

# NEWSLETTER No.2!



## Christmas 2020

18<sup>th</sup> December 2020

### Pulling out the stops for Christmas ... and roll on 2021!

Well, what a year! I'm sure that we'll all be making every effort to have as happy and as safe a Christmas as possible, and then breathe a sigh of relief as we say 'goodbye' to 2020 and welcome in a hopefully MUCH better 2021.

We want to use the dreaded "COVID" word as little as possible in this newsletter as, like all of you I'm sure, we've heard it enough. The pandemic has been and continues to be very difficult, but the Cycling Without Age Scotland (CWAS) community has been brilliant throughout!



**Christine Bell**  
CEO  
Cycling  
Without  
Age  
Scotland

We at Head Office have done our best to keep in touch with all our Chapters and other supporters, to respond to every request received and to help in practical ways wherever possible - and we've really appreciated the contact we've had from you. Only yesterday we staged our first ever virtual "Jingle Mingle", a Christmas social gathering which brought together, thanks to Zoom, members of the CWAS community from all over Scotland. A little more about that later!

What is really exciting is that we currently have unprecedented numbers of individuals and groups showing huge interest in getting CWAS going in their areas as soon as they can. There's a strong feeling of excitement that will translate into amazing action the moment that restrictions are lifted. We've got a long list of requested visits and trishaw demos, which we'll be undertaking as soon and as frequently as we can in the New Year, as well as supporting the many aspiring Chapters with fundraising for their first trishaw.

As you'll read in this newsletter, we're finalising arrangements with our first "City Chapter", Downtown Dundee, which is important in so many ways; our Board has been made even stronger with new trustees (and we've got a new Chairperson); a significant expansion of our fleet, All-Terrain Wheelchairs, is now well under way; one of our wonderful volunteers has been rightly recognised in the Queen's Birthday Honours; "Gullivers' Travels" is gearing up for a "Covid won't beat us" mega journey in support of CWAS; we remember fondly our first ever passenger who sadly passed away recently; and our Santa, Mrs. Santa and Elves' "fly-pasts" have been truly uplifting!

Our next newsletter will be issued at around Easter 2021, so please keep sending us your news, stories and pictures. In the meantime, I hope that you really enjoy this edition, thanks for all you do to make Cycling Without Age Scotland so, so special and all of us at CWAS wish all of you a **Very Happy Christmas** and a **GREAT 2021!**

*Christine*





## CHAPTERS' NEWS

### Our “gateway to the North East”



“Downtown Dundee”, a new Chapter with Ian MacLeod at its helm, is really exciting news. Not only will this be CWAS’ first ‘city chapter’ and, so, a model for other city chapters, it will help to expand our presence around the North East Coast. With Chapters already established in Carnoustie, Montrose, Stonehaven, Balmedie and Elgin – and Chapters gearing up in Broughty Ferry, Abroath, Monifeith, Banff, Cullen, Portsoy and Lossiemouth – CWAS could soon ‘join up all the dots’ and be extremely active around the whole North East coastline and inland.

As Ian explains, the extraordinary regeneration of Dundee in the last five years, with its fabulous and largely flat waterfront, makes it ideal for Trishaw rides.



*Our Trishaw looks very much at home in Downtown Dundee .... as Ian MacLeod takes the demo. model for a trial spin!*

Our demo Trishaw was a huge hit when we visited Dundee with it in October. Between us and Ian, we will ensure that Downtown Dundee gets a trishaw, albeit a trial one to raise attention, before Christmas. And for the first few weeks, its home will be in pride of place inside the front window of Ian’s Rama restaurant!



### RICHLY DESERVED HONOUR

While looking North, we must offer HUGE congratulations to Kathy McGrath, Manager of Anderson’s Care Home – our Elgin Chapter - who was appointed an MBE in the Queen’s Birthday Honours for services to older people during the coronavirus pandemic. Kathy celebrated her 45<sup>th</sup> anniversary of working at the home back in October.

Of course it’s not only in the North/North East that we have exciting activity; it’s spread across the whole of the country. We were, for example, absolutely thrilled

when Jim McPherson told us yesterday that funding has now been confirmed from Selkirk Council, through its “Selkirk Common Good” fund, which will enable Selkirk to get its first Trishaw.

And not only with strong interest in our work throughout the Western Isles, but new volunteers there too, including Cameron and Amy Rigg in Stornoway, we will be undertaking a Western Isles “road trip” as soon as regulations permit, to engage the communities in the Isles and expand our activity ‘from outer coast to outer coast’!



**We're delighted to announce that Adrian McDowell has taken over as Chairperson of the Board of Cycling Without Age Scotland**

Originally from Northern Ireland, Adrian was Chief Executive and Town Clerk of Bangor local authority and served as a member of the Arts Council for Northern Ireland and of the Northern Ireland Advisory Board for the Salvation Army.

A fellow of the Chartered Institute of Secretaries and of the Chartered Institute of Personnel and Development, he has worked with Birmingham University on Strategic Management and with the Warwick Business School on Leadership. He was also elected a Paul Harris Fellow by North West Des Moines Rotary Club, Iowa, USA in recognition of his development of international understanding.

Having moved in 2008 to the land of his roots (his grandmother was a Campbell from Irvine and his grandfather hailed from Govan), he is now Acting President of Musselburgh Horticultural Society and a member of North Berwick Rotary Club.



Adrian recently read *The Power of Nunchi: the Korean secret to Happiness and Success*. He was particularly struck by its author, Euny Hong, quoting Maya Angelou's "People will forget what you said, people will forget what you did but they will never forget how you made them feel" ... because that is how he came to be involved with Cycling Without Age Scotland!

Adrian had heard Christine Bell speaking at a Rotary Club meeting about the project. "I could feel her enthusiasm, excitement, dedication, professionalism and commitment to combatting loneliness and isolation, to getting people, especially the elderly, independent or in care homes, out and about." Adrian said. "The way that rides in CWAS' amazing Trishaws enable our passengers to explore, laugh, reminisce, chat and make new friends is truly inspirational and uplifting. This organisation genuinely enhances and enriches lives."

"I wanted to be part of the team which I have found totally motivated and pulling together to make CWAS' pioneering service available across the whole of Scotland, to 'put trikes in iconic places' and to increase accessibility for all ... and to raise sufficient funds to make this country-wide growth possible."

"I look forward, as Chair, to harnessing the positive energy and experience that already exists and plotting the way forward - not only with my fellow members of the Board, but also with the many friends, helpers and volunteers who make this wonderful project possible. After all, it is all about PEOPLE!"



A moment during Cycling Without Age Scotland's virtual "Jingle Mingle" on 17<sup>th</sup> December, showing some of the participants who represented just about every region of Scotland. It was a living example of what makes CWAS so special - connecting a very large number of like-minded people, all focused on the good of others, in a real community in its own right.

During the virtual social, organised by CWAS' Carol Wyllie, we were treated to updates from existing and new Chapters, musical interludes from Robin Miller (Dunoon)

and from CWAS volunteers/folk-duo Harry and Mandy (Falkirk), a highly moving explanation of what the project means to care home residents and staff from Hazel Phillips, a comedy turn from Gordon McGregor and Keith Prentice (GM4X) and a Christmas quiz presented by Zara and Idris Crumlish.



**We're also delighted to announce that two new Trustees have been appointed to the Board of Cycling Without Age Scotland**



### **ZARA CRUMLISH**

I live in Prestwick with my parents and am currently studying at Ayr College in the Supported Learning unit. I am a member of St. Ninian's Episcopal church and volunteer at the 65 Club in Prestwick.

I have been involved with the Prestwick chapter of Cycling Without Age Scotland since its inception and have helped with the fundraising to get our own trishaws.

I am the Young Ambassador for CWA Scotland which is an amazing role as I get to meet new people and help other places set up their own CWAS chapters. I attend various events where I represent both our Chapter, as an active member, and CWAS as its Young Ambassador.

In recognition of my involvement in raising funds for the Prestwick chapter, the committee decided to name its 2<sup>nd</sup> trishaw "Zazoo", which is my nickname; I feel very honoured!

I am currently volunteering as a companion and go out when we have an individual guest to keep them company during their trips along the prom. I am also building up my confidence and skills riding the trishaw as I would like to become a pilot. I've always wanted to ride a two-wheeled bike but I don't have the balance. The trishaw has helped me get my confidence up and riding the trishaw is amazing.

I am really happy to have been invited to be a trustee for Cycling Without Age Scotland, as I can put forward young people's views as well as bringing to the Board the perspective of someone with a learning disability.



### **IDRIS CRUMLISH**

I live in Prestwick with my wife Liz and daughter Zara. We moved to Prestwick in 2015 and started attending St. Ninian's Episcopal church which was closest to our home. We became actively involved in the life of the church and I am currently a member of the vestry.

I first heard about Cycling Without Age in 2017 and, along with some friends, investigated the possibility of bringing trishaws to Prestwick where we believe there are many people who could benefit from the experience. We attended an event at the Scottish Parliament and, later that year, a group of interested folk went through to Falkirk where we were able to see and try the trishaws. During this visit Christine, CEO of CWA Scotland, outlined what we needed to do regarding setting up a chapter and pointed us in the right direction for fundraising.

On our return from Falkirk, we set about forming a committee and planning how we would raise the relevant funds.

I have been actively involved with the Prestwick chapter since then and have helped to train some of our pilots. I have attended various events in support of both CWAS and our own chapter and have supported Christine at some meetings to establish a chapter for EACH, based at Dumfries House.

I am a firm believer in the benefits of the project and keen to help expand the network across Scotland. I hope to bring my experience, enthusiasm and practical support to the Board.





## MARY DUNCAN

It was heart-breaking when we received news of the passing of one of the most famous Cycling Without Age passengers in the world.



Mary Duncan sadly passed away in Carrondale Care Home, Falkirk, on Monday 26<sup>th</sup>. October after a short illness.

As our first ever lady passenger in 2017, Mary played a key role in the formation of the foundations of Cycling Without Age. The video about her in BBC Three's "Amazing Humans" series, produced to celebrate the launch of our project in Scotland, rocketed Mary to fame at the age of 89. It featured our youngest volunteer, Fraser, taking Mary and her close friend, Chris, out for a ride in one of the first trishaws in Scotland.

When Mary burst into song with "The Hills Are Alive with the Sound of Music", she won the hearts of over 50 million viewers around the world. We named that very first trishaw in Scotland after her on her 90th Birthday.

She could never quite get over the fact that she found fame at the age of 89 and was seen and heard singing by so many people around the world. All who knew her could understand exactly why she won the hearts of the world: a truly exceptional woman who was as humble and she was legendary. She was one of the world's understated treasures who will bring the "hills alive" for all at Cycling Without Age Scotland forever with her "Sound of Music"!

## ALL-TERRAIN WHEELCHAIRS

We reported in our last newsletter that we would be adding All-Terrain Wheelchairs to our fleet, and that is now well under way. These amazing vehicles will make even more places accessible to even more people, and that is one of our most important principles. Quite simply, they reach places that trishaws cannot.

We will be accelerating this development as quickly as we can in the New Year, depending on COVID restrictions, but we are delighted that the first Chair is already in place. We plan to officially launch this in January, the first Cycling Without Age Scotland All-Terrain Wheelchair, the funding for which was proudly achieved by the Denny and Dunipace Chapter, but it has already been given a really successful trial outing by Denny High School where it will go on to be used widely.

This All-Terrain Wheelchair has been generously sponsored by Falck Renewables through Foundation Scotland.







## GULLIVERS' TRAVELS - Update

In our last newsletter, we announced the extraordinary support for CWAS by Bob and Deborah Gulliver through their round-the-planet fundraising and awareness-raising trip of 25,955 miles in a Hase Pino semi-recumbent tandem, visiting 39 countries, setting off in March 2021. Since then, COVID complications and regulations in almost all those countries, not least the difficulty in obtaining visas, have made it necessary to postpone that trip.

But it will happen as soon as it can and we're delighted that, in the meantime and not willing to be beaten, Bob and Deborah are planning a high-profile replacement UK-based mega trip for next year, raising both awareness and funds for CWAS. Our heartfelt thanks go to them ... and watch this space for details!



## MR. and MRS. SANTA and their ELVES

It was both a heart-warming and heart-wrenching experience when Mrs. Santa, her Elves and their trishaw visited care homes this week to wish residents a "CWAS Happy Christmas". Heart-warming because of the joy being spread; heart-wrenching to see such a palpable need for human contact and interaction. It was humbling for us but a wonderful reminder of just how much difference what we do can make, especially to people who feel lonely and isolated. And next week two CWAS Elves will be visiting Craighalbert Centre with two CWAS Wheelchair Transporters to give several children a very special "Christmas Spin" treat.



We made sure that the high streets got their special CWAS Season's Greetings too!

