel View-Quebec



3 TRIPS

47 YOUTH

27 DAYS ON BIKES

2 ADULT BIKE TRIPS

23 ADULTS

11 DAYS ON THE ROAD

# THIS YEAR'S HIGHLIGHTS:

A summer of successful bike trips exploring the Quebec countryside.

New website with new pictures!



Increased the fleet to 25 bikes

A new promotional video



We couldn't possibly change lives without generous support from:



“The most important difference in my life as a result of being in Bike Club was that I have more confidence in working with others.”



# DONORS

- 100 Kids Who Care Calgary
- Adventure Medical Kits
- Alberta Bike Swap
- Government of Alberta – Human Services
- Government of Alberta – Tourism and Culture
- Anonymous
- Anonymous Foundation
- Autopro Automation Consultants
- Badlands Gran Fondo
- Benevity
- Big Fish Staffing
- Bike Packing Summit
- Brookfield Residential
- Calgary Police Service
- Canada Helps
- Canadian Tire Jumpstart Charities
- CLIF Bar
- Core Spin Studio
- Cold Garden Beverage Company
- Government of Canada – Canada Summer Jobs
- In-Line Pigging Solutions
- Lions Club of Drumheller
- Maria K Eriksen + Harold Hanen Fund at the Calgary Foundation
- McCarthy Tétrault LLP
- Norton Rose Fulbright
- One Way Foods
- RBC
- Rotary Club of Calgary Centennial
- Rotary Club of Calgary Olympic
- Rotary Club of Heritage Park
- Ridley's Cycle
- Roy McAvoy 7 Golf Tournament
- Salesforce
- SCiP
- Shaw Charity Classic
- Sunalta Community Association
- Sunrise Auto Sales
- Sun-Rype Products
- The Hylcan Foundation
- The Leftovers Foundation
- The Read Family Foundation
- Trips for Kids National
- United Way of Calgary – Donors Choice Program

And many other incredibly generous individual donors.  
Thank you for your support!

