



Making Cardiff more active, healthier and happier

The Bike Lock is a social enterprise committed to making Cardiff (and beyond) a more active, healthier and happier city. Tom Overton is the founder and director of The Bike Lock and he set the organisation up to remove existing barriers that prevent people from travelling actively.

The concept took roots in 2020 and The Bike Lock opened its doors and began trading in October 2022 and now has a diverse workforce of one full-time member of staff and seven part-time staff. The Bike Lock consists of a cafe which sells local, sustainable and ethically sourced products as well as providing a shared community space for work and events. And as the name suggests, it offers secure bike parking for over 50 bikes, showers and lockers.

The purpose of The Bike Lock is to enable people to move more, travel actively and buy products from an independent ethical sustainable business, as well as enabling people to make their journey on foot or by bike making a tangible difference not only to the city, but to the community and the individual.

The business is built on four key pillars:

Engage - we will engage with and make everyone feel safe and welcome

Look after - we will go above and beyond to look after everyone - we have a pay it forward board and offer daily free drinks to those in need

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Clean - we are obsessed with cleanliness and are determined to have the cleanest toilets in Cardiff

Care - we pride ourselves on genuinely caring for each other, our customers and the community. It really is all about people!

The Bike Lock works with numerous local ethical suppliers which Tom says makes running the business more challenging, but it is the right thing to do and at The Bike Lock they strongly believe in doing things that are right for the environment, the community and people.

The business has also provided confidence building sessions to support those who want to cycle but have not cycled for a number of years, as well as working with local community groups.

