

## FODIBIKE

This is a volunteer-led project based in Sunderland and is supported by Sunderland Quaker meeting.

The project recycles donated bicycles for asylum seekers and refugees living in Sunderland. Asylum seekers have only £37 per week, they often cannot afford bus fares. Owning a bicycle means they have better access to support and other services, helping to prevent social isolation and loneliness and limiting feelings of hopelessness and despair. It also helps with everyday activities such as shopping, visits to support centres etc. and also promotes independence.

Many of the volunteers are asylum seekers themselves and taking part in the project helps them to increase their self-respect, enhance their social life, gain friendship and learn new skills. The experienced volunteers act as teachers and mentors to those interested in maintaining their bikes themselves.

