



# CYCLING WITHOUT AGE SCOTLAND



## ANNUAL

## REPORT

## 2018–19

Cycling Without Age Scotland SCIO (known as CWA Scotland)  
Scottish Charity SC048128  
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# CHAIRPERSON FORWARD

## Jean Weir, Chairperson



It is my pleasure as Chairperson to introduce you to the first annual report of Cycling Without Age Scotland SCIO. The charity was registered in February 2018 and the official launch of Cycling Without Age Scotland was at the end of May 2018 at the Kelpies in Falkirk. Much has been achieved in a short space of time.

One of the guiding principles of Cycling Without Age is storytelling. I hope this report goes some way to telling the story of Cycling Without Age Scotland during its first year. The figures and photographs 'tell a thousand words' of the wonderful people who have enjoyed and benefited from trishaw rides and, the fantastic work being done by the Chapters and volunteers around Scotland. We are grateful to all for sharing their stories and adding to the story of Cycling Without Age Scotland and the worldwide Cycling Without Age project.

It has been a very busy, and at times challenging, year starting a new charity. However there is a great sense of achievement and enthusiasm for the future. This is very much down to the

hard work of Christine Bell, our Executive Officer, and all the staff who have worked hard during our first year but most of all this is due to the commitment and dedication of the volunteers. My heartfelt thanks to everyone who has played a part in the achievements this year.

The project could never have achieved so much without the backing of our funders - who are acknowledged on page 46 – along with individual fund raisers and all the volunteers who give their time and support freely.

I would also like to take this opportunity to thank the trustees, who bring a range of different experiences and skills, for their continued support and contribution. The board will continue to build its capacity as we plan for the future and further review our governance.

As the project expands across Scotland we will always continue to be community focussed. Feedback is always valued so please get in touch.

*Jean S. Weir*

Jean S Weir  
Chairperson



Jean volunteering at the Denny Gala Day



# FOREWORD

## Christine Bell, Executive Officer



**We were delighted to be given the opportunity and support by the Scottish Government to take this fabulous project from our launch location in Falkirk to reach far and wide across the whole of Scotland. Being the first country to be fully supported by Central Government to deliver this initiative countrywide was both an amazing achievement and a huge undertaking. We learned so much from the first 18 months of the Scottish Launch in Falkirk but knew we had a monumental task ahead with no International countrywide examples to draw upon. We had a job to do and a whole newly recruited team of five to do it!**

Our mission was to make this happen in a manner that was fit for all types of care establishments and community groups. It was to be enabled to be delivered in a way that was safe and robust countrywide; had clear brand recognition that was symbolic of rigorous safety monitoring; was compliant with Care Inspectorate regulations; could fulfil the requirements of our International Licence agreement from Denmark and to be sustainable well into the future.

The biggest challenge we had was to meet all of these outcomes whilst enabling every chapter to maintain individuality in their own community chapters, retain their personal identity, feel proud to be leaders in their local community, making a difference to the lives of people they know of and care about and equally proud to be part of the Scotland wide International Chapter and a truly global movement.

Our journey during this first year has flown past in a flurry of activity consisting of red hot phone lines with calls from interested groups; long road trips to potential chapters north, south, west and east; meetings with hundreds of wonderful people wanting CWAS to operate in their area; steep learning curves in the mechanics, performance and limitations of Trishaws and encountering the rocky road of supply delays and disappointing delivery lead times of trishaws from Denmark.

Throughout our first year the support from the Scottish Government has been exceptional. Despite this project being entirely new to Scotland, both our team and the Scottish Government have worked closely together and developed a relationship that is mutually supportive of our shared aims and vision for Cycling Without Age in Scotland.

Central to our ability to deliver on our shared vision has been the dedication and commitment of our staff and Chapter volunteers. Both our Board and our staff members are growing in confidence as we reap the benefits of the experience we have gained over our first year. At times we have been challenged by our Chapters but such challenges have played an essential role in shaping our delivery models, our processes and our procedures. One of our aims of developing our Scotland Wide project was that it should be a democratic process wherever possible with our Chapters, many of whom embraced this and were most helpful in providing vital feedback which was essential to us all.

It is by working and learning together with our chapters that we are confident we will co-create a countrywide model of Cycling Without Age that will be exemplary in its delivery, exceptional in its respect and value of its volunteers and above all will serve our passengers and pilots nationwide with the highest standard of social experience, the right to 'wind in their hair', lifelong friendships, heart-warming memories and special moments they will remember forever. We look forward to year two of delivering Cycling Without Age Scotland with the people of Scotland for the people of Scotland.

# SCOTTISH GOVERNMENT SUPPORT

## Outstanding support from the Scottish Government

The first Scottish Parliament event hosted by Angus MacDonald MSP in September 2017 was met by overwhelming support from 17 MSPs who attended including Jeane Freeman Minister for Social Security who had already announced the pledge to roll out this project nationwide in August that year.

First Minister Nicola Sturgeon's surprise arrival was completely unannounced but was welcomed wholeheartedly by everyone attending when she confirmed that the Scotland Wide reach for this initiative was given her full approval. The First Minister outlined the benefits it would have across the country for our elderly people in care homes and for those who found it difficult to venture outdoors. The volunteers would also benefit from the cycling therefore impacting positively on everyone involved.

All in all it was clear that the Scottish Government were unified in their support for the project to go nationwide.

In August 2017, Jeane Freeman, Minister for Social Security, visited Dollar Park to see the project herself and witnessed how CWAS,

“...brings generations together, offers huge opportunities and (she wished) to make it clear that the Scottish Government (would) provide financial and other support to roll this idea out across Scotland... loads of benefits, such a simple idea about bringing people together to do something that's enjoyable for everybody.”





# LAUNCH DAY AT THE KELPIES



**On Tuesday 29<sup>th</sup> May 2018 we hosted the Official Launch supported by the Scottish Government with a celebration event at the Kelpies.**



Attended by Andy Sinclair Head of Delivery Active Scotland Division and Aileen Campbell whilst in her role of Minister for Public Health and Sport announced the roll out across Scotland. Aileen spoke of how the project contributes to a number of different outcomes which the Scottish

Government seek to address. Listing these, Aileen spoke of the impact Cycling Without Age would have on tackling isolation, getting people outdoors and active, enabling volunteers to connect with people and engage in conversation and story telling and described how such a simple act of taking people out on the trikes can have such powerful effects.

Over one hundred people attended the Kelpies to support the project, many of whom who have gone on to start chapters in their local areas.





# WORLD ECONOMIC FORUM

## “A little kindness can go a long way”

A video posted by the World Economic Forum to their Facebook page, 10 March 2019 including Cycling Without Age Scotland plus three other innovative solutions to loneliness from around the world.



# ACHIEVEMENTS



**23** Local Authorities participating



**38** Trishaws across Scotland



**17** Active Chapters



**21** Chapters off the starting blocks



**15** Chapters awaiting start up



**53** Chapters at various stages throughout Scotland



**19,311**  
Rides across Scotland



**1,864**  
Volunteers



**29,522**  
Passengers



**22,500**  
Trishaw miles



# PROJECT BEGINNINGS



**Communities Along The Carron Association (CATCA) is a multi-award winning volunteer community group, based in Falkirk, regenerating the River Carron with the help and support of the 16 Communities along it. In the last seven years CATCA has helped to raise funds in excess of £1.5 million toward over £8 million of regeneration works. Through this, the group has undertaken a deep clean of the River, organised litter picks, contributed to the establishment of new and improved existing**

**path networks and the replacement of footbridges, reached out to over 6000 school pupils through outdoor education and engaged over 5000 volunteers. These are just some of the remarkable achievements of the group.**

It was the achievement of reaching CATCA's ambitions for the 16 communities, particularly the increase of greenspace path networks, that led CATCA to exploring the possibility of bringing Cycling Without Age to Scotland from Denmark so the paths could be used by the elderly members of the community and people with limited mobility.

Cycling Without Age started in 2012 by Ole Kassow and Dorthe Pedersen. Ole identified a need to help the elderly get back on their bicycles, but he had to find a solution to their limited mobility. The answer was a Trishaw and he started offering free bike rides to the local nursing home residents.

Ole then connected with Dorthe who worked for the Government in Denmark, intrigued by the idea, together they bought five Trishaws, planned the way forward and launched Cycling Without Age. Their movement has now spread to 42 countries around the world.

In 2016, CATCA began the project in Scotland with a £10,000 grant from the Climate Challenge Fund which enabled them to attend the International Summit for Cycling Without Age in Copenhagen in June 2016. During this trip the Danish Founders recognized that CATCA not only had the ability, the commitment, the drive and the enthusiasm to deliver this project in Scotland but they also had the wider expertise the Founders had wished to bring to the project.

Through making each Chapter a more integrated project with the wider communities in which they exist they recognised the potential that CATCA could bring toward establishing wrap around projects such as Intergenerational initiatives with Schools and storytelling projects plus joint social interaction experiences to name but a few. In summary the Founders recognised that CATCA's vision for improved social integration throughout the whole of each community was the way forward.

Following a year of intensive work with Carrondale Care Home in Carronshore who opened their doors to being a willing trial platform, CATCA officially launched Cycling Without Age in Scotland on 27<sup>th</sup> March 2017 at a celebration attended by one of the Danish Founders Ole Kassow as shown in the picture above.

Now, only two years on, Cycling Without Age Scotland has been officially launched Scotland wide. This exciting initiative is enabling our elderly population and people with mobility restrictions to access paths and greenspaces which were previously inaccessible to them.

Fully supported by the Scottish Government we are now supporting and enabling communities around the whole of Scotland to make that happen.



# ACTIVE CHAPTERS



## Falkirk – Cycling Without Age Capital of Scotland



Since Cycling Without Age was first established in Falkirk in 2016 and the Official launch of the Scotland Wide funding for the project by the Scottish Government was announced by Jeane Freeman MSP during a visit to Burnbrae Care Home in Dollar Park on 8<sup>th</sup> August 2017 it has been the decision of Cycling Without Age Scotland to identify Falkirk as the Cycling Without Age Capital of Scotland.

This status is being increasingly recognised as the amount of support for the project and the number of chapters continues to rise. Having such outstanding support from local groups such as the Falkirk Rotary and the continued and ongoing support from Falkirk Council with many of the officers and Councillors volunteering as pilots, we are able to use Falkirk as a platform to develop our chapter models of operation and new ideas such as Trikes in Iconic Places.

As Carrondale Care Home in Carronshore celebrate the success of their fundraising efforts, enabling them to fund their very first trishaw dedicated entirely to Carrondale, the spread of the success grows around the district.

CWAS are now operating in six locations with one further Iconic location soon to be officially launched.

**Carrondale Care Home** has had worldwide recognition since the video created by BBC3 featuring Fraser Johnston and our most frequent passenger Mary Duncan went viral with views now recorded as having reached over 50 million. In addition to the increased interest raised in Scotland, the uptake of CWA in other countries increased rapidly since 2017 from 30 to 42. Not only did the increase in attention have positive effects on the spread of the project but Carrondale Care Home received an outstanding inspection grading from the Care Inspectorate for the level of care and activities available. Seems like the attention had a positive effect on everyone.

The location of Carrondale Care Home provides easy access to well over 10km of path networks and River Carron Bridge Crossings, which were partly influenced by CATCA and delivered by Falkirk Council, Sustrans, LEADER, CSGNT and other stakeholders. These paths enable direct access to the Kelpies, Helix Park, Canal Path Network and The Falkirk Wheel, making it a perfect setting for some of the best trishaw routes and destinations in Scotland as seen in the following images:





## Airthrey Care Home

Hooked on Cycling Without Age since our first visit in 2017, Airthrey Care Home raised over £3000 towards their own Chapter which CATCA topped up with generous funding awarded by ASDA. The care home took delivery of their Trishaw, named Peddles by their resident Joyce Godfrey, on 24<sup>th</sup> August 2018. The launch coincided with the 100<sup>th</sup> birthday of one of their residents! A double celebration indeed!

The Airthrey Chapter is led by proud Captain Colin Campbell who recently retired from his role as a Fireman at Ineos Grangemouth. Colin who was brought up in Airth says he loves giving back to his local community in this way! Both Colin and wife Eileen spend much of their free time training pilots, taking out rides and keeping the wheels rolling and residents smiling!



## Burnbrae Care Home – Dollar Park

Burnbrae Care home was visited by Jeane Freeman in August 2017 where she announced the Scottish Government Funding for CWAS to be rolled out across the country. With a hugely generous £10,000 donation from TSB to CATCA, CWAS were able to purchase a Community Trishaw and storage shed as a shared resource to take elderly people to their local town centre, beautiful parks, adjacent greenspaces and of course to the local branch of the TSB. The Burnbrae trishaw is used regularly led by retired fireman Dave and fellow pilots who take residents out from various nearby sites such as the Dementia Group who meet in Dollar Park, Burnbrae Care Home, Dorrator Court, the Sensory Centre, Thorntree Mews and Grahamston Care Home.





## Larbert Community Trishaw

Based between Glenbervie Golf Club and Larbert High School, the Larbert trishaw was funded by Foundation Scotland. The trishaw is being used to take residents out from various locations around the Larbert area, including people who are socially isolated in their own homes. Pilot Harry is a regular on the Larbert Trishaw and loves taking a very special young man named Keith, out from Glenbervie. This young man who is under 30 years old, is a regular passenger of Harry's. Confined to full time care with very little mobility he adores getting out with Harry who takes him and his mum on trips around the community. Our Larbert Trishaw was also guest of honour in FVR Hospital over Christmas when it visited the Children's ward with gifts from Santa.



## Denny Trishaw

Also funded by Foundation Scotland, this project is a shared resource between Denny High School and the local community. This trishaw has had a number of VIP passengers out for rides in the local community. The first lady of Denny to grace the trishaw was Mrs Rosa McNally, mother of our local famous John McNally MP. In her 90s, Rosa, a well respected yet incredibly humble local lady, looked as glamorous as she did in her 20s as she smiled beautifully for her photographs. Rosa, sadly passed away earlier this year. We felt it very fitting to name the Denny Trishaw Rosa in her honour which we revealed at the local Gala Day on 25<sup>th</sup> May this year.

In addition to Rosa, two local ladies named Agnes Tough and her friend Jenny Smart are also becoming regular passengers! Jenny aged 103, and still bakes shortbread for the local church, loves the rides and her friend Agnes, 92, just loves her outings with Jenny! They are a pair of Tough and very Smart cookies!







## Calendar Park

Since early 2018, Calendar Park has been an example of our notion to have Trikes in Iconic Places. An initiative we are seeking to start across the country. The significance of these projects will be such that they can offer rides in parks and particularly beautiful green spaces to people who can't access our service easily from where they reside. With the hire of a lock up in this park, we have three trishaws stored and a fabulous group of pilots who turn up at prearranged times and take out rides around the large lake and park in the heart of Falkirk. This model also serves to provide the facility for us to host pilot training sessions from Chapters around the country when people are able to come to Falkirk. In addition to the



training rides and prearranged rides, this location is situated in the heart of the town where there are over 700 residents living in high rise flats, many of whom are in their senior years and use the rides to get out in the fresh air. The first ever Scotland Wide Gathering was held in this park in March 2018 which was well attended by the chapters from around the country.

## Helix Park

The Helix Park and Kelpies are always a popular destination for the Trishaws in Falkirk. Following countless requests from people in the park asking where they can arrange to book a ride for their elderly relatives and friends, we took the decision to seek funding for a 'Trikes in Iconic Places' model.

With help from CATCA we managed to secure funding from the Falkirk Common Good Fund to purchase a trishaw on the promise that if one was to be funded, CATCA would match the fund by donating a further trishaw to reside in the same location. This funding has now been secured with huge thanks to CATCA and the Common Good Fund for making that happen.

With huge thanks to Alex Totten of Falkirk Football Club, we have secured storage space at the Falkirk Football Stadium for the Helix Trishaws on a long term basis free of charge by way of them contributing to the project. Falkirk Football Club are in discussions with us on ideas for forming a partnership arrangement with CWAS for support, fundraising and events.

These trishaw rides around the Helix Park area will be available soon and will be bookable by our office staff at CWAS HQ. All rides will be free and any donations to CWAS gratefully received.





# ACTIVE CHAPTERS



## Cycling Without Age Musselburgh



### **The first chapter to be launched beyond Falkirk.**

Full time Fireman Ewan Dawson undertook the mission to fundraise for a trishaw for his area and was overwhelmed by the support he got from the local community. Through organised fundraising events in pubs, Tesco Bags of Help and generous support from the Walk with Scott Foundation (to name just a few), Ewan raised enough to be the first Chapter to launch outside Falkirk.

With support from the Hollies Centre as a base for booking and connecting rides, Ewan had the wheels rolling around the cobbles and sea front in Musselburgh by Spring 2018.

With family members support, wife Morna and two adorable kids Ted and Bea plus many wonderful volunteers and funders, the Musselburgh Chapter now has two trishaws proudly named Bertie and Bessie providing the elderly residents of the town with regular rides to feel the wind in their hair and experience the generosity and charm of this lovely coastal community.

Ewan now has his sights set on a wheelchair transport bike to add to his offering. Watch this space!





# ACTIVE CHAPTERS



## Cycling Without Age Peebles

Our first visit to Peebles was in February 2018 when we joined Jo Cunliffe who asked us to support her efforts to get a chapter established in the Scottish Borders town. Jo got a team of like-minded local enthusiasts together and they set themselves a mission to get the CWA wheels rolling around the town. The 1st funding bid to the Local Authority did not come to fruition however the group were reeling with the announcement the following day that a single donor had come to the rescue with a pledge to fully fund their Trishaw. Baillie Gifford had a cheque in the post to the tune of £7,500 for CWA Peebles!

Without delay, the trishaw was ordered and duly named by the group after a lovely lady Grace Aitchison who would loved to have had a ride in her but sadly passed away.

Following delivery of their trishaw on Friday 6<sup>th</sup> April 2018, the following exciting news came from Peebles... in the words of Jo...

"We have Grace, we have our lock up, we have five trained pilots, we have a 'committee', we have fundraisers, we are almost ready for our big reveal!

Our publicity person is writing a full page article for our local papers which should be published next Friday. We will then tell our Facebook/Twitter supporters that we have our bike (they don't know yet!). Would be fab if you could fire some stuff/circulate then too.

While I'm here, when will our stickers come? And what's best days/times to get another batch of pilots up to you to train?

I'll get PVG/pilot forms back ASAP.

Thanks homies!"





# ACTIVE CHAPTERS



## Cycling Without Age Perth

**Cycling Without Age Perth were hugely successful in getting their chapter off to a flying start as a result of winning an 'Angel's Share' Funding bid to the tune of £7,500 from Perth Council in December 2017.**

Perth High School pupils led by Information Technology teacher Matthew Mackie and Deputy Rector Lisa Sorbie saw the project on social media, joined forces with Cycling Without Age Scotland and made Cycling Without Age Perth happen. A chance connection with Mr Norman Ridley (aged 82) in the local Bield Housing Association accommodation when seeking user groups for their project has led to a partnership, a Senior Ambassador, a Board member and an invaluable friendship forming between Norman, Perth High School and Cycling Without Age Scotland.

The Perth chapter has continued to fly as Perth High School recently won a further award from the Wood Group Foundation Youth Philanthropic Initiative when they worked up a plan to create

Virtual Reality Trishaw rides for passengers to experience the trishaw before sitting in it!

Norman who was nominated as Senior Ambassador for the project has been championing CWA Perth and Scotland around the world. To name just a few of his achievements, Norman has experienced a trishaw ride in Melbourne Australia during a trip there early this year, has raised over £10,000 single handedly from the Guildry and various other sources for a second trishaw for Perth and appeared on BBC Timeline with Shareen Nanjiani and Glen Campbell with Perth High Pupil Amelia.

Above all his achievements, Norman notes that his defining moment and one he values most was the privilege of taking a trishaw ride round the





River Inch in Perth with his good lady Mary Ridley with pilot daughter Lorna, to celebrate their 60<sup>th</sup> Wedding Anniversary just days before Mary passed away in October 2018. As a fitting tribute to Mary, the Perth Chapter and Cycling Without Age Scotland decided to name the first Perth Trishaw, funded by the Angel's Share initiative after Mary as seen in the photo herein.





# ACTIVE CHAPTERS



## Cycling Without Age Inverness

It has been a busy year with plenty of ups and a few teething downs. It has given us a vision of an inclusive, compassionate Inverness, where being on the road on (three) wheels is worthy of slowing down, waving and wide berths. What's not to like!



INVERNESS

### Passengers and volunteers

Our passengers come from all the central Inverness care homes. We also work with the Mackenzie Centre, Woodlands, Kinmylies Lodge and the Highland Hospice. We have taken out 1105 passenger on 346 rides over the last year. Mick, Callum and Kaye trained nearly 100 pilots of whom 60 pilot regularly. We have run several social events for pilots. Facebook and Twitter allow us to share some lovely photos as well!

### Routes

We have well established local routes packed full of local history from the pilots, most of them taking in the many lovely local green spaces. Highlights this year have been: the Ness side (particularly the ice cream kiosk), Whin Park, the new active travel network of paths to the Canal and Westlink, all duckponds, the Victorian Market, the Botanical Gardens, Eden Court, the UHI campus. The trikes have made it on two adventurous excursions including to Culloden Battlefield. Carnac Point is the latest addition with our own private access key! We successfully campaigned



for some local infrastructure improvement including pothole repairs and bollard replacement to allow for passage of trikes.

### Kit and trikes

We now have four merry trikes after some teething problems: The Beast, Scooby Doo, Black Beauty and Red. We have panniers on each with standardised kit that includes: all weather protection (ponchos, gloves, hats, scarves, blankets), first aid kit, emergency contact details, and most importantly duck feed! All this allows us out in all weather. We have been particularly keen to keep operating over winter months when some care home residents rarely get any sunshine at all! We work in partnership with Velocity Cafe and Bicycle Workshop to keep all our trikes well maintained, and Ross has saved the mechanical day on a number of occasions. Cairn Medical Practice is still our base and hub!

### Events

We have taken part in quite a number of local events including a senior social tea dance, a Contact the Elderly teaparty, several Active Travel events, a dementia awareness event, an SNH active nation event, Lochardil Primary School carol concert, the Remembrance Day parade, an Adventure Festival event. We were delighted to be part of Safe School Road Closure event organised by Sustrans.

### Awards and fundraising

We were very privileged to be involved in Millburn Academy's Young Person Initiative – for which we got the £3,000 award. We have received donations or grants from huge range of other sources including Hitrans who got us started. One Care Home awarded us their Oscore of best volunteer group, and Mick won the prestigious Scottish Cycling Champion award.

### So where next?

We have started piloting “home alone” passengers – a wholly more complex enterprise that is going to need some more careful thought. We are going to be doing regular trips for Raigmore Hospital inpatients who are awaiting social care.

We are working in partnership with SNH and New Craigs Hospital for a new trike to allow rides for psychiatric inpatients and outpatients, as well as care home residents in that area of the city, and with UHI for a further trike to be kept at the campus with volunteers from the health and social care students. With those two further footholds we will cover the whole of Inverness!

Our volunteer base continues to grow and Moira and Mick at the helm run a tight scheduling ship with the help of Better Impact volunteer management software. It's been a fantastic year!



# ACTIVE CHAPTERS



## Cycling Without Age Balmedie

**This project is a partnership between Balmedie House Care Home, Belhelvie Church of Scotland and Cycling Without Age Scotland, becoming involved in August 2018.**



The local church became aware of Cycling Without Age Scotland and saw an opportunity to work in partnership with Balmedie House where the minister is the chaplain.

The aim was to purchase a specially constructed trishaw which would enable the residents, and their families to spend time outside, with the wind in their hair, and the sun on their face, fulfilling wishes, and making happy memories. Balmedie House is situated in the village of Balmedie in Aberdeenshire, close to the sandy beach and other local attractions. The local church was able to help with the fundraising to purchase the trishaw, the staff at Balmedie were very excited to be trained to use the trishaw, and the residents were ready for the adventure.





Almost all of the residents have been out on the trishaw. It has brought back many memories of days gone by, when motorised transport was rare and the only means of transport for most was a bike.

Feedback from families has been very positive. A family arrived to visit and were surprised to find that their gran was out in the trishaw as she had not been outside for years. As the trishaw came back, the family sat in beside their gran, it was a special emotional moment as gran passed away four months later. This moment was captured and will remain with the grand- daughter and one that she can share with her own children.

Janet and Nancy are 95 year old twins, who have always been very close and the two were reunited when they moved next door to each other in Balmedie House.

### **Nancy's story**

Nancy was born in 1923, and is twin sister of Janet. All of their lives they have been close although Nancy is boss, and Janet depends on Nancy and worries if she can't see her.

Nancy left school and worked in the city hospital in Aberdeen until she joined the ATS during World War 2. After the war Nancy started work along with her sister at the Grandholme Mills. They both cycled to and from work, even going home for lunch, covering many miles a day.

Nancy shared this experience, of how Janet and she would talk about the guys they hoped would give them a dance at the next social at the dance hall. With skirts tucked up into their pants, their hair blowing in the wind, they wondered if they would ever get a dance, as if any man saw them cycling there was no way they would want to date them.

When Nancy got married, she left her job in the Mill and started working as a postwoman, delivering the mail by bicycle. Later in life Nancy worked in Hazelhead Academy until she retired, cycling back and forwards every day, cycling 100s of miles each week.

While on the trishaw, funny stories kept coming as Nancy and Janet shared their secrets of the bike rides over the years. We began to see a new side to these ladies and caught a deeper glimpse of their lives. An amazing moment was when the two ladies began to sing a bicycle built for two.

### **Janet's story**

When Janet left school she worked as a nanny, cycling to and from the family home. Like her sister, Janet also joined the ATS during World War 2, based in London. Returning home she started work in the Grandholme Mills alongside Nancy. For many years, until her sister married, they both cycled to and from work coming home for lunch.

Janet continued to work at the mill until she retired, cycling for many years until public transport became available.

Both sisters never stopped cycling, they have great fun and agreed that is how they have lived to be 95.

Having the trishaw has provided a wonderful activity for the residents. I have been a pilot myself cycling along listening to the chat and the stories being shared has also been beneficial for me. To see the residents with their eyes closed, faces pointing to the sky soaking up the fresh air and the sun shine really enhances the wellbeing of the residents. As the manager of the care home, this is why I do the job I do.

Ann Reid, 15 May 2019.

# ACTIVE CHAPTERS



## Cycling Without Age Prestwick

**Prestwick Peoples Project are a Prestwick based group who formed with the purpose of setting up Cycling Without Age for the people of Prestwick. The group have been working closely with CATCA then CWAS since 2017 when they first saw the video created from the Falkirk launch. They have been one of the most active in Scotland with exceptional effort undertaken to get their chapter going. The first visit to Falkirk in 2017 followed by attending the event in the Scottish Parliament in September 2017 consolidated their desire to make the project happen in their town.**

Following numerous funding bids and attempts to attract grants from various sources which were unsuccessful, the group were at a point of reconsidering and almost gave up their mission but a last minute private donation turned their disappointment into success when they received funding for their first trishaw which they took delivery of on the 31st July 2018. Whilst celebrating their good fortune and the delivery of their first trishaw, an outstanding funding application was unexpectedly

granted so swiftly one trishaw became two by January 2019!

The group have demonstrated great tenacity and commitment to the cause and are now proudly delivering rides along the promenade in Prestwick. With members of their group who have been previous health care professionals, teachers, church elders, administrative officers, police officers, architectural technicians, walk leaders and leaders in dementia friendly initiatives locally and through world wide







networking, the group is well experienced, highly driven and destined to have a great chapter operating in their community. To top it all, the group's youngest member Zara Cumlish, a student at Ayrshire College, was announced as our Young Ambassador of Cycling Without Age Scotland for her tireless efforts, skills with older people plus commitment and support for the cause.

Below: Dr Philippa Whitford MP with Cycling Without Age Prestwick

30<sup>th</sup> July 2018 Goggie delivered to Team Prestwick





# ACTIVE CHAPTERS



Alice's first outing in Fauldhouse



## Cycling Without Age Fauldhouse

**Fauldhouse Community Development Trust is delighted to be on the map as Cycling Without Age Fauldhouse, the first chapter to be set up in West Lothian!**

FCDT was successful with a funding application to West Lothian Council Village Improvement Fund to purchase a trishaw and is now providing trishaw rides to local residents from Crofthead Care Home, The Bield residential housing and also some elderly individuals living within the community who may be lonely and isolated. The funds are also being used to investigate how cycle paths could be improved around villages in the area.

The new trishaw arrived in Fauldhouse at the FCDT's Annual Fair Day in September and proved very popular with the local community on its first outing. The trishaw has been named 'Alice' after 83 year old local, Alice, our first excited Fauldhouse trishaw

passenger. Alice said of the experience, "It's wonderful! I would go out on it anytime... just come and get me!"

In Fauldhouse, current trishaw pilots have been recruited through FCDT's Timebank project. Newly trained pilots have been taking residents out, often with their family members, ensuring passengers still feel very much part of their local community. They can go to places and see and chat to people they may not have seen in a while. As residents come back after their trishaw ride, they are invigorated, animated and want to tell everyone about their experience. Word is certainly getting around!

Recently, local woman Flora Campbell, Scotland's oldest Timebank member, celebrated her 100<sup>th</sup>





birthday. Cheered on by her friends and family she was taken along to her birthday party in the village by trishaw. It was piloted by FCDT Director Dave Huddleston and Flora was accompanied by Ann Holloway, Timebank Coordinator.

During this trip it transpired that it was Flora's first time on a bicycle. She explained to Ann, "When I was younger it was the boys that got bikes and that I never had one, so the ride on the trishaw was brilliant!" It is safe to say that she loved the experience and we're sure it won't be her last trishaw ride.

FCDT and Fauldhouse and Breich Valley Timebank are advertising for further volunteers and Timebank members who wish to train as pilots.



Alice on 'Alice' and Flora's 100th birthday trishaw ride



# ACTIVE CHAPTERS



## Cycling Without Age Fife – Pittencreiff Park and Glencraig

**We first visited Pittencreiff Park in Fife on 9<sup>th</sup> May 2018 where we met with Fife Council Cycling Development Officer Kirsteen Torrance and Elaine Stewart, Grant Officer from the Carnegie Trust.**

We had a fabulous meeting in the park where we demonstrated the trishaw and the potential it could offer by way of organised rides for elderly visitors or people with limited mobility.

Malcolm, a member of the Dunfermline Cycle Directive joined us to discuss the possibility of the Pittencreiff and after a short ride on the trishaw he was absolutely hooked on the idea for the park and thought he would have plenty volunteers who would be willing to help make it happen.



Elaine from the Carnegie Trust was equally smitten as was Kirsteen so after a morning in the park, we had all agreed that trishaws would be a great asset to Pittencreiff.

The afternoon followed with a visit to the entirely new Cycle Park

which had just been completed. It is an exemplar cycling resource which hosts a huge array of well designed cycle tracks and leisure facilities for cyclists of all abilities.

After meeting with the Fife Council team and Kirsteen, there was unanimous agreement that the trishaws and a cycling without age chapter would be a huge compliment to the plans they had for all abilities and all inclusive cycling activities for the wider communities of Glencraig. It was quickly agreed that the Carnegie Trust would fund two trishaws for Pittencreiff Park and the Cycle Hub funding would provide two trikes for Glencraig to cover the cycle hub and Loch Ore/ Glencraig area.

Due to long trishaw delivery delays, the trishaws to both locations were subsequently delivered in January 2019.

Both chapters have now had initial training and are good to go with rides in time for summer 2019, when it arrives!



# ACTIVE CHAPTERS



## Cycling Without Age Ullapool

**Ullapool High School Introduces 'Broomie' the trishaw!** Cycling Without Age Ullapool has been established entirely by staff and pupils of Ullapool High School. Led by Mr David Crook (Principal Teacher of Modern Languages) assisted by wife Christine, the pupils used their initiative and fund raising skills to research Cycling Without Age and put together a variety of fund raising bids. After only a few months from undertaking the task to get the wheels rolling in Ullapool, the funds were in place and the trishaw was delivered to the School on 7<sup>th</sup> December 2018. The school pupils were tasked with naming the trishaw which has now been officially labelled as Broomie

The community have pulled together to assist with the project, the Harbour Master offered to help with storage for the trishaw with the local Men's Shed offering their help with maintenance skills.

The winter has now passed, the pupils and local volunteer pilots are trained, the disclosure checks are done and the wheels have rolled round the streets and paths in Ullapool.

On the 3<sup>rd</sup> May the Ullapool facebook post read:



Cycling Without Age Ullapool is now officially up and running! Our first ever passengers on our maiden voyage this afternoon were the lovely Wilma and Etta, who enjoyed the friendly waves and chat as we cycled round West Terrace and down to the pier in a lucky

sunny break between the showers.

Massive thanks to everyone who has got us to this point and to the staff at Lochbroom House for getting the passengers ready today.



# ACTIVE CHAPTERS



## Cycling Without Age Fairlie

**Cycling Without Age Fairlie started during a discussion at our Organic Growers of Fairlie Community Garden committee meeting in June 2018. Electric bike schemes, community resources and community resilience were part of our discussions on how to improve and provide new services. In July 2018 we met with CWAS and had an amazing introduction day to CWA with our community. Everyone who attended the event across different community groups, third sector, two care homes, council and active schools were very positive about the impact such a project would have in the local area. My Dad also attended from Haylie House residential home and had a fantastic time being a passenger on the bike. A former marine, rugby player and a very sporting active person well into his 70's with walking groups having dementia was having a huge impact on his life.**



We narrowed funding options within a few days and an application of interest was submitted to North Ayrshire's Community Investment Fund for the North Coast. This was the first project to be submitted with the full scope of consultation work completed & was ready to be put forward at a local community forum for a presentation and discussion for approval to the next stage. This took the form of a locality partnership meeting on the Isle of Cumbrae with a wider scope of community and sectors involved in the decision making. Christine Bell attended with a trishaw to

strengthen the application and provide input from Cycling Without Age Scotland. The focus was on how the Trishaws could help with the Council's priority of social isolation particularly in elderly residents and would also crosscut other priorities such as, mental health and wellbeing. With over 160 members in the Fairlie Community Garden it was thought that this could be of benefit to a high number of members and the wider community, providing volunteering opportunities as well as taking part as passengers. The garden providing a safe community base for



training and a meeting point to take passengers out equipped with disabled facilities and the essential tea/ coffee and cake! We recognised the opportunities in intergenerational working, skills sharing as well as reconnecting people with their community and nature.

Since our meeting in July 2018 we are delighted to report that the Community Investment Funding was granted for three trishaws plus two other fundraising activities boosted the interest, support and awareness of the project. Alistair Crawford from Haylie House residential home cycled from Mull of Galloway Lighthouse to John O'Groats to raise money towards the project, this had a huge impact of raising awareness of the project in the local area and within



the cycling community. My daughter, Genevieve Gillespie proposed to her headteacher at Largs Primary that a fundraiser in school could help with the project so her Grandpa Bond could go out on these bikes as a family activity. The school backed the idea and a pyjama day took place the day after the Trishaw bikes visited the school campus so primary children and sports leaders from Largs Academy could experience the bikes. These fundraising activities promoted discussion about volunteering, including young people in these projects and inspiring people new to volunteering to take part in helping deliver trishaw rides to the area.



# ACTIVE CHAPTERS



## Cycling Without Age Cromarty

**Cromarty Care Project member Shirley Matheson invited Cycling Without Age Scotland to talk to their community and provide some demo rides for the local people on the 15<sup>th</sup> November 2018.**



Just two days after a fabulous day with the warmest and friendliest people of Cromarty (each and every one of them were truly amazing) we received a call from Shirley to say they had been granted funding for two trishaws for their village! The Highland Cross group provided the full funds for two trikes! This funding pot was topped up by Northern Meeting Charity to enable them to buy some extras which will help with additional supplies such as cosy blankets (and champagne glasses by the looks of things)! They certainly do things in style in Cromarty!

The two trishaws were delivered to Cromarty on Sunday 5<sup>th</sup> May and again, a fabulously well organised reception was awaiting them with Ian Rankin invited to mark the Official Launch of 'Gracie' and 'Patsy'. The trishaws were affectionately named after Patsy the Milk pony who was tasked with pulling the milk cart round the village every day between 1930 -1960 led by Gracie her owner!

The local affection for Patsy and Gracie in their new Trishaw form was clear with smiles and laughter all

the way round the village throughout the launch event. Ian Rankin spoke warmly of the initiative as he addressed the party in the Victoria Halls and made reference to the fact that this project was indeed not restricted to the elderly and that everyone with any form of mobility restriction regardless of age should benefit. It is indeed 'Cycling Without Age' after all!





# ACTIVE CHAPTERS



## Cycling Without Age Inch View

The sight of elderly Edinburgh residents enjoying a spin on three wheels could soon become commonplace – thanks to the delivery of a new form of transport to Inch View Care Home.



Decorated with streamers and balloons, Edinburgh's first care home 'trishaw' arrived in style today at the assisted living facility (Wednesday 27 March) where the vehicle was greeted by excited staff, volunteers and residents.

The rickshaw-style device can comfortably seat two residents at a time and will be driven by volunteer cyclists, who plan to pedal willing residents through Inch Park. The initiative has been generously funded by donations, Cycling Without Age and National Lottery Funding following a campaign by the Inch View Care Home itself.

Commenting, Care Home Manager Jane Brown said, "The staff and residents are thrilled with their new set of wheels and with our successful funding bid! The trishaw has arrived in perfect time for Spring which means our residents

can get that bit more active and closer to nature as the weather gets milder and the local park starts to bloom.

It can be difficult for some of our residents to socialise or to get outside and enjoy the health and wellbeing benefits a visit to the park can bring. But, thanks to our amazing volunteers who will donate their time to make these journeys possible, the trishaw is going to change that. We can't wait to get out into the park and surrounding area. I can't thank the staff and our sponsors enough for making this a reality."



# ACTIVE CHAPTERS



## Cycling Without Age Stirling - Wallace View

Wallace View Care Home hosted a Cycling Without Age Demo day on 24<sup>th</sup> August 2018 and were hooked from that day onwards.



They got their heads down and started fundraising immediately for their trishaw. The wider community were hugely supportive and even Craig Walford the store Manager from the local COOP chose to cycle 100 miles on a spin bike in the Bridge of Allan store and raised £610 towards the trishaw fund! Their fundraising efforts paid off when a chance call from the Mars Goodness Knows Foundation awarded match funding for their trishaw enabling them



to become the first Chapter of Cycling Without Age Scotland in Stirling. The care home residents and staff got together to name the trishaw. All agreed it was to be proudly named 'The Musketeer' in the spirit of One for All and All for One! Hats off to Wallace View!



# ACTIVE CHAPTERS



CYCLING  
WITHOUT AGE  
SCOTLAND  
BRIDGE OF WEIR



## Cycling Without Age Quarriers Village

**Abbeyfield Strathgryffe Society Ltd  
Campbell Snowden House lead Cycling Without Age Quarriers Village**

Campbell Snowden House received their trishaw in September 2018. Led by and managed by the Board members of the group, the trishaw is used regularly by Ileen and John Mulholland and Jim Melville to take residents out and about in this picturesque village and surrounding countryside from Bridge of Weir to Kilmacolm.



# OFF THE STARTING BLOCKS



## Cycling Without Age Biggar

Cycling Without Age Scotland 'Biggar' Chapter got off the starting blocks late 2018 when Fiona Pagett of Keeping Fit Simple teamed up with Greenhills Care Home to apply for local funds for a trishaw for the residents of Greenhills and others in the community. To their surprise they secured the funding in a very short time from a local Wind Farm Fund. Aileen Campbell MSP and Cabinet Secretary of Communities

and Local Government joined the group at Greenhills to welcome their trishaw and get set to ensure the wheels are rolling round the village in time for summer!



## Cycling Without Age Carnoustie

It was only just back in November 2018 that CWAS spent a fabulous blustery day in the heart of Carnoustie meeting the delightful residents of the Kinloch Centre. Whilst visiting, they had the pleasure of taking Margaret, who was soon to celebrate her 92<sup>nd</sup> birthday, out to feel so much wind in her hair that her hat blew off! Margaret loved it, saying, "this is truly marvellous, it's like a roller coaster ride. I feel so alive". Peter who was assisted into the trishaw from his wheelchair absolutely loved the ride out and couldn't wait to make it his regular daily routine. Following the visit, the Carnoustie Befrienders Group led by Lorraine Young

and Jane Brown got to work on seeking funding to make their project happen. Funding applications are in and the group are presently awaiting the outcome. Let's hope for great news for the group!

## Cycling Without Age East Ayrshire Community Hospital



Completely convinced that Cycling Without Age would be right for East Ayrshire Community Hospital residents, dedicated staff member Lainey McLeod of East Ayrshire Community Hospital fundraised for their trishaw then called CWAS in September 2018. Following a visit to Dumfries House in Cumnock to check the suitability of the routes, the trishaw was delivered complete with their first stage of training to a group of over 20 volunteer pilots all keen to get the wheels rolling this summer.



# OFF THE STARTING BLOCKS



## Cycling Without Age Comrie

Gillain Brock of Comrie contacted CWAS back in Spring 2018 to invite us along to her village with a trishaw to see how interested the local people were in having CWAS. The project was warmly received by many and the group set out to explore the opinions of the community at large on whether or not CWA would be right for them. A call to CWAS office in the summer of 2018 confirmed that Comrie were keen to move on with the project and set out to raise funds. Suffice to say, in typical Comrie style, the community got behind the project and the funding was secured. The wheels are set to be rolling round the village by Summer 2019



## Cycling Without Age Dorward House Montrose

In the summer of 2018 CWAS were invited to Dorward House Montrose to show and tell all there was to know about CWA. An introduction to the trishaw and a presentation on the project followed by some passenger rides was enough to get everyone hooked on making it happen. By the end of the year Dorward House had successfully raised all the funds through hard work and lots of fund events. They are now set to get started in the Summer of 2019.



## Cycling Without Age Prince and Princess of Wales Hospice Bellahouston Park

A call from Heather Manson Director of Fundraising for the PPWH in January to CWAS inviting us to talk about CWAS led to a whirlwind of excitement and activity around having a chapter at the Hospice. The first of its kind, this venture would have the potential to provide a proven model of the benefits of CWA to people who visit Hospice settings around the country. Just two days following the visit to the Hospice, the funds were secured for two trishaws from private Donors at a Burns Supper event. The trishaws are ordered and the plans for their arrival and operation are underway with CWAS and the Hospice.

# CHAPTERS AWAITING START UP



## Queens Cross Housing Association Maryhill

**Queens Cross Housing Association has teamed up with Cycling Without Age to trial their tricycles in the city for the first time.**

The association, which manages around 4500 properties in the north west of the city, has recently launched an Older People's Service to support tenants over 60 who need some extra help to live independently.

"Evidence shows that loneliness and isolation are two of the biggest factors that impact on the quality of life of our older tenants and is a major factor in health deterioration. By giving people opportunities to get out the house and meet others we can help break this downward spiral and this might be another option we could offer," said Queens Cross's Director of Neighbourhood Services, Louise Smith.

Queens Cross will now be exploring ways of recruiting volunteers to bring in the tricycle on a full time basis as well as looking at suitable cycle routes around the area.

Speaking at the launch of the trial, Councillor Martha Wardrop said, "All the residents in the area should be able to get out and about. I feel it would really benefit their health to get them outdoors, in the fresh air, socialising and meeting friends.

The Forth and Clyde Canal has had a huge amount

of investment but we need to improve access for everyone – Cycling Without Age could change all of this. It has the potential to make a big difference to people's quality of life."

Queens Cross tenant Linda Donnelly was one of the first people to try out the trike. "I think the bike's really good. It helps to get elderly people out who can't ride a bike and it can also get people out and meeting each other. I think it could be really good for the community," she said."





## Queensferry

### A first for the trishaws.

A celebratory conga over the Forth Road bridge with the team from Queensferry Care. Looking forward to Queensferry having its very own chapter of CWA!

Queensferry Care are grateful to be supported in their endeavours by the Rotary Club of South Queensferry.



## Hannover Housing - Juniper Green Edinburgh

CWAS was at Hannover Housing in Juniper Green Edinburgh with Tammy, Manager of St Margaret's Court and James Brown.

Fabulous paths along the Water of Leith. All working to help bring CWA to Hannover Housing.

## Getting Young People Active in Girvan

On 1<sup>st</sup> August 2018, CWAS attended Girvan Wheelers 'Year of Young People' Big Bike Revival. The event on the beach was all about promoting the way in which volunteering for CWAS crosses the intergenerational barriers.

By providing opportunities for people from all age groups to get together, all can have a great time whilst getting active. There was a great support for the project which left members of the local community seeking groups to get a chapter off the ground.



## Hawick

On the 22<sup>nd</sup> October CWAS met with Cheryl Fowler Community Capacity Builder and Keith Irving Outdoor Education Officer of Scottish Borders Council at Deanfield Residential Home to scope the site for possibilities of starting a chapter.

The residents and staff were delighted with the prospect of having their very own project and are keen to fundraise to get a chapter started in Hawick.



## Ballachulish

**A visit to Abbeyfield Ballachulish in May 2018 was one that most definitely holds the fondest memories.**

The setting in the hillside was beautiful and the people could not have been more welcoming. The sun shone high in the sky and the smiles were abundant when one lady passenger who tried out the trishaw ride stated that she had not been able to get out on transport for many years as she suffered a bad back which bus and transport rides caused extra pain to, yet the exhilaration of the trishaw and the smooth comfortable sofa like seat, was perfect for her. She was overwhelmed at how much she loved it. Abbeyfield are considering taking CWAS to their Ballachulish Care Home. It's certainly a lovely setting for it.

## Dundee Locality Stakeholders meeting

15<sup>th</sup> January was a cold dark night in Dundee and still there were smiles all round! This is just a picture of a few of almost 30 people from Stakeholder Groups who attended the information evening in the Mitchell Street Community Centre. Huge thanks to Wendy Gordon for setting up the meeting and to every one who made the effort to attend on a cold damp Scottish night in January. That's commitment!

A gathering of great minds and such enthusiasm from everyone. We are sure there will be chapters in Dundee soon.



## Belmont House Care Home Stranraer

**At the request of William the activities Coordinator at Belmont House CWAS visited on 17<sup>th</sup> January.**

The freezing temperatures in the winter sunshine did not deter residents to try out the trishaw. Both staff and residents loved the visit and hoped they could have a chapter running locally in the near future.

An opportune visit to the wonderful Fig and Olive Café brought many chance connections with local cyclists and the lovely Australian owner of the cafe who would be very willing to help a chapter get established.





## Clackmannan Henry

A phone call to the CWAS office one afternoon from Mr Henry Gill who was seeking some advice on how he may engage with the project has led to him forging full steam ahead to fundraise for a trishaw or two in Clackmannanshire.

He has, through his solo efforts, arranged visits for CWAS to care settings in Clackmannanshire and has already raised considerable funds towards trishaws for Clacks. Henry is now joined by a group of eager supporters who are helping make the trishaw dream for Clackmannanshire a reality.

## Grangemouth Chapter for Zetland Park

Grangemouth High School Pupils got their idea for a Chapter of Cycling Without Age in their community off to a flying start by winning their School Youth Philanthropic Initiative (YPI) sponsored by The Wood Foundation.

They were presented with a cheque for £3,000 for putting together the best case study of a local charity and how it would seek to benefit the local people by taking them to the park in the centre of their town. Some members of the CWAS team of dedicated volunteers supported their efforts as the ladies put together a video of the rides and how they benefit so many people. The school team also connected with the wider community and the Friends of Zetland Park Group to bolster their case. The volunteers then joined them to watch the presentation they put forward. It was thrilling to see them talk with such knowledge about CWAS and present their case for Grangemouth. Well done to Kaitlin and her team of talented young ladies.



# HERIOT-WATT RESEARCH

## Evaluation



“The report provides a summary of that evaluation. Though developed in collaboration with Cycling Without Age Falkirk and The Ageing Lab, the evaluation was conducted by Janet Biggar, an independent researcher.

The report details the many positive experiences of those taking part in the trial, by listening to the care home residents who took part and their families, the care home staff, and the volunteers themselves. The report also details what has been learned from the trial to support the wider roll-out. Since the initial trial in Falkirk, the initiative has spread across the rest of the country, led by Cycling Without Age Scotland and supported by the Scottish Government.”

Dr Alan J. Gow  
Associate Professor, Heriot-Watt University.

This has been a successful trial of the Cycling Without Age initiative in Scotland and CWA staff have learned a great deal through implementing it. The training and safety protocols have been continuously reviewed and improved. There is a strong sense that the initiative is very well organised, with staff and Pilots now having a strong feeling of ownership and of belonging to the movement. Dialogue is open, positive and

solution-focussed and the learning from the CWA Falkirk trial at Carrondale has been used to develop the initiative for the current roll-out. Pilots and CWA staff have an open and productive relationship and sense of joint working towards a common goal.

There are clear benefits and impacts for care home residents, primarily a sense of freedom, enjoyment of fresh air and social interaction (with each other, the Pilots and people in the community). Connections with community, environment and meaningful, genuine relationships between Pilots and residents have developed through CWA. Staff and family members identified impacts in terms of mood, alertness and general wellbeing.

Pilots too benefit from developing connections to people of another generation, their local area and each other and report improved wellbeing.

CWA Scotland has learnt a great deal through this trial Chapter and that learning is contributing to the ongoing roll-out of the initiative. Monitoring and evaluation approaches can be developed to reflect this journey and provide ongoing feedback, learning and contribution to development.

This evaluation was funded by the Scottish Government funding to Cycling Without Age Scotland, with additional support from the School of Social Sciences (Heriot-Watt University).



# STRANGERS CONNECTED BY A PLACE IN TIME



**A chance phone call to CWAS office by Anne Sherrif led to an experience of a lifetime for Andy Crawford and wife Bett on 26<sup>th</sup> July 2018. Anne wanted to surprise her Dad who was due to celebrate his 90<sup>th</sup> birthday, by arranging a trishaw trip to the town where he was born 90 years earlier.**

On the day of his big birthday, pilots Christine and Harry took Andy and Bett out for a fabulous ride in the early evening sunshine. On discovering Andy was born in Bainsford, they set out to find his birthplace.

On arriving at the very house and being spotted by the occupants taking pictures of the house, they came out to see what was going on. The present owner David Tanner and his family invited Andy and

Bett into seeing the very kitchen where Andy was born 90 years earlier to the day, on the kitchen table!

There was not a dry eye on the trishaw as daughter Anne and granddaughter plus pilots Harry and Christine waited on them to return. Andy and Bett said it was the most wonderful experience for them both and something they would never have imagined would ever happen! United by a trishaw and connected by a place in time by strangers. One of life's magical moments.





# MEMORABLE 'MOVING' MOMENTS



On the 11<sup>th</sup> July CWAS were invited to help James Munro of Alastrean House Balhousie Care Home, celebrate his 104<sup>th</sup> birthday with a Trishaw ride around the grounds. It was a privilege to share this special day with James, a retired Headteacher and his lovely family!



Nostalgic ride to the Kelpies today on our 2nd anniversary of bringing Cycling Without Age from the founders Dorthe and Ole in Denmark all the way to Scotland.

Mary Duncan and Jim Taylor were the first passengers in Scotland's prototype trishaw. They were due to join us for an anniversary ride but sadly Jim passed away just before the event. The trishaw in his name will mark the memory of a wonderful man.

Mary's son, Jim Duncan came over from Dublin and proudly took up Jim Taylor's space in the trishaw. Both enjoyed the very ride that Jim and Mary enjoyed on the same day in 2017 from Carrondale Care Home. There were tender moments for Jim and his mum Mary who celebrated her 91<sup>st</sup> Birthday on Wednesday 20<sup>th</sup> February.



Jenny Smart now 103 and Agnes Tough, 91 joined us for a trip to the Cherry Blossom Alley at Denny Town House. What a very special occasion and a remarkable 251 years of living in just one trishaw!



A beautifully sunny weekend packed with activities starting with a special birthday ride for Fiona and her friend Margaret. Arranged by Fiona's daughter, we took them to parts of Falkirk they never knew existed. Fiona simply loved her day saying she couldn't have asked for a better gift!



## YOUNG AMBASSADOR



### Zara Cumlish

We are proud to have Zara Cumlish as our Young Ambassador for Cycling Without Age Scotland!

Zara, the youngest member of our Prestwick Chapter earned this title very deservedly through her dedication to the project. Zara led the Locality bid for the Prestwick Chapter on 11<sup>th</sup> March 2018 which earned their first £1000 funding donation.

Following this huge success, Zara went on to invite CWAS to Ayrshire College to present the project to her fellow pupils and to promote and encourage the support of the College. She then represented CWAS at the Central Scotland Green Network 'Investing in Young People' Conference in the Scottish Parliament in December 2018. Zara's skills in engaging with older people and her tireless efforts and commitment to promoting Cycling Without Age are exceptional, making her a perfect Young Ambassador for CWAS.

## SENIOR AMBASSADOR



### Norman Ridley

Our Senior Ambassador for CWAS Norman Ridley of Bield Housing in Perth, has been out and about doing what he does best – Promoting our cause!

Norman has had a whirlwind of a year with many mixed emotional experiences yet CWAS is at the forefront of his agenda constantly. His dedication and commitment is exemplary and his energy and tenacity enviable. Despite losing Mary, the love of his life in October 2018, Norman kept his spirits high. He constantly promotes and champions the cause-raising funds everywhere he goes. His efforts were such that it was recognised that he would be a fitting compliment to the Board of CWAS so joined as a Trustee.

Norman attended the Queen's Garden Party with daughter Lorna last year and was nominated in Perth Courier Impact 100 as one of the top 100 people who inspired our World in 2018-2019. A true champion!



# MEDIA OPPORTUNITIES 2018

NEWS AND JOURNAL  
Friday, May 8, 2018

## EVENTS

### Rebus writer helps mark arrival of town tri-shaws

Trikes will enable Cromarty frail and elderly get out and about

CHRIS MACLENNAN

Cromarty's first tri-shaw arrived yesterday, helped by a local Rebus writer. The arrival of the first tri-shaw will enable elderly and frail members of the community to get out and about.

Around 60 locals gathered in the Victoria to enjoy tea and cake and to see the arrival of the first tri-shaw. The tri-shaw is a three-wheeled vehicle, which is designed to be used by frail and elderly people. It is a small, three-wheeled vehicle, which is designed to be used by frail and elderly people. It is a small, three-wheeled vehicle, which is designed to be used by frail and elderly people.



18: East Lothian Courier, Thursday, January 25, 2018

## MUSSELBURGH

### Actor's bid to help older people have joy of cycling

Still Game actor takes to the road in a trishaw to highlight group's efforts

By Neil Campbell

MUSSELBURGH actor James Martin showed he's still got it by taking to the roads in a tri-shaw to mark the launch of a new cycling initiative. The actor, who played Jimmy Peacock in the hit TV series Still Game, was seen on the roads in a tri-shaw, a three-wheeled vehicle designed for frail and elderly people.

The actor, who played Jimmy Peacock in the hit TV series Still Game, was seen on the roads in a tri-shaw, a three-wheeled vehicle designed for frail and elderly people. The actor, who played Jimmy Peacock in the hit TV series Still Game, was seen on the roads in a tri-shaw, a three-wheeled vehicle designed for frail and elderly people.



www.westlothsiancourier.co.uk

## CYCLING WITHOUT AGE

### A wheeely great eve

Elderly people shown how trishaw can give them a new lease of life

Online first

A special event held in Dundee recently proved it had real pedal power. A group of elderly people gathered in Dundee to see a tri-shaw, a three-wheeled vehicle designed for frail and elderly people. The tri-shaw is a small, three-wheeled vehicle, which is designed to be used by frail and elderly people.



## THE COURIER

Angus & The Mearns edition

No. 51,7



El Candy and Sheila Banister, residents at Dorward House, Montrose, and manager Lavine McMaster try out a new trishaw. Picture: Kim Cessford

### TAKEN FOR A RIDE

Trishaw bike that enables less mobile people to enjoy the experience of cycling with the help of a more physically able pilot, an electric motor and a comfortable padded seat and cover.

Both Beth and Pat, good friends since being introduced by CEB a number of years ago, chatted and waved to people as they cycled, enjoying the feeling of the wind in their hair.

Cycling Without Age has been rolling out their project across the country since a BBC video on their work with a Falkirk care home gained 20 million views in a matter of days.

Christine Bell, the executive officer of CWA Scotland, and her co-worker Alastair Smith had been talking to Cowal Elderly Befrienders for some months before their visit and the two projects are working on bringing a bike permanently to the Dunoon-based charity.

Robin went on: "We had a really great day with CWA Scotland, and Beth and Pat had a wonderful time on the bike."

Christine and her organisation share the same views as ourselves on increasing socialisation and reducing loneliness for older people.

"We have some fundraising to do before purchasing a Trishaw but we hope to turn this initial trial permanent service."





## Norman, Amelia and Christine on BBC2 Timeline



Christine on Sky Breakfast News, 25 June 2018



Residents from Causeway Court, Kinross, taking part in the Cycling Without Age initiative.

Communities in Perth and Kinross are set to benefit from the Glasgow 2018 European Championship Legacy Fund.

This initiative will inject more than £20,000 into Perth and Kinross-shire's community sport hubs.

The programme offers a one-off investment of up to £5,000 to each of the groups.

St Madoes active sports hub will receive more than £3,500 worth of

Cycling will be the main focus for both the Kinross-shire community sports hub and Auchterarder community sports and recreation, with the two centres getting almost £10,000 between them to launch individual projects.

Kinross-shire community sport hub's Cycling Without Age initiative is targeted at elderly residents and the funding will be used to buy two new trishaw bikes.

The Auchterarder facility will



# Forbes 'pedals' new policy for older folk

**By Tom Ramage**  
Lynchburg, Virginia

**BADENOCHE** MSP Kate Forbes is asking its senior citizens to get on their bikes for fitness - and this week she shows them a very good way to do it.

The SNP, Says, Lockhart and Roderick politician hopes a new innovative cycling scheme will help older people across the south and wider Highlands stay active and socialise.

Following a successful pilot in Fallow, Holywood is providing £300,000 to set up the Cycling Without Age (CWA) project in five local authorities across the country during 2018/19.

Originating in Denmark, CWA encourages volunteers to take older people for bike rides, using specially designed "trishaws". It aims to help socially isolated older people meet others and be physically active.

A group of four people, including Kate Smith, posing in a wheelchair in a hallway. The caption reads: "TRY THIS OUT! Kate Smith, left, and her friends pose in a wheelchair."

recently met with them in the Scottish Parliament and I think it's about time we got a project going in the Highlands.

Obviously, rural geography and the mountains mean there are additional challenges but these are not insurmountable.

Any initiative to enable people to meet one another and enjoy some physical exercise is to be welcome.

to the debating chamber in one of the trihulls with deputy presiding officer Christine Grahame MSP.

Mr Forbes said: "Cycling Without Age Scotland is a brilliant charity to help older folks get out and about, I



## CYCLING PROJECT HAS 'INCREDIBLE' IMPACT

A CANE-SOME candidate has been given a new lease of life at the age of 99 thanks to a...

By Julie McLaughlin  
Staff Writer

Sharon Tarkenton was one of the first guests at the home to test the new kitchen that which is holding the family's visiting without

What said the South: "A lot of our thousands have deserted."

Adrian Brown, 33, of Eastgate, and his wife, Cheryl, 32, of 10000 E. 10th, were arrested on charges of kidnapping and sexual abuse of a child.

But this morning, a lot with  
helping them to remember a  
certain feeling or experience.  
The times they were in illness  
what they were younger.

[illegible]

chance to get up and get some fresh air, allowing them to go along the grass and feel a part of the community again.

...the fact that a large proportion of the population is still illiterate, and that the country is still a long way from being a fully developed nation.



Shakers and now they are all wrapped up it means they can go out in any weather."

*Executive Board from Fall.*



# DONATIONS

**A BIG THANK YOU for the Generous Donations made to Cycling Without Age Scotland for Chapters Country Wide collected from Events, Presentations and Public Donations.**

**Donation made were:**

Larbert West Church	PA Advocacy/Angus MacDonald MSP
Ineos Group	Colin Morrison
Walk for Jock Cheryl Dick	Glenbervie's Ladies Group
The Wood Foundation/Kinross High School	Norman Ridley, Bield Housing Association for the Perth Chapter
William Purves Funeral Directors	Fairley Primary School Pyjama Party Organised by Genevieve Gillespie
Denny WASP	Dunbarney & Forgandenny Parish Church for the Perth Chapter
Falkirk Council Deaf/Blind	Mr & Mrs Ian Smith Larbert
Larbert West Church Guild	Perth High School Collection for the Perth Chapter
Falkirk Canal Inn Quiz	
Callendar Park Passenger Donations	
Aidan and Carol Wylie	

**\*Grants made possible by the Generous Considerations of:**



**Online Giving /Donations:**

Some of our Chapters asked their community, friends and family  
 Inverness  
 Wallace View Care Home, Stirling

Largs, Fairley and Cumberae  
 Dorward House Care Home, Montrose  
 Queensferry

\*plus donors who have requested anonymity



# FINANCIAL SUMMARY

Statement of Financial Activities subject to final audit  
Incorporating Income and Expenditure including funds, donations, income and assets transferred from Communities Along the Carron Association

Draft account for the period ending 31<sup>st</sup> March 2019

<b><u>Income:</u></b>	<b><u>2019</u></b>
Donations transferred from CATCA Includes funds and assets from restricted reserves of CATCA	121,064.00
Chapter Income (Trishaws ) Includes Income held by CWAS for chapters across Scotland	229,566.00
Government Grant (for revenue and capital spend)	300,000.00
Other Grants/ Ringfenced Funding to CWAS	45,932.00
Other Income (Bank interest)	218.00
Total turnover to end March 2019	<hr/> 696,780.00
Expenditure on charitable activities Includes salaries, all running costs/overheads	272,552.00
Trishaws	264,517.00
Motor Vehicles	20,667.00
Fixtures, Fittings & Equipment	<hr/> 14,137.00
Total Expenditure	571,873.00
Net Current Assets	<hr/> 124,907.00
Total	<hr/> 696,780.00

Audit currently in progress by Dickson Middleton Chartered Accountants

Supported by:



**Scottish Government**  
**Riaghaltas na h-Alba**  
**gov.scot**

Address: Cycling Without Age Scotland SCIO,  
(known as CWA Scotland) Scottish Charity SC048128  
The Flat, Glenbervie Golf Club, Stirling Rd, Larbert, FK5 4SJ

Regulated by the Scottish Charity Regulator (OSCR)

# ABBOTSHAUGH BRIDGE



## Abbotshaugh Bridge Opening 19th June 2018

**This report would not be complete without reference to the hugely significant opening of the Abbotshaugh Bridge. Significant to the extent that this very opening is a flagship example of Community Empowerment and people making things happen in the same way as each and every chapter across Scotland and worldwide are now doing with Cycling Without Age.**

The very essence of Cycling Without Age is entrenched in grass roots groups in the heart of communities doing it for their local communities. It is what is unique about the project, is what makes it so successful and is what attracted Communities Along the Carron Association (CATCA) to the CWA.

CATCA was firmly rooted in community empowerment and when they set on their journey to deliver on the aspirations of the communities they represented along the river, the wish for a bridge across the river in an area that had never been considered for such a crossing was high on the agenda. Partnerships with the Local Authority were central to the group's successes and conversations about the aspirations took place throughout the years of CATCA's activity. Two existing crossings over the river were successfully renewed having reached the end of their structural safety at a cost of over £1 million which CATCA were involved in helping to raise contributions towards,

but the aspiration of an entirely new crossing seemed one step too far. However with continued campaigning, tireless commitment to the cause and the powers of community engagement with key stakeholders between 2010 and 2016 it seemed like the possibility was on the horizon at last. Negotiations and joint working between many stakeholders such as Sustrans, LEADER and Central Scotland Green Network Trust including CATCA's Chairman Mr Ian Howarth and led by Falkirk Council, finally resulted in the communities wish for a brand new bridge in this location being granted and fully funded at a cost of circa £850K.

It was an extremely emotional time for CATCA members to see the most significant aspiration of the communities they engaged with come to fruition at the opening of the Abbotshaugh Bridge on 19th June 2018, just over 8 years since the conversations started. The message however is loud and clear in that Communities and people



do make things happen, authorities do listen to aspirations of the people and that Community Empowerment should never be underestimated or understated.

The Abbotshaugh Bridge is not only delivering on one of CATCA's key objectives but it is now carrying 1000s of people across the watercourse, opening up the use of 100s of Kilometres of path networks to

many who were previously cut off and of course, it is being crossed by trishaws on a very regular basis.

So Chapters around Scotland take note! If your paths or access routes need some enhancement to enable CWAS to expand its routes, start talking with your local authority. People like you can make a difference.



## THE BOARD

# Cycling Without Age Scotland Trustees

### 2018-2019

Lesley Black	
Graeme Hendry	
Robin Millar	From November 2018
Dorthe Pedersen	
Norman Ridley	From November 2018
Kelly Talcott	From November 2018
Jean Weir	
Andrew Ireland	November 2018-April 2019
Jennifer Lim	Until December 2018

### Shadow Board members who formed the SCIO

Ian Howarth	Until June 2018
Mark Smillie	Until June 2018
Clara Walker	Until June 2018

Some trustees stood down for health, work or personal reasons during 2018-2019. The trustees are grateful for their service.

### Going Forward, 2019-2020

Frank Clark
Graeme Hendry
Robin Millar
Dorthe Pedersen
Norman Ridley
Kelly Talcott
Jean Weir

# A HUGE THANKS!



In January 2018, CWAS were delighted to be presented with a cheque from the Alloa Area Belly Dancers for funding towards a trishaw. Tineke Kemp and her friend danced their way towards raising £550 for their area.



The amazing youngsters at Millburn Academy won the Young Philanthropist Initiative (YPI) final in their school. CWA Scotland are their chosen charity and will receive £3,000.



Team CWA Perth High School are rolling it in for their project with highly innovative ideas that won a £3,000 YPI for their cause.



Delighted with the work of this group from Grangemouth High School who won their YPI funding challenge for a trishaw for the people of Grangemouth.



A fantastic result for Perth High School who secured funding for their Trishaw from Perth Council.



Thanks to The "Walk for Jock" volunteer fundraisers who presented a cheque to us with the help of Archie McPherson at Platform 3 lounge in Linlithgow. Extra commendation to Cheryl Dick who walked the West Highland Way and chose CWAS as one of her recipients.

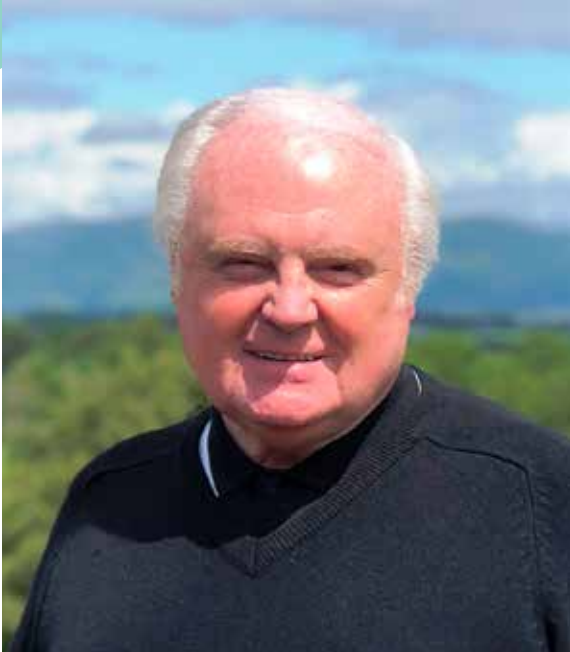


Riding the trishaw through Glasgow's Riverside Transport Museum joined by Alistair Crawford from Haylie House residential home who cycled from Mull of Galloway Lighthouse to John O Groats raising over £1000 towards the Fairlie project.



# THE WAY FORWARD

## Professor Frank Clark CBE, new Chairperson



**We are delighted to announce that Professor Frank Clark CBE has joined our Board as the new Chairperson.**

Frank brings a wealth of knowledge and experience to Cycling Without Age Scotland. He served as past Director of Strathcarron Hospice, Convener of the Care Commission and the first Chair of the Care Inspectorate. Regarded as one of the country's leading experts in Corporate Governance, Frank co-produced the "How Good is Your Governance" Programme which he delivered to a wide range of bodies. His proven ability to build successful relationships at all levels in organisations large and small will enable the Board to provide strong strategic leadership to the organisation and operate effective risk management. We look forward to working with Frank and supporting Cycling Without Age Scotland SCIO to be all it can be.

Our previous Chairperson, Jean Weir continues to serve on the Board of Cycling Without Age Scotland having now taken up the position of Secretary.

## Meet the Cycling Without Age Team



**Left to right:**

Carol Wyllie, Administration Officer

Susan Tait, Sustainability Officer

Christine Bell, Executive Officer

Jen Thomson, Project Officer (Volunteering)

Hilda Leiper, Finance Administrator (Part Time)

Andrew Ireland, Operations Manager



Daniel Porter,  
Pilot Trainer

(Part time freelance)

Thanks are extended to Ross Galloway who was a member of the team from April - August 2018

Thanks also to Alastair Smith for his dedication to CWAS from 2017 - 2018 then as Operations Manager 2018-March 2019.

Thanks also to Alan Anderson of Forth Valley Cycle Works for his technical support throughout 2018-2019.



# SCOTTISH PARLIAMENT

## Scottish Parliament Exhibition Event for CWAS sponsored by Angus McDonald MSP

The above event was held over three days in June 2018 during which Cycling Without Age Scotland were delighted to have received widespread cross party support with over 50 pledges from MSPs to spread the word of Cycling Without Age in their constituency. Here are some of these pledges.



Sandra White MSP



Patrick Harvie MSP



Bill Bowman MSP



Bill Kidd MSP



Christine Grahame MSP



Edward Mountain MSP



Elaine Smith MSP



Tavish Scott MSP



Rachel Hamilton MSP



Gillian Martin MSP



Gordon Lyndhurst MSP



Graham Simpson MSP



Jaimie Greene MSP



James Kelly MSP



Katie Forbes MSP



Ross Greer MSP



Jamie Halcro Johnston MSP



Jeremy Balfour MSP



Joan McAlpine MSP



Mark Ruskall MSP



Myles Briggs MSP



Alison Johnstone MSP, John Scott MSP, Liam Arthur MSP



Ruth Davidson MSP



Stuart McMillan MSP

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