



NEWSLETTER No.1!

Autumn 2020

1st September 2020



Christine Bell
CEO

Cycling Without Age Scotland



What a Year!

Exactly one year ago, we were coming to the end of a fantastic Cycling Without Age Scotland Summit weekend of wonderfully sociable camaraderie, learning from each other and from experts and, of course, completing and celebrating our amazing Long Ride. If you were there and want to re-live the brilliant memories ... or if you couldn't be there and want to get the feeling ... just have a look at the video by [clicking here](#).

If anyone that weekend had mentioned "COVID-19", we would have had no idea what they were talking about, but it was just around the corner and the impact on everyone, as we all know, has been enormous. The on-going commitment to our amazing Cycling Without Age Scotland project by all our Chapters, volunteers and other supporters has been enormously heartening, and the determination you've all shown to get our wheels rolling again is genuinely uplifting. *Thank You!*

We've been keeping very busy, as this newsletter and our (completely re-worked) website show, and several Chapters have admirably kept as active as has been possible during the pandemic, including delivering prescriptions to people in lockdown.

The fantastic news is that, WITH CAUTION, we now can get rides going again. Please do check [here](#) our guidance for re-starting rides. Unfortunately, we're not currently extending the re-start suggestion to rides for care home residents and our guidance explains that in more detail. Hopefully, though, it won't be too long before *everyone* can be out and about again enjoying "miles of smiles" in our beautiful trishaws.

With our hopes high for a productive autumn and a return to life at least approaching normal, I am delighted to be sending you this, our first Cycling Without Age Scotland newsletter. It will update you on key pieces of news and developments, show you how the CWAS spirit has been keeping going during the pandemic and celebrate some terrific achievements.

Our next newsletter will be issued at around Christmas so do, please, keep sending us your news, stories and pictures. In the meantime, I hope that you really enjoy this edition and, again, thanks for all you do to make Cycling Without Age Scotland so, so special.

Christine



CWAS Chapter Captain Ken McLean and trishaw "Stellanor" serving their locked-down community.



CWAS website: re-worked from top to bottom.



Exciting new additions to CWAS fleet further our "Accessibility For All" campaign.



Gullivers travel very far and wide for CWAS!



... and more. Read on!



Well done

to all those who have kept the CWAS wheels rolling in whatever way they could, including:

Showing versatility and unswerving commitment,

Denny and Dunipace Chapter

demonstrated how much Cycling Without Age Scotland can be part of and serve its community by ensuring that residents in lockdown received their vitally important prescriptions ... and it kept trishaw "Stellanor" in action!

Click [here](#) to read the full story about the efforts of Ken and Theresa McLean, their colleagues in the Chapter, June Friel MD of Pines, Pleun and Larbert pharmacies and the pharmacies' staff which prompted the following praise from Joe Fitzpatrick, MSP, Minister for Public Health, Sport and Wellbeing:



"The Scottish Government is proud to support the roll-out of Cycling Without Age across Scotland. I congratulate the Denny and Dunipace Chapter for the tremendous work being done to assist the most vulnerable in the local community during the COVID-19 outbreak."



And great news from Auchterarder ...

where Rowena Ross from Aberuthven, volunteer with our Perth Chapter, is now getting under way here! You can read the full story [here](#).



Musselburgh Chapter ...

Keeping both pilots and trishaws fit and ready to go once lockdown has eased including:



Co-Pilots Ted and Bea giving "Bobby", Musselburgh's wheelchair Trishaw, a wee spin around the Grove....

And a HUGE well done to Musselburgh pilot Lynne, who recently took her friend Panna for a socially distanced spin. Panna has mobility issues and has been shielding, so getting out and about was a double treat – especially with her very own superhero (great outfit Lynne!). Panna reminded us that we're lucky to live in such a lovely place and that the simple joy of getting out shouldn't be taken for granted.



And as a reminder of how important support for CWAS is, no matter what, where or from whom, let's pass on Musselburgh Chapter's big shout-out thanks to all at [Ace Bike Co](#) which has just written off the Chapter's latest bill because so many people associated with the Chapter have been using the company during these challenging times. All support counts ... a lot!





Elgin Chapter

A message from Chapter Captain, Chris Ince, which so brilliantly captures the spirit of Cycling Without Age Scotland:

"Like all of us, the moment lockdown was announced, our thoughts were with those wonderful people we have the privilege to take out on the trishaw, knowing that everything was going to be put on hold.

In our case, it was trishaw 'Daisy' at Anderson's Care Home in Elgin. In March, I had been busy training up five pilots to join the five we already had since commissioning 'Daisy' last September. We were especially looking forward to taking the Anderson's residents out at Easter and in the months ahead into summer. We had plans for picnics and joyful rides to the coast in Moray. One resident even mentioned sneaking out a few glasses and a bottle of 'fiz'!

We were obviously concerned about the residents because the COVID-19 virus has proved to be devastating for vulnerable elderly people in U.K. care homes. Through good fortune and superb management by Kathy McGrath-Gunn, Anderson's Manager, all residents have kept well.

I am determined that we will soon be out again in the fresh air, with a smile on everyone's faces and laughter with the children and dog owners in the park. We will have that special hot chocolate kindly provided by Cobb's at Elgin Library! We will enjoy the coming Autumn and colours, wrapped up in cashmere, courtesy of Johnstons of Elgin Cashmere Centre.

There will be stories to be told, memories to cherish and shared laughter. There is work to do on our new trishaw garage/ workshop. So much to look forward to, including fundraising for another trishaw. We can't wait!"



Enjoying the ride are Jean MacPherson and Jeannie Gerrard.

Exciting new additions to the CWAS fleet!

supporting our "Accessibilty For All" objective:

Though our fabulous trishaws can get to a great many places, there are some trails and tracks that are just too much of a challenge – whether they're too narrow, bumpy or hilly. That's where these great all-terrain wheelchairs come in.



Having assessed what is available on the market, we've trialed and have selected two versions of the "Paratreker" all-terrain wheelchairs: the Paratreker 3 and the Paratreker 4. They've been created by specialists GM4X, whose skills we've already engaged in heading up the technical/ maintenance service we provide. You can find out more at www.paratreker.co.uk

These "all in the UK" excellently engineered and manufactured products, which are surprisingly light considering how robust they are, will help us take our passengers to many more inspiring places. For example, a combination of trishaw and all-terrain wheelchair will make accessible much more of the Antonine Wall and John Muir Way, projects on which we're currently very busy. What's also great about these chairs is that they can involve family groups and/or teams (see picture below) – making getting out and about genuinely inclusive.

Senior Ambassador and Trustee, Norman Ridley, joined our most recent trials in Perth. Find out more and read the Perth Courier article [here](#).



We will be issuing more information about the all-terrain wheelchairs in the near future, but please do contact us if you want to find out more now.



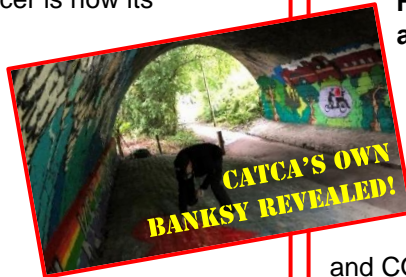


Happy 10th Birthday CATCA, founder of Cycling Without Age Scotland!

We are delighted that CWAS is featured in two new large exterior murals commissioned by Communities Along the Carron Association (CATCA) to mark and celebrate its 10th anniversary, reflecting the outstanding beneficial impact that the organisation has had - and to celebrate COVID-19 key workers.

The connection between CWAS and CATCA is a fundamental one, as CATCA was the founder of Cycling Without Age Scotland and CATCA's original part-time Project Officer is now its Chairperson: Christine Bell!

"CATCA's very own Banksy" is actually no mystery. He's Scott Gilbert a public artist from Falkirk who specialises in large murals in virtually every location imaginable, from underpasses to dance studios and schools. Over the years, he has captured the spirit of CATCA – and what spirit it is!



CATCA was formed officially as a volunteer community group on 22nd March 2010 (World Water Day during the International Year of Biodiversity) by Christine Bell, Michelle Miller Allen and a Steering Group consisting of various interested stakeholders. Its purpose was to regenerate the local 20-mile River Carron and the 16 communities through which it runs, to restore the river to its pre-industrial state and to create a recreational resource in the heart of the urban communities.

Recognition of its success are the many awards that CATCA has received over its 10 years - twice winning both Rural Scotland Award and RSPB Nature of Scotland Award as well as the Queen's Award for Voluntary Service – and, to support this vitally important work, raising more than £2 million ... achieved by a group of only 8 volunteer management committee members and one part-time Project Officer!

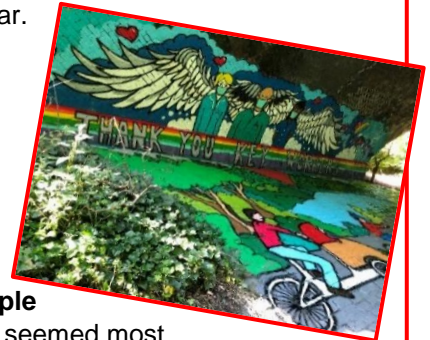
In 2009, CATCA (with funding from Falkirk Council Transport Department) commissioned Scott Gilbert to transform two old railway underpasses adjoining the River Carron. What had been eyesores and magnets for anti-social behaviour turned into colourful depictions of the old trains that used to run along the now repurposed line.

The underpasses became welcoming, user-friendly community connections to most of Falkirk and popular scenic dog-walking areas. It's a sign of the respect that CATCA has engendered that the murals, like all CATCA's installations, have never been vandalised, though they have inevitably deteriorated through time. Renewed in 2015 when CBeebies came to town, they were ready for a new lease of life this year.

With CATCA celebrating its 10th anniversary at the height of the COVID-19 pandemic, the theme of "People

Helping People and Places" seemed most

appropriate. It's what CATCA's 10 years have been all about and is a brilliant summary of CWAS' ethos. The murals show green space, dog walkers, healthy river beds, CWAS trishaws, all-terrain wheelchairs (CWAS' new fleet extension) and COVID-19 key workers. CWAS is very proud to be included in this lasting celebration.



CYCLING
WITHOUT AGE
SCOTLAND



Do check out our

website! www.cyclingwithoutage.scot

It may *look* like it used to, but its content is substantially different. We've recently re-worked it, page by page, from beginning to end. Please let us know what you think – and any suggestions to enhance it further are strongly welcomed.



Gullivers travel....

raising awareness of and support for
Cycling Without Age Scotland around the
world, over 25,995 miles!



We are hugely indebted to two extraordinary people, Bob and Deborah Gulliver, from Biggar, who on 5th March 2021 will set off on a two-wheeled cycle around the planet on Hase Pino, a semi-recumbent tandem, in aid of CWAS.



Their motto is:
*"Life is too short not to
live your dreams"* and
they have already put
that into action in
amazing style. In 2018,
they cycled 1,600 miles
in 28 days, starting with
the "North Coast 500"
route from Inverness

Castle and back again (actually 519
miles) and then tackling on the minor challenge of
John O'Groats to Land's End! Then, in 2019, they
cycled Route 66 – the **2,500** miles from Chicago to
Los Angeles/Santa Monica.

And now, in just a few
months' time, they will set
off on their World Tour of
25,955 miles, visiting 39
countries dealing with
countless visa issues and COVID-19
restrictions – not to mention about 2 years' cycling!

We are SO proud to be the chosen charity of this
remarkable couple, who left behind the worlds of
IT, banking and a delicatessen (!) to follow their
dreams. We will of course keep you posted but,
meantime, do please find out all about them at
www.thegulliverstravels.com



Congratulations to a cycling superstar:

Sheila Ruckley, a Pilot in our Carnoustie
Chapter ...



... now recognised by
Cycling UK as one of the
elite "100 Women in
Cycling":

*"... a group of exceptional
people who promote cycling
and encourage others to
take part. Women from all
walks of life and every corner of the cycling world
have been nominated. We thank you all for leading
by example and inspiring others."*

Sheila explains:

"I have enjoyed cycling for as long as I can
remember but have always been in the 'slow is
more' school of cycling. There's a place for
competitive cycling, but that is not for me. I like to
use my bike to do my shopping, going to see
friends and taking in all that our beautiful country
has to offer.

Since I retired, I've also been lucky enough to do
long distance touring on my Surly Long Haul
Trucker, covering around 10,000 miles in the USA
on several trips with other women cyclists, and on
my own in Europe, including cycling Brittany to
Budapest and, more recently, Brittany to the Costa
Blanca.

Recently two things have changed in my cycling
life. First of all, I now have a compact electric bike
that has become my everyday workhorse: a
Kalkhoff Sahel 3. I was sceptical about electric
bikes; now I am a convert. Secondly, I got involved
in the Carnoustie Chapter of Cycling Without Age
Scotland, part of a worldwide organisation, and
have qualified as a 'pilot'.

Sadly, the coronavirus pandemic has put a halt to
this activity but all of us involved in it look forward
to a time when we can once again be part of this
fantastic movement.

Nothing beats seeing the
look on someone's face
once you have taken
them out for a ride in a
CWAS trishaw."



*'Burnside', one of
Carnoustie Chapter's two trishaws,
patiently awaiting its post-lockdown restart!*



Revealing Research

Although we all know how we feel when we're involved in CWAS activities, it's important to get qualitative scientific research into their impact so that we know how to make our service even better and to fully inform our supporters and funders.

We are therefore delighted to make available
Cycling Without Age:

Assessing the Impact of a Cycling-Based Initiative on Mood and Wellbeing which is research into our project conducted by Ryan Gray, BSc, and Alan J. Gow, PhD, of Heriot Watt University.



Its key finding is that *“Analyses revealed significant improvement in mood and wellbeing at follow-up on ride days versus no ride days. Conclusion: Short-term positive changes in mood and wellbeing were reported as a result of participation in the Cycling Without Age initiative for older adults in care home and supported living environments. Further research is needed to explore the longevity of benefits and longer-term changes.”*

Initially it was a report for us, but it has now been published as research literature. This means that it has been peer-reviewed and is more easily accessible to other researchers and practitioners, and therefore provides support for the benefits of Cycling Without Age Scotland. You can access the full document at:

<https://journals.sagepub.com/doi/full/10.1177/2333721420946638>.

The future is bright and dynamic!

Despite everything that COVID has thrown at us, there's a huge amount of CWAS activity:

We're especially encouraged and humbled by the tenacity of spirit of care home managers who are looking forward so positively post-COVID, for example Anuj Dawar (**Durnhythe Care Home, Portsoy**) and Annie Irvine (**Holmes Care Group Drumchapel, Glasgow**).

We're in discussion with Dundee City Centre about CWAS trishaws becoming part of its activities and, meanwhile, there are at least 9 new Chapters at various stages of joining us:

Selkirk, led by Jim MacPherson with a superbly well organised and enthusiastic group; **Galashiels**, who already have funding for a Trishaw; **Auchterarder** - Rowena Ross (as mentioned on Page 2) scoping local interest; **Milngavie Golf Club** planning CWAS to be part of the renewed vision for the future of the club; **Oldmeldrum**, led by Andrew McCartney, currently fundraising; **Dalkeith**, led by Chris Matson at the local football club, scoping local interest; **Dyce** also currently scoping local interest; **Fort William**: Bridget Thomas currently fundraising; and **Argyll and Bute**, with Craig Baxter of Fyne Homes currently fundraising.

We ourselves are scoping a pump track in **Avonbridge** (south Falkirk) and a cricket club based trishaw in **Westquarter** (also in the Falkirk area). As part of our "Trikes in Iconic Places" objective, we're soon to launch two trishaws in **Helix Park**, Falkirk, and, for **Zetland Park**, Grangemouth, one trishaw ... plus we're fundraising for an all-terrain wheelchair.

As part of the "Rediscovering the Antonine Wall" project, trishaws are planned for **Kilsyth** and **West Dumbartonshire** ... and **"Western Isles here we come!"**: thanks to new supporters, Charlie, Margaret, Cameron and Amy Rigg, planning is under way for a Western Isles road-show in Spring 2021 to accelerate fundraising for a Stornoway Chapter.

Plus we're in discussion with Caroline Comerford (NHS) and a large stakeholder group within **Dumfries and Galloway** where they want to make CWAS happen by Social Prescription.

So the future is indeed bright and dynamic!

SUMMIT 2020 / 2021

We had so hoped that the pandemic would have settled enough for us to be able to have a Summit this autumn; in fact, we had identified a venue and provisional dates. But, realistically and very sadly, there is still too much COVID uncertainty for us to proceed.

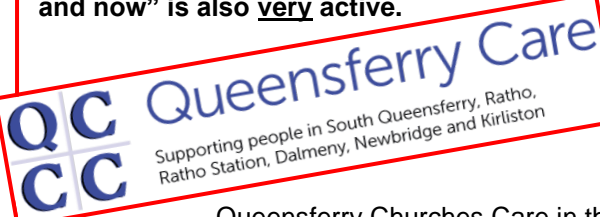
But we have our sights on a Summit in Spring 2021 and will, of course, let you know relevant plans as soon as we can.





HOT OFF THE PRESS!

Yes, the future is looking great, but the “here and now” is also very active.



Queensferry Churches Care in the Community (QCCC) had their first introduction to a CWAS Trishaw on 23rd June 2018 when they hosted a “Celebratory Conga” across the Forth Road Bridge as a fundraising opportunity. From that moment, they were determined to have a trishaw in Queensferry and, with the help of the Queensferry Rotary Club and various fundraising efforts, they have succeeded in doing just that.

On 7th March 2020, just before COVID lockdown, CWAS joined the group who gathered in their local community hall to celebrate their efforts in raising enough for their trishaw and to recruit volunteer pilots.



March 7th: Celebrations!

QCCC's very own Community Trishaw is now ready for delivery on 10th October when their first formal training session will take place. Fantastic commitment Queensferry! Well done to all!



Back in January 2018, Heather Manson, Director of Fundraising for the Prince and Princess of Wales Hospice in Bellahouston Park, Glasgow, remarkably raised funding for two trishaws for the Hospice. Following a few hugely successful visits by CWAS to the Hospice to help with recruiting volunteers and demonstrating the project in action, the Hospice is now delighted to be taking delivery of its trishaws. It's ready for volunteer training as soon as Covid restrictions in the context of hospices permit.



Humza Yousaf, MSP, Cabinet Secretary for Justice, with staff at the Hospice.

CWAS' Larbert Trishaw was engaged on a very important mission on 30th August!

Falkirk Council Access Officer and dedicated CWAS pilot, Mandy Brown, had the honour of piloting local community member and retired Police Inspector, Jim Clark, aged 81, and his son Neil around the **Foundry Coin Installations**.



Mr. Clark was delighted to have been given the opportunity to view the installations from the comfort of a trishaw!

The Foundry Fortune Community Engagement project is inspired by our area's industrial heritage and the many iron foundries that used to dominate the landscape. It aims to encourage us to get out and about on foot and by bike to explore the wonderful local parks and pathways and discover the heritage hidden across Larbert and Stenhousemuir.

The six Foundry Fortune 'waymarker' sculptures create an informal trail around Larbert Old Parish Church, the Lade, Carron Dams Local Nature Reserve and the old Carron Company office clock tower on Stenhouse Road. Each waymarker is inspired by the creative process involved in “making and manufacturing” and draws from the area's industrial past.

The project was led by community artists NADFLY, working on behalf of Falkirk Council, and was funded by Paths for All, Falkirk Council, the National Lottery Heritage Great Place programme and Historic Environment Scotland's Historic Environment Support Fund.

