



CYCLING WITHOUT AGE SCOTLAND



ANNUAL

REPORT

2019–20

Cycling Without Age Scotland SCIO (known as CWA Scotland)
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A report full of uplifting and heart-warming stories reflecting the outstanding commitment and enthusiasm of the hundreds of people who volunteer for and/or generously support Cycling Without Age Scotland (CWAS).

Proud to be the Scottish Country Affiliate of the international Cycling Without Age movement founded by Ole Kassow and Dorthe Pedersen in Denmark in 2012. Now active in 50 countries. We're delighted that Co-Founder Dorthe is a member of CWAS' Board.

CWAS volunteers enhance, enrich and extend lives across Scotland and get enormous fulfilment doing so. You could join them and make a real difference.

ACT. BELONG. COMMIT.

CWAS will play a major role in Scotland's post-COVID recovery because we're already delivering the globally accepted "ABC of mental health and well-being":

ACT

Keep mentally, physically, socially and spiritually active.

BELONG

Join a club, get even more involved than you already are, be part of community projects and events.

COMMIT

Take up a cause, help a neighbour, learn something new, take on a challenge, volunteer.

However you volunteer, CWAS supports at every step of the way. Why not volunteer to lead the start up of your very own Chapter (branch) in your community? Become a volunteer Chapter Captain!

Or volunteer as: Trishaw pilot, co-pilot, co-passenger, trainer of pilots, Chapter administrator, fundraiser, events organiser... or donate your skills as a qualified bike mechanic. CWAS advises and assists at every stage.

If you're already volunteering with CWAS: **THANK YOU!** You can volunteer in more than one role and with more than one Chapter!

You can be part of the amazing CWAS project in other ways too:

- sponsor a Trishaw
- donate a Trishaw in memory
- arrange rides for loved ones
- make a donation
- leave a legacy

However you want to get involved, please just phone **01324 467 272** or email **info@cyclingwithoutage.scot**

To find out more, visit: **www.cyclingwithoutage.scot**

CHAIRPERSON FOREWORD

Jean Weir, Chairperson

We have come so far in our first two years!

In its photos, stories and statistics, last year's 2018-2019 edition of this report demonstrated the extraordinary extent of the success of Cycling Without Age Scotland in just our first year. This edition shows that progress has not slowed, and now we have 32 active Chapters and many more at various stages of development. As one reads through this report, it is impossible not to be touched and uplifted by the stories that demonstrate the dedication and commitment of our volunteers who make up those Chapters and the many, many examples of lives being enriched and enhanced by the service they provide. On behalf of the Board of our charity, I extend a huge thanks to every one of you wonderful volunteers.



We are an organisation that is all about supporting communities, and our own Cycling Without Age Scotland community itself grows every day. As well as our volunteers, we bring together a wide range of people and organisations, united by our guiding principles and especially those of generosity and building relationships. They range from the Scottish Government, other funders, the Board, our Chief Executive and the team at HQ in Glenbervie to the specialists who support us, supply our vehicles or donate their technical services and the cafés who donate teas. Each plays a vitally important role.

We are especially indebted to Jeane Freeman MSP and Angus MacDonald MSP for their continuing support.

Cycling Without Age Scotland is about creating and nurturing a multitude of relationships that build trust, happiness and quality of life. Relationships between generations, among older people, within Chapters or between Chapters, their pilots and the passengers – or relationships between nursing home employees and

family members, the potential range and number of relationships is almost unlimited. But the goal is the same: to learn from and support each other in order to enrich as many lives as possible through the precious gifts of mobility and companionship. Cycling Without Age Scotland is privileged to be coordinating, supporting and enabling this activity.

The demand for our services is increasing and we are looking forward to bringing as much benefit to as many people as possible as Cycling Without Age Scotland goes from strength to strength.

In our still short existence, we have, as a community, grown, introduced and perfected pioneering innovations and overcome many challenges. We are now facing the considerable challenges presented by COVID-19 but, if there is one thing that the last two years have proved above all else, it is that the community that is Cycling Without Age Scotland will rise to and overcome this challenge too.

FOREWORD

Christine Bell, Chief Executive Officer

Having been given the opportunity by the Scottish Government to continue our Cycling Without Age Scotland (CWAS) journey around the country for a second year, we were determined to make it every bit as successful as Year One.

At a celebration event for CWAS in the Scottish Parliament on 20th June 2019, hosted by Angus MacDonald MSP with Jeane Freeman as keynote speaker, we announced that, as well as continuing to develop new Chapters throughout Scotland, we would embark on a mission of establishing "Trishaws in Iconic Places". Our aim was for people with limited mobility to be able to access visitor attractions like the Highland Wildlife Park near Aviemore and the Kelpies in a manner that has not previously been possible. This initiative was enthusiastically received and widely supported and funding is already in place to get our first location base at the Kelpies up and running.

We now have 32 fully active Chapters, many more on-going enquiries and Chapters progressing their fundraising to get their first Trishaw. But, impressive as our progression figures are, what we are most proud of is the very large number of dedicated volunteers we have attracted. By giving their time to others who are less able by fundraising, taking people out, making new friends and enabling people to be part of their communities again, they are making a huge beneficial contribution to addressing loneliness and improving and enhancing the health and wellbeing of everyone involved. My heartfelt thanks to them all.

The highlight of Year Two was undoubtedly our 3-day International Summit in September 2019 which attracted visitors from all over Scotland, as well as from Ireland and the USA. We were absolutely thrilled to hear the International Board member, Kelly Talcott, who joined us from the USA, speak so highly of the Summit, our work and our achievements. He said: "What I've really enjoyed about this weekend has been the very practical sessions. What they have done here is amazing! We look to Scotland for a lot of the policies, for lots of the practices and we look to Scotland for inspiration."

I want to thank all the funding agencies and businesses, group and personal individual donors, and especially the Scottish Government, for their support. We could not have achieved what we have without you all. It gives us enormous pride that, of all the Cycling Without Age country Chapters around the world, CWAS is the only one receiving central government funding. The Scottish Government's forward-thinking support is invaluable in so many ways, but perhaps most importantly in enabling us to offer Trishaw rides to anybody whose circumstances merit them, completely free of charge.

As we approached the end of this reporting year, the COVID-19 pandemic was beginning to grip the UK. But we have not let it reduce our determination and we are confident that we will report next year that, because



of the commitment, enthusiasm and dedication of everyone involved with or supporting our organisation, CWAS has weathered the pandemic and is going from strength to strength.

In her foreword, our Chairperson mentions two of our guiding principles: generosity and relationships. I want to finish by highlighting another, and one that brings us great pleasure: story-telling. The stories from and about our passengers and volunteers that we hear and are privileged to share are an endless joy. We are inspired by them. We learn about other times and places. And, above all, they help us remember and celebrate just how wonderful, adventurous, impressive, kind and caring people can be. There are many such stories in this Annual Report which it is our pleasure to share with you.

CONTINUED SUPPORT FROM THE SCOTTISH GOVERNMENT

Celebration event hosted by Angus MacDonald MSP: 20th June 2019

"If you have been a passenger, you know the difference it makes. It's beyond words!"

Jeane Freeman, MSP

We were both thrilled and hugely grateful when Angus MacDonald MSP offered to host an event in June 2019 to celebrate the outstanding progress Cycling Without Age Scotland had made across Scotland since he attended our very first gathering two years earlier at Carrondale Care Home in Falkirk. As reported last year, it was at that event, attended by more than 100 people (including Ole Kassow, one of the two Danish founders of Cycling Without Age) that we secured the licence to bring the project from Denmark to Scotland.



The support we have received from the Scottish Government has been a major factor in our success. Jeane Freeman MSP, Scottish Cabinet Minister for Health and Sport, has been faithful to her pledge to help this rollout across the whole of Scotland, and we are determined, even though we are only a small organisation, to make that happen. We are equally grateful to have the unwavering support of Michael Matheson MSP, Scottish Cabinet Minister for Transport, Infrastructure and Connectivity, and were delighted to see him attend our celebration event and thank many of the volunteers personally for their efforts.

We are proud to be the only country of over 50 which are delivering Cycling Without Age worldwide to have the support of central government. This is testament to our government's commitment to the benefits this project will bring to so many people all round Scotland.

This invaluable support from the Scottish Government not only facilitates the rollout of this project; it enables us to ensure that our service is delivered to a very high level of safety that is consistent throughout the country, whilst still respecting the local autonomy of the volunteering groups. It helps ensure that all Chapters who embark upon Cycling Without Age anywhere in Scotland are

delivering the project in a regulated manner, with safety of passengers, pilots and the public being of paramount importance, volunteers being disclosure checked, and pilots being fully trained in riding the trishaw and knowing how to give passengers the best possible experience and what to do in emergency situations.

Government funding also enables us to provide insurance for all the Trishaws in our Scottish fleet and for all our activities, and to provide technical and mechanical support to ensure that our Trishaws are maintained to the highest standard.

Perhaps most importantly of all, the Scottish Government's funding means that no-one whose circumstances merit rides in Cycling Without Age Scotland Trishaws ever has to pay for them.

In his welcome at the event in June 2019 to celebrate the success of our first two years, **Angus MacDonald MSP** spoke of how Cycling Without Age Scotland has become very close to his heart. He said:

"Most of you will know that Scotland was the very first government which backed Cycling Without Age, not only with words but also with hard cash. And we now see a project which is changing lives up and down the country and which has the potential to change many more. It is evident that a lot has happened since we were last here in September and it is also clear that there is much to look forward to. The achievements have come about only due to the hard work and commitment of all involved, from Christine and the small team in Larbert to all the volunteers around the country. I'm delighted to be here to thank everyone and to wish you all continued success".

Jeane Freeman MSP added:

"I was the very first Scottish Government minister to be taken for a spin in one of Cycling Without Age Scotland's Trishaws. The gentleman from the small care home who was beside me treated me to some top tips on gardening as we rode to see the gardening he had been doing at the home. These top tips worked brilliantly! I now have lupins that are thriving and I have a wee tomato plant going."

"The thing that struck me about that event and about this organisation is that it is utterly joyous. It is full of enthusiasm, with hugely positive results and lots of commitment, and it brings such important qualities and opportunities to those who get the chance to be involved".

"38 trishaws, 22,500 miles, 30,000 passengers and 23 local authorities. In two short years, for any organisation that is quite some achievement - and you would probably be in the third sector's equivalent of the footsie! So hugely well done."

"I can't speak highly enough of how important I think this work is, or the difference that it makes to those who are

involved in it. And the beauty of it is that each Chapter is happening because there are people locally who want it to happen, to raise the money and to volunteer. It is grown from the ground up."

"The Scottish Government is absolutely delighted to continue to support Cycling Without Age Scotland. It's a fabulous idea. It has cottoned on. It's had a huge impact and makes a real difference and I think we should tell everyone who is involved in this to be really proud of what they have achieved in two years. Those 30,000 passengers? That's 30,000 people for whom you have made a big difference to their lives. That matters hugely.



If you have been a passenger, you know the difference it makes. It's beyond words!"

"The Scottish Government is honoured to continue to support this project. Huge congratulations on your success and I hope you won't hesitate, if you think there is more that we can do, to let us know and let us see how we can continue to support you to do even more than you do currently."

ACHIEVEMENTS



SCOTTISH PARLIAMENT CELEBRATION



27
Local Authorities
participating

32
Active
Chapters

16
Chapters awaiting
start up throughout
Scotland

29,000
Rides across Scotland

43,500
Passengers

60
Trishaws
across Scotland

23
Chapters off the
starting blocks

71
Potential Chapters
at various stages
throughout Scotland

2,400
Volunteers

33,000
Trishaw miles

(Figures are cumulative over the first two years and based on averages across Chapters).

IN THIS YEAR, CYCLING WITHOUT AGE SCOTLAND:

- Attended **33 strategic project development meetings**;
- Made **18 presentations** to groups and organisations, reaching approximately 1,500 people;
- Carried out **16 support and training visits** to existing Chapters;
- Visited **42 potential new Chapters** and/or interested groups, meeting at least 1,500 people;
- Attended **41 formal events**, meeting approximately 2,000 people.



Comrie



“Herewith, I would like to express my gratitude to the people of Scotland for the kindness and generosity that I have experienced in Scotland during my imprisonment of war and hereafter.”

Heinrich Steinmeyer

Gillian Brock, one of the key movers and shakers of the beautiful historic conservation village of Comrie, and her community’s friends and colleagues featured in the “Off the Starting Blocks” section of our last year’s Annual Report. Given their collective dynamism, CWAS could have predicted that they would have their Chapter up and running quickly. But we could not have predicted that the story of how the Trishaw was funded would be so profoundly moving and every bit as uplifting as the rides will be for the people whom the Trishaw will go on to support for many years to come.



19-year-old World War Two German soldier Heinrich Steinmeyer was captured in Normandy, France, in August 1944 and kept prisoner in the POW camp at Cultybraggan near Comrie. Throughout his captivity, Heinrich was struck by the kindness shown to him by the Scottish people, something which he did not expect.

After the war, he visited Comrie and made lasting friendships in the village. He vowed to leave everything he owned for the benefit of older people in the place he wanted to thank, the place that had shown such generosity to a bewildered and frightened young man far from home.

Heinrich died in 2014. True to his word, his will, written in his own hand in German, specifically stated that the proceeds of the estate derived from his house and other possessions should be used to benefit elderly people in Comrie. Now almost £385,000 is being managed and distributed by the Comrie Development Trust through its Heinrich Steinmeyer Legacy Fund.



Heinrich specifically wanted to support local developments for older people, as suggested by older people, and nothing fulfils that goal better than Cycling Without Age Scotland Comrie’s Trishaw rides and all the benefits they bring. Every ride in Comrie’s Trishaw, named of course “Heinrich”, is a reflection of this heart-warming story of the generosity of the human spirit, of kindness, friendship and honour.

It was Heinrich’s legacy that got the Comrie Community Trishaw’s wheels rolling so quickly, and in June 2019 it was launched at a wonderfully warm and welcoming event. In true Heinrich spirit, this was an event organised by the local people for the local people. Attended by many members of the community keen to give his legacy the welcome it deserved, bottles of fizz were popped and people cheered on as the Trishaw took its first ever passengers round the lovely village of Comrie!



Heinrich Steinmeyer





ACTIVE CHAPTERS

Anderson's Care Home, Elgin

1st Visit on 29th May 2019, followed by Official Launch on 18th September 2019

On 29th May 2019 we arrived at Anderson's Care Home, Elgin, to be treated to a reception fit for royalty. What we didn't know at the time was that the home itself would soon be reflected in Royal recognition - to be revealed in our Annual Report next year. Watch this space!

We could feel the enormous sense of excitement in the air. Almost every resident, some accompanied by family members, and all staff were in the reception room. The tables were set for lunch and a giant video screen was ready to roll with the presentation from Cycling Without Age Scotland as soon as lunch was over.

We did not need anyone to introduce us to the manager of the home, as she was unmissable! She lit up the dining room like a glitter ball. This was Kathy McGrath, who has worked at Anderson's for 45 years. What an effervescent, enthusiastic, spectacularly dignified yet commanding and fun lady.

Just as Kathy's connection with the home goes back many years, Anderson's own history is long, fascinating and a testament to caring. In 1748, Marjorie Anderson (née Gilzean), an Elgin girl, arrived back home from travels abroad with her soldier husband. He had been killed in action and Marjorie had travelled hundreds of miles on foot to get back, penniless and with a child. Her parents were both dead and she and her son, named Andrew after his father, began a very harsh existence, sleeping in the ruins of the cathedral and relying on the generosity of local people.



But Andrew was a bright boy and was given a place at the local grammar school as 'the pauper loon'. It was the start of an eventful and highly successful life, from running away as an apprentice to seek his fortune in London to being commissioned as an ensign in the army of the Honourable East India Company, in which he reached the rank of Major General. In those days it was possible to become very wealthy in the service and, clearly, Andrew prospered.

Almost certainly influenced by his own upbringing, in 1815 he donated a trust of £70,000 (about £6.3m today) to build and endow an institution in Elgin to provide a home for fifty children where they would be educated sufficiently to enable them to earn a living, and also to give a home to ten elderly people.



Back to 2019: on that glorious May day at Anderson's we also met Chris Ince, the Elgin Chapter's Captain. Now retired, Chris had a long and illustrious career at local and very prestigious Gordonstoun School. He was Head of Geography, a housemaster and, for ten years, co-ordinated, organised and executed community projects in developing countries. With his heart firmly in supporting community and being a keen cyclist, CWAS is a perfect fit for Chris and he is a truly committed and enthusiastic Captain. Anderson's has fundraised with passion and great effectiveness, with great support coming from its local Rotary Club and the afore-mentioned Gordonstoun!

Following a wonderful lunch in a room full of the buzz and excitement of becoming a Chapter, everyone went outside to see and try out the Trishaw. The late spring sunshine dazzled us through the trees and, if there is any truth in the saying that the sun shines on the righteous, it could certainly be said to have happened that day. Anderson's, staff, residents, families and local volunteers demonstrated unanimous determination and commitment to having a Trishaw in Anderson's as soon as possible.



And they did just that! By mid-September the funds had been raised and Cycling Without Age Scotland returned to

Anderson's to deliver its very first Trishaw which the residents affectionately named "Daisy".

And so, another Chapter (literally!) opens in the fascinating Anderson's story and we are so proud that Cycling Without Age Scotland is at its heart.





Dorward House, Montrose



We reported last year that Dorward House in Montrose was “Off the Starting Blocks” and on its way towards fundraising for its Trishaw.

On our first visit there on 21st August 2018 it was abundantly clear that this is a very special care facility. From the warmth of every member of staff and the greeting we received, to the inscription on the wall, Dorward House just oozed love for and giving to others, generosity of spirit and an exceptional essence of caring.

we learnt the history of this unique house – home to an uncountable number of people over more than 180 years.

Considering the heart-warming impact that day in 2018 had had on us, it came as no surprise to us to learn that the very foundations of the building themselves were passionately philanthropic.

On 18th June 1838 the foundation stone of Dorward House was laid. William Dorward, a local businessman, had written to the Town Council in February that year offering to build a “house of refuge” for the poor and destitute men, women and children of Montrose and Ferryden. He donated £10,000 to get it under way; that’s about £1.3m in today’s money. William Dorward was the son of a hawker and had experienced considerable hardship in his early life. That gave him a deep sympathy for the poor - the source of his generosity.

From the start, Dorward House welcomed adults and children with no distinction of legitimacy or religion, which was very advanced thinking for those days. The first residents were admitted on 1st July 1839 and many thousands have followed them over the years.

Following our visit in August 2018, the present-day Trustees and staff got to work with the energy and determination that typifies Dorward House, and we very soon received a call from them to say they had successfully raised funds for their Trishaw!



That inscription on the wall read: “The best things in life are the people we love, the places we’ve been and the memories we’ve made along the way”. They were words that were to become even more poignant when

The sun shone high in the sky on 22nd May 2019 when we delivered Dorward House’s Trishaw. The staff and residents were jubilant, as you can see from the smiles, as we gave everyone a spin in their Trishaw, affectionately named “Daisy Bell” by the wonderful residents. Volunteers were lined up and pilots were trained, ready to deliver frequent trips along the sea front in this beautiful part of the East Coast of Montrose.





Dunoon

Reflecting the beautiful lyrics in Robin Miller's song, it certainly did rain in Dunoon on our first visit in August 2018! But that did not dampen the spirits of the wonderful local people we met.



I don't need the sunlight;
It's shining from my eyes.
And I can see a rainbow
In every cloudy sky.

Lyrics from the song "It's Raining in Dunoon" by Robin Miller

We also had the pleasure of meeting Robin Miller, Project Coordinator for Cowal Elderly Befrienders SCIO, and several of the dedicated volunteer members of his team who are taking exemplary care of the many lonely and isolated elderly people living on the peninsula. Everywhere we looked and went, the scenery was stunning, enthusiasm was abundant and the people were as warm, caring and humble as any we have ever met.

It was heart-warming to think that we would have the privilege of providing a really useful service to such lovely people. It is a special privilege to be doing so for local celebrity 90-year-old Beth Thomson because she did so much throughout her long and distinguished career to enrich the lives and lift the spirits of others - countless thousands of others!

With her dad a dancer and her mum a singer, entertaining was in the blood of little Beth, who grew up in Glasgow. She made her showbiz debut at Shettleston Town Hall, aged only seven, singing and tap-dancing. Resisting her parents' desire for her to go to university she pursued her dream with dogged determination - and bags of talent! Picked from 127 auditionees, she joined the world-famous Ivy Benson band just a couple of days before her eighteenth birthday. World tours quickly followed, including entertaining British World War II troops, as Beth (or "Pat Goldie" as her stage name was) enjoyed a career that went from strength to strength. She met her husband, Alasdair, at a dance in Dunoon, where she'd travelled to do a show, and they emigrated to Australia in 1962. Amongst Beth's many claims to fame was that the Bee Gees were, in their early



Beth working with Robin on the recording of "It's Raining in Dunoon"

days, a warm-up act for her in her concerts! Beth eventually retired from showbusiness and the couple returned to Scotland in 1988, settling in Dunoon.

When Alasdair died eleven years ago, Beth was devastated, didn't leave the house for two years and didn't sing a note. Alerted by her GP, the Cowal Befrienders made contact with Beth, befriended her in their so special way and helped her to rediscover her spirit and joie de vivre. She is now singing again at Befrienders' gatherings - in other words, once again doing things for others. She featured prominently in a fundraising CD for the charity, the song and music video for "It's Raining in Dunoon" in which Beth delivers the beautiful words which could so easily have been written about her!

Dunoon Launch of Trishaw Honey on 26th June 2019

Before, during and after our visit to Dunoon in August 2018, we were acutely aware of the fundraising pressure Cowal Elderly Befrienders faces on a continuing basis if it is to meet the needs of the many elderly people who rely on its support. So, when Cycling Without Age Scotland received a completely unexpected 'phone call from an anonymous donor who wanted to fund a Trishaw for Dunoon, to say that we were thrilled is a massive understatement! It meant that "the wheels could roll" in Dunoon way sooner than anyone could have imagined or hoped. Understandably, Cowal Elderly Befrienders were absolutely overwhelmed!

The ferry crossing to deliver Dunoon's very own Trishaw on 26th June 2019 was spectacular. If the non-stop Dunoon rain on a grey day in August 2018 expressed the funding challenge that lay ahead, the brilliant sunshine in June 2019 reflected the joy that this Trishaw would now start to bring to so many people - passengers and volunteers alike.

The crystal-clear blue skies set the scene for a wonderful day of photos, fun, friendships.... and unexpected filming. Robin and his good friend Andy, both excellent musicians, had a plan which we knew nothing about; and what a plan it turned out to be! They had decided that the elderly people of Dunoon should be the stars of a music video of the CWAS anthem, "I'm Cycling Without Age", written by Robin.

So, following the uplifting launch event, during which - in the searing 27° sunshine - we raised a toast of home-made ginger beer to welcome Trishaw "Honey" to the Cowal Peninsula, it was straight on to filming and cooling down in the gentle breeze as we glided along the sea front in our Trishaws. "Wee Beth", joined by many of Cowal's seniors, sung her heart out, along with Robin, as he serenaded them all with the Cycling Without Age Scotland anthem.

Memories are truly made of this!





ACTIVE CHAPTERS

North Berwick



When we were contacted in March 2019 by a member of a car rental community interest club based in Dunbar, Haddington and North Berwick, we did not think for one minute that this was to become the catalyst for the creation of a Chapter of Cycling Without Age Scotland in North Berwick.

However, in various conversations it soon came to light that the members were looking to disband their car club, appropriately named 'Sparewheels', and were seeking a worthy project in the area to replace it. With a few members having a keen interest in cycling and all of them having a deep desire to help others, they had come to the right place!



The gentleman who had made the initial enquiry was already volunteering in a cycling-based initiative which involved taking sight-impaired people out for rides on a tandem, and he was keen to know how the CWAS initiative works.

Our first visit to meet the potential team in North Berwick was in May 2019 when we took a Trishaw to the North Berwick Day Care Centre and met a group of very enthusiastic and excited people, which included the day care centre manager, Carol Wicker. Not only were they all instantly hooked on the idea of having a Trishaw in North Berwick, they had already arranged for some of the day care visitors to try it out.

So we whisked two of the centre's regulars out for a spin and set off for the harbour!

Despite the chilly breeze, both said they found the ride exhilarating and fun and, as you can tell by the smiles, everyone had a ball.

The decision was made by the day care centre to join Cycling Without Age Scotland and the centre's Trishaw was fully funded by Sparewheels, the car rental club: hugely appreciated generosity. We delivered the Trishaw in early August 2019 and, after a great day's training, the Chapter was ready to roll.

This just goes to show that you can't keep dedicated volunteers down and that their drive and commitment to help others is constantly evident and continually encouraging and uplifting. The Chapter is now led by the North Berwick Day Centre.



ACTIVE CHAPTERS

Biggar



As featured in last year's Annual Report, the Biggar Chapter got off the starting blocks when fitness enthusiast Fiona Pagett managed to secure funding for a Trishaw for Greenhills Care Home.

Following our first visit to Greenhills in April 2019, it was Fiona's dream to have the wheels rolling in Biggar by the summer. True to her word and with the help of care home staff, residents, John Riley (the Biggar Chapter Captain) and a bunch of John's friends, a storage shed was erected and the Trishaw for Biggar was delivered early in June 2019.

Another enthusiastic and committed Chapter was under way!



ACTIVE CHAPTERS

Kinross

It was great to welcome the Kinross Chapter of Cycling Without Age Scotland to our Annual Summit in August 2019. Being amongst the most enthusiastic to get started back in 2018, along with Musselburgh and Perth they were one of the three earliest Chapters to “get off the starting blocks”. Having made contact with us in 2017, even before CWAS’ international licence was secured from Denmark, Kirsteen Ross was dedicated to get Cycling Without Age up and running for the people of Kinross and was “on the Trishaw trail” from the get go!



We first visited Kirsteen with two Trishaws on 11th January 2018. Despite it being a cold frosty day in the middle of winter, we were not short of volunteers wanting to join us for a ride along the shore of Loch Leven. The residents of Causeway Court Retirement Housing in the centre of the town absolutely loved every minute of their spin in the Trishaw, reaping the benefits of the exhilarating crisp icy breeze and the beautiful sights of the midwinter scenery.

Kirsteen’s outstanding and encyclopedic knowledge of the local landscape was as fascinating as it was comprehensive. She was able to name the contour of every hill on the horizon and every geographical detail that lay ahead in any route in the area. There is so very little that she does not know! It was clear that there could not be safer or more knowledgeable hands in which to entrust the future Chapter and its passengers.

The fundraising mission was under way, information and training events were organised and, by the summer of 2018, Kirsteen had secured her funding. Significant delays in Denmark of the delivery of Kinross’ Trishaws did not curb the team’s enthusiasm and, when they eventually took delivery of their Trishaws early in 2019, there was no holding them back!



Christine Chick and her father-in-law. One of the rides being undertaken during Covid, so with family members only.



George McDermid and his mum on Loch Leven. One of the rides being undertaken during Covid, so with family members only.



Kinross is now a well-established Active Chapter with many dedicated volunteers providing regular rides round Loch Leven and in the surrounding countryside, except when Covid restrictions prevent this.

In addition to providing rides to the elderly people in Kinross’ care homes and those living home alone, the Chapter’s members are also regular visitors to Rachel House Children’s Hospice, providing rides to the children. Altogether, Kinross is the perfect example of a CWAS Chapter’s dedication and care for its local community at its very best.





ACTIVE CHAPTERS

Clackmannanshire



We featured in our 2018-2019 Annual Report that Henry Gill, our Clackmannanshire Chapter Captain, was furiously fundraising for a Trishaw to get the wheels rolling for the people of Clackmannanshire.

When Henry very sadly lost his wife Jenny to cancer in 2018, he felt that he wanted to give some of his time to helping others. On hearing about Cycling Without Age Scotland, and as a keen cyclist, Henry called to enquire about volunteering with us in the Falkirk area.

However, it quickly developed further. Instantly inspired by our project, he became hooked on the idea of setting up a Clackmannanshire Chapter and got to work. By nature a quiet and reserved gentleman, Henry pushed himself to the limit by getting out of his comfort zone for the sake of this great cause and soon discovered an inner confidence which he never knew he had.

Much to his own surprise, Henry, who was not comfortable in public speaking, found himself doing talks at local schools and was addressing group audiences he would previously always have avoided. As his confidence in this area grew, he became bold enough to go cold calling and was soon knocking on doors of local businesses looking for sponsorship. Henry excelled! He delighted himself and everyone who knew him by successfully raising funds for the first Trishaw for Clackmannanshire... but he didn't stop there!

Becoming even more inspired by the number of people who were keen to support this wonderful cause in Clackmannanshire and the offers of help from volunteers and potential donors, Henry persevered and, by the end of 2019, he had managed to raise enough funds to have two Trishaws!

Both are based in the grounds of Beechwood Park Care Home, housed in a bespoke storage shed for which Henry also fundraised, and he has built up healthy reserves for the Chapter's future maintenance and running costs. Knowing Henry as we now do, it is very likely that it might not stop there. Watch this space!

Henry and Cycling Without Age Scotland would like to express our sincere thanks to the staff at all five care homes in the area and to Linda Peddie, Henry's first trained pilot, and Christine Neilson for administration help. Thanks also to the many funders including The National Lottery, The Coalfields Trust, WG Edwards Foundation, Robertson's Trust, Roy & McIntyre Funeral Home, Prudential and the local Co-Op for their substantial donations towards making this happen and to all the local people in the community who dug deep in their pockets and donated so generously.



Henry is pictured above with pilot Hazel from Newcarron Court Care Home in Falkirk, whom he met during his pilot training. A friendship soon developed which led to them helping each other wherever possible to deliver CWAS rides in their communities.



An official launch day was held at Beechwood Park Care Home on 2nd October 2019, attended by local funders and supporters including Clackmannanshire Provost Tina Murphy, pictured here taking her first ride in the Trishaw with a regular passenger from the home.

Not only did Henry succeed in bringing this wonderful project to the people of Clackmannanshire, helping to improve their lives and bringing them the benefits of caring and sharing, but focusing on doing this for others helped him immensely in his struggle to deal with losing his wife Jenny. Reflecting one of CWAS' guiding principles, "Building Relationships", throughout setting up this project Henry would make weekly visits to our Cycling Without Age Scotland office (always armed with cakes for everyone!) where he developed new relationships and connections in this new chapter in his life.



A visit by Nicky Wilson. As well as a trustee for Coalfields Regeneration, he is also the NUM Scottish Secretary.



ACTIVE CHAPTERS

Wick



We are delighted to report that Cycling Without Age Scotland has reached new heights!

With the launch of a Chapter in Wick, we are now even closer to reaching the North Coast of mainland Scotland.

On January 9th 2020, Cycling Without Age Scotland Wick was officially launched during a visit by CWAS representative Gordon McGregor. George Ewing, a long-standing member of the well-established Cycling UK group Wick Wheelers, called our office in October 2019 asking to join Cycling Without Age Scotland (CWAS). They had already purchased a Trishaw with funds raised by Wick Wheelers and wanted to come on board.

In January 2020, Gordon McGregor of GM4X, who are responsible for providing all mechanical support to CWAS, visited George and his group of keen volunteers. Following a thorough check of the Trishaw to meet our insurance requirements and training sessions with the Wick team, the Chapter was raring to get the wheels rolling in its community.

There was not much time between January 2020 and the devastating arrival of Covid-19 in March to get the Chapter firmly into regular rides, but George did manage to get the Trishaw out and about in the area on enough occasions to provide an exciting foretaste of what will be a regular and much appreciated part of life in the northern town of Wick as soon as our country returns to a degree of normality.



This photo was taken during one of the few outings that the Wick Chapter has been able to provide this year. Sheila Anderson is pictured with her daughter Susan, with Staxigoe Harbour in the background.



Launch day 9th January 2020

The photo at the top of the page was taken before Covid. George is the pilot and the passengers are the late Iain Sutherland and his daughter Helen. Iain was a fantastic character, a great historian who wrote several books about Caithness and who was a founder of the Wick Heritage Society. Iain was a resident of Pulteney House before he passed away earlier this year.



ACTIVE CHAPTERS

Hawick



When we met Cheryl Fowler, Community Capacity Builder, and Keith Irving, Outdoor Education Officer, both employed by Scottish Borders Council, it was clear that they were determined and committed to making Cycling Without Age happen in this historic county of Roxburghshire. After numerous funding enquiries, group meetings and discussions with everyone and anyone who would listen, they succeeded in uniting a group of like-minded volunteers: the duo had reached their goal of creating the solid foundations of a Chapter. This enabled them to set their ambitious target of securing funds for not one but two Trishaws in Hawick.

The Chapter's first Trishaw was delivered to Wilton Lodge Park in Hawick on 1st November 2019. Cycling Without Age Scotland attended with two other demo Trishaws to help with the launch. We were welcomed by an entourage of local Council representatives including Provost Watson McAteer, Councillor Neil Richardson and Councillor Stuart Marshall. Also attending were Cycling Without Age Scotland Hawick Chapter members Cheryl Fowler, Keith Irving, Jim McPherson, Ron Sutherland, Pat Douglas, Braden George, Julia Templeman and Bernie Ferguson, Cheryl's colleague from Borders Council.

On the left side of the Trishaw in the middle of the photo above is Jill Lawson. Jill was guest of honour at the launch, representing her parents Bill and Bette McLaren. Bill, who passed away in 2010, is remembered fondly throughout the UK as "The Voice of Rugby" for his unbiased, knowledgeable and humorous commentaries for the BBC for almost 50 years. The Chapter decided to honour the memory of Bill and his wife Bette (who sadly has also now passed away) by naming the Trishaw "Bette".



Completing the prestigious line-up at the launch event were two extremely special VIPs – i.e. "very important passengers"! They were Nan and Jan from Douglas Haig Court Sheltered Housing Accommodation, seen in the photo in the Trishaws sporting their trendy red ponchos.

Following the launch in November, the Chapter's second Trishaw fundraising efforts soon came to fruition and Trishaw "Bill McLaren" was delivered in January 2020.

The Hawick Chapter and Cycling Without Age Scotland are hugely grateful to Borders Council and the people of the community who cast the highest number of votes for this project in the Scottish Borders Council Localities Funding round, and to the Hawick Common Good Fund. Both were instrumental in making the dream come true of bringing Cycling Without Age Scotland to the people of Hawick.

Our first visit to Deanfield Residential Home Hawick with Cheryl and Keith of Scottish Borders Council on 22nd October 2018

ACTIVE CHAPTERS

Stonehaven

Saturday 30th November 2019 was Cycling Without Age Scotland's first visit to Stonehaven. Following many telephone conversations with Morag Howard (a dedicated, selfless and highly respected community connector who was on a mission to make Cycling Without Age happen for the people of Stonehaven and is now the Chapter Captain), we were invited to the town to showcase the Trishaw and take centre stage at the "Christmas Lights Switch On" event arranged by the Stonehaven and District Lions.



And what an event it was! Attended by hundreds of families, the atmosphere was exhilarating and the excitement of Christmas undeniable. Spirits were high, helped of course by a cup of mulled wine. "Cupid came calling" and love was in the air for Ruth Forbes and Doug Duffus (pictured in the main photo above) as they shared a wee Christmas peck on the cheek - meeting for the first time ever and in the carriage of a Trishaw!

Morag ("Mo" as she is known locally) provided this summary for our report:

"When I first heard about Cycling Without Age, I was intrigued and wanted to find out more. I felt it would be good for the people of Stonehaven but was concerned that it might be too big a commitment and undertaking, as all the people I knew who would want to be involved were already very busy.

Ruth Forbes of Edenholme Care Home and Doug Duffus of Mowat Court Care Home with Mo Howard in the saddle for the first ever Trishaw ride to take place in Stonehaven.



When I called the Cycling Without Age Scotland Head Office and found out about the level of support they provide to help new groups, particularly with the potentially difficult parts of getting set up, such as training, Health & Safety directives, the PVG disclosure service and, above all, insurance - as well as with ongoing maintenance of the Trishaws, it came as a great sense of relief. We knew that, with that support, it was possible - and we got to work.

Significant funding from Stonehaven Cycling Club, a very generous donation from a private individual and a contribution from Stonehaven Lions paid for our first Trishaw, "Rosie". Unbelievably, after announcing we were actively fundraising to set this up, we had the full funding for Rosie within twenty-four hours of starting our fundraising campaign. Aberdeenshire Council paid for "Jim", our second Trishaw, and by December, within only six weeks of speaking to the Cycling Without Age Scotland Head Office, we had two Trishaws!

Since then we have had a large contribution from Buchan Wealth Management. This was possible because our Trishaw project is considered to be of benefit to the entire community of Stonehaven. Buchan Wealth Management provided the donation with a view to the local special school, Carronhill, being involved too. Training was due to start just as the Covid pandemic hit,



but we hope that it will be completed as soon as possible to allow the children in the school, which caters for ages 5 - 18, to be able to enjoy the Trishaws.

There has also been enthusiastic interest from people who live in their own homes but who have significant mobility issues.

We have had coverage by STV and also by Radio Scotland which was great for raising the profile of the project. The community nature of our approach without doubt struck a chord with the people of Stonehaven and their generosity has been overwhelming. We have had numerous donations from local people and from Howdens, the joinery company based in the town, the Station Hotel and other local organisations too. Members of the community also knitted a vast number of hats and cosy blankets (it's cold in Stonehaven in winter, so this was appreciated!) and Bike Remedy, our local bike shop, did the initial maintenance for us.

We are fortunate to have recruited and trained more than forty pilots and, although Stonehaven is a hilly place to cycle, we are able to get out into the countryside quickly. The most requested destination is either the beach front and harbour - for an ice cream or coffee - or, if the pilot and outrider are feeling energetic, a ride out to Dunnottar Castle, one of the top trips.

We have a small steering group and we ask that any care home or school involved in the project is represented on that group and also that some of its carers or teachers are trained as pilots. We feel that this ensures a commitment and greater involvement in the project. We also have a Pilots Group of six pilots who were involved from the beginning.



A special mention has to be made of Neil Cox, who has been instrumental in moving the project forward and doing the lion's share of the training and maintenance ... and keeping me calm and on the right track!"

ACTIVE CHAPTERS

Carnoustie

In our 2018-2019 report we announced that Lorraine and Jean, two ladies from Carnoustie, had submitted an application for funding to the R&A Open Legacy Fund for their Carnoustie Chapter's start up.



Delivery day for their two Trishaws: 7th October 2019

Shortly after that report was circulated, the Carnoustie duo were thrilled to hear that their very ambitious funding application had been successful and, so, they were set to get the wheels rolling! But it was not just one set of Trishaw wheels they had their sights on: it was two Trishaws, a Wheelchair Transporter and an electric bike for co-pilot rides!

And the good news did not stop there.

With various other funding applications succeeding and generous local donations, the group also secured a

bespoke storage shed and everything else they would need to make the volunteering experience as enjoyable (and, of course, as safe) as possible, whilst giving the local elderly people the time of their lives on regular rides along this beautiful stretch of Scotland's east coast.

An official launch event for the Carnoustie Chapter was meticulously organised by Lorraine and Jean who are well known in the area for making sure that if, they take something on, it is always carried out at the highest standard. Christine Bell, CEO of Cycling Without Age

Lorraine Young and Jean Brown visit Cycling Without Age Scotland in Falkirk on 23rd April 2019 to discuss their vision for Carnoustie.



Lorraine and Jean delivering their vote of thanks.



Scotland, was delighted to be invited to attend this prestigious event on 30th January 2020 and honoured to be rewarded with the task of cutting the ribbon on this ambitious and very impressive project!

The event was a resounding success, attended by local dignitaries, MSP Graeme Dey, Angus Councillors, officials from Carnoustie Golf Links and representatives of the R&A and, of course, the stars of the show: the dedicated volunteers and many local elderly people who were soon to reap the rewards of the arrival of this exciting project in Carnoustie.



Official Launch Event: 30th January 2020



Cutting the ribbon on the Launch Day.



Pilot training on launch day



Kirsty MacDonald BEM, of the Royal British Legion Carnoustie Branch, cutting the cake on launch day.



Piper: Sandy Burgess

OFF THE STARTING BLOCKS



Lammermuir Dunbar

The first contact from Lammermuir House Care Home in Dunbar was on 9th May 2019. They had just found out about Cycling Without Age Scotland and were keen to know more about how they could bring the benefits of this wonderful project to the elderly people in their historic town of Dunbar on the east coast of Central Scotland.



On visiting Gladys Somanje and her wonderful team at the home on 11th July, it was clear that they were already committed to the idea of raising funds and having their own Trishaw. The team did not take much persuasion to try out the Trishaw and, following a short ride along the local coastal shore, they were itching to start fundraising! Needless to say, we soon got a call to tell us that the funds had started pouring in - and success just kept on coming! It seemed like everyone in the area was keen to make this happen and the local community got right behind the campaign.

On 10th March 2020, we delivered Lammermuir's Trishaw and conducted

their first training rides. As it happens, the care home's team did not even get enough time to complete their training before they were hit by Covid lockdown restrictions later that month. They are desperate to get re-launched as soon as Covid regulations permit, and we just know that, once they are "unleashed", their progress will be fantastic!

Lammermuir Chapter and Cycling Without Age Scotland would like to express our heartfelt thanks to BeGreen Community Windpower and Tarmac for their significant contributions.



BeGreen in Dunbar manages part of the community benefit funds from the Aikengall Community Wind Farms, which are owned and operated by Community Windpower.

OFF THE STARTING BLOCKS



Queensferry Churches Care in the Community

Having made steady progress since 2018, Queensferry CCC have not missed any opportunity to spread the word of their fundraising efforts, to the extent that they are now proud to say that they have raised funds for a Trishaw and secured its storage space. On 7th March 2020 we were invited to the Community Hub to deliver some demo rides and to talk to many of the volunteers, supporters and fundraisers who have all helped to make it happen. The cold Saturday afternoon was damp but the spirits of the hugely enthusiastic Queensferry CCC team were not! The new Chapter Captain, Gillian Smith, was introduced to us by Carol Finlay who had initiated the idea of CWAS Trishaw wheels getting rolling in Queensferry. Carol is moving onto pastures new but is leaving the Chapter in Gillian's extremely capable and safe hands. After a spin in the Trishaw, thoroughly enjoyable despite the damp conditions, the flags were flying to thank the National Lottery Community Fund and The Rotary Club of Queensferry who have donated so generously to this Chapter.



Dalkeith

Chris Matson, Dalkeith Thistle Football Club's Development Officer, made contact with us in October 2019 to enquire about starting Cycling Without Age in Dalkeith. Chris had identified a need for this project in his community, recognised the potential substantial benefits and felt that the community cohesion in Dalkeith, demonstrated by the recent creation of a very successful Men's Shed and the thriving local football team led by volunteers, would be a great foundation for a successful CWAS Chapter. We visited Chris and his colleague Rhona with a Trishaw on 22nd October 2019 to explore the possibilities for setting up.

After a tour of the football ground, a discussion about accessible routes around the town, its country park and golf course, and a ride in the Trishaw, there was no doubt that Dalkeith offered the possibility of being a very successful location for a Chapter that would be a benefit to a huge number of local elderly people. Chris and his colleagues are seeking to form a wider interest group and move forward with fundraising - obviously with as much help as they need from us at CWAS. Watch this space!



Galashiels

Energise Galashiels Trust is an ambitious group established in 2014 with many objectives for local improvements. These objectives included engaging with the community, delivering actions to improve it and making it even more vibrant, welcoming and confident.

When the group invited us to visit them to explore the possibilities of bringing Cycling Without Age Scotland to Galashiels, it was clear that they considered that this project would be a very welcome addition to the benefits they provide for the people in the town. The meeting with the group took place at a community centre in Galashiels on 11th November 2019. Following a presentation to the Trust members, a discussion about their intentions and them trying out the Trishaw, the group were convinced that it was for them.

CWAS was notified during Covid lockdown that the group had succeeded in raising the funds to get their Chapter started and that they were determined to do so as soon as possible. So we look forward to launching Cycling Without Age Scotland Galashiels ... in the very near future!

MEETINGS, GREETINGS AND GATHERINGS



The Peffery
Way Team in
Strathpeffer,
May 2019



Lili and Hugh enjoying an
ice cream at the Helix



Friends of Levensgrove Park Dumbarton,
February 2020



Denny and Dunipace Gala Day, May 2019



Zetland Park Dundas Centre rides, October 2019



Inclusive Cycling in Cities and Towns
Sustrans Event, January 2020



Ineos Fun Day
at Falkirk Stadium



Physical Activity Conference
Kirkcaldy, June 2019



Skye and Lochalsh
Community Cycle Day



Eglington All Ability
Try Out Day Irvine, July 2019



Ballathie House Gathering
supported by Elspeth Coutts and members of West Stormont Woodland Group



Connifox Classic Car Event
with QCCC, August 2019



CWAS EVENT

Afternoon Tea “Trishaw Style” with Contact the Elderly: 12th May 2019



Event hosted by Cycling Without Age Scotland, assisted by Contact the Elderly Teas

On 12th May 2019, CWAS was delighted to bring 30 elderly people together when we hosted a heart-warming afternoon tea party in Denny High School.

All the invited guests, who live alone in their communities, were thrilled to be invited and had the most wonderful time. CWAS staff topped up the teacups and served scrumptious sandwiches, cakes and scones as everyone chatted to each other, enjoyed the company of strangers and, so importantly, made new friends.

The chatting was followed by entertainment provided by Harry and Mandy, two of our dedicated pilots, who treated our guests to some nostalgic toe-tapping tunes. Everyone was then taken out for a Trishaw ride in the beautiful spring sunshine to experience the stunning cherry blossom, hear the birds chirping and feel the gentle spring breeze.

A fun, fantastic time was had by all and, by the time our guests left, there were no longer any strangers in the group, as warm new friendships had been formed all round.

A truly exceptional day! Nessie from Albany Court sheltered housing summed it up by saying: “It was great to spend a lovely afternoon in the company of so many. I have never had a trishaw ride before, but I just loved every minute. I’d love to do it again with Ray, my husband, who is in a care home.”

This was a “smiles all round” tea party that made a real difference!







REDISCOVERING THE ANTONINE WALL



LOTTERY FUNDED

#ThanksToYou
and the
#NationalLottery
for supporting our
project to let
people
rediscover the
Antonine Wall.



TRISHAWS IN ICONIC PLACES

Rediscovering the Antonine Wall

When we announced in Year Two of Cycling Without Age Scotland that we would explore the potential of having “Trishaws in Iconic Places”, we never imagined that we would be invited to take part in the Rediscovering the Antonine Wall project. Places do not come much more iconic in Scotland than this!



The Antonine Wall, inscribed as part of the “Frontiers of the Roman Empire” has World Heritage Status and is managed by Historic Environment Scotland. Given that this iconic place is considered “a site of outstanding universal value”, we were very excited to meet with Emma McMullen, who is leading on this Heritage Lottery funded project. Emma invited us to discuss the possibilities of being a partner in the delivery of their aims by enabling people with mobility restrictions to access by Trishaw the fascinating sites linked to the Antonine Wall, which spans some 37 miles (60 km) from Bo’ness in the east through Twechar to Bowling in West Dunbartonshire.

Our get-together with Emma and her team established the potentially huge beneficial impact that Trishaws could have on substantially broadening access to the wall, and we all agreed that three Trishaws would be ideal. And so we got to work!



We were invited to attend Big Roman Day in Kinneil Park, Bo’ness, on 14th September 2019 and then to speak at the Antonine Wall Community Conference in Kirkintilloch the following week, providing demo rides on Trishaws at each event. Following the success of both events and overwhelming interest in the Trishaws becoming the chariots to enable access to the wall for so many, we were invited to attend Ladies’ Day at Kilsyth on 6th March. Then it was over to Levensgrove Park, Dumbarton, in the summer, where we checked out the fantastic path network all the way from there to Bowling.

As you will see in the photos, it is clear that Trishaws in the iconic places linked to its route will be a tremendous asset to the Antonine Wall Project. The set-up of the Cycling Without Age Scotland Bo’ness Chapter is well under way and Kilsyth and West Dunbartonshire will follow as soon as possible, once Covid restrictions are lifted.



TRISHAWS IN ICONIC PLACES



Strathclyde Country Park

A call to our office in August 2019 from John McKay, an Audit Associate at KPMG's Glasgow HQ, enquiring about the possibility of donating some Corporate Social Responsibility (CSR) time to Cycling Without Age Scotland, provided the perfect opportunity to explore Strathclyde County Park as a potential site for "Trishaws in Iconic Places".

The park covers 4 km² (1.5 square miles) and is centred on the artificial Strathclyde Loch. That provides a great backdrop for scenic rides, whilst the openness offers a great sense of space and freedom for care home residents and people who seldom get the chance to leave their homes.

The contribution of CSR time from four employees of KPMG, John MacKay himself, Robert McCully, Tayler Jessimer and Ross Comrie, enabled us to spend two days in the glorious sunshine in mid-September, providing rides to more than 30 residents from the four care homes.

The event created thoroughly enjoyable experiences for those wonderful residents, with many of them making new acquaintances with people from other homes in the area, with the volunteers from KPMG and with our Cycling Without Age Scotland team. They all got a chance to get to know each other over a cuppa and a chat whilst waiting for their ride and, most importantly, we got to know all about them! What lovely people and wonderful stories.

At the end of the two days of rides, there was overwhelming agreement that a Cycling Without Age Scotland Chapter based in the park would be an absolute winner for everyone and NEEDS to happen! Not only will this enable rides around the park but, with the park being the start point of the Greenlink Cycle Path (which continues to Motherwell town centre) and with a section of the Clyde Walkway, from Glasgow to New Lanark, running through the park, there is huge scope for a Chapter here to flourish and expand across the area.

KPMG's John McKay summed it up with: "I believe Cycling Without Age Scotland is a great initiative and it

was really good to see first-hand how beneficial the rides are for the elderly, and how much enjoyment they get out of the experience."

Sometimes the stories from these events move you even more than Trishaws do - like the one captured in the two photos below. Ellen and Bill were both in need of supported living arrangements but were placed in separate care homes by their local authority because of the lack of availability of space for two people to be together in one care facility. The couple had never been parted in their 60 years together. After determined hard work, countless meetings and campaigning, their daughter eventually managed to get them a place together in the same care facility. A happy ending indeed! As you can see from the smiles, Ellen and Bill are still very much in love and thrilled to be back together - and they cherished their day out in our Trishaw!



Ellen and Bill



Another one of those magical stories featured a wonderful lady called Rose. When introduced to the Trishaw for the first time, she was determined that she was "not going on one of these things"! After a little persuasion and the promise that Christine from CWAS would keep her safe, she got in the seat. Rose lives with dementia and was initially very reserved and withdrawn but, when chatting, we soon discovered that she was a huge Elvis fan. That was the key to "unleashing the real Rose" and her mood transformed! She was soon belting out her favourite Elvis tunes that we were playing for her on our little Boombox speaker. Singing along with us and having had such a great time, when we returned to base she refused to get off the Trishaw! The staff waiting on her return said that this was the happiest they had seen Rose in years. A joyous day indeed.



Rose – Our Elvis fan



With the help of Graham Simpson MSP, who visited us to find out more about Cycling Without Age Scotland, we arranged for residents of four care homes in North Lanarkshire to visit Strathclyde Country Park and be our first ever passengers to enjoy a ride around it in a CWAS Trishaw.



TRISHAWS IN ICONIC PLACES

Highland Wildlife Park - Kingussie

The Highland Wildlife Park is a 105-hectare safari park and zoo near Kingussie, Highland, and is located within the Cairngorms National Park. When we were contacted in June 2019 by the organisation's Head of Discovery and Learning, Suzanne Scott, who wanted to explore the potential of Trishaws as a way to improve accessibility to the park for people with limited mobility, we immediately recognised the opportunity of a site for a "Trishaws in Iconic Places" Chapter.



We visited the park in August 2019 to meet with Suzanne and Daska Mackintosh, Head of Operations and Visitor Services, and they were quickly very excited by the potential of what the Trishaws could offer. We agreed to take part in a two-day dedicated 'Limited Access' event in October to carry out a survey and some trials with the Trishaws to gauge the benefits and the opinions of visitors with mobility restrictions.

On 4th and 5th October we visited the park with various modes of transport for people with limited mobility. They included two different types of Trishaws, a Wheelchair Transporter and two All-Terrain Wheelchairs designed and built by GM4X, who are working with us at Cycling Without Age Scotland. We provided more than 100 rides in the two-day visit and carried out survey questionnaires with the visitors. The feedback on the day was 100% positive, with heartfelt comments pledging firm support from everyone with whom we engaged, all endorsing the need for these forms of mobility vehicles to operate at the park permanently.

The park is due to submit a Stage Two application to the National Lottery Heritage Fund for many improvements to the park ... which will include our vehicles and project!



TRIOBIKE VISIT



Visit to the Home of Triobike Taxi

Acutely aware that Trishaws are the core of what we do, from the outset of Cycling Without Age Scotland we wanted to ensure that our preferred choice of model for Scotland is as fit for purpose as possible.

We wanted to be certain that it is the most suited to our environment, that its components are technically competent and the build quality robust, that it offers maximum comfort for our passengers and easily accommodates loading passengers from wheelchairs and hoists, is capable of coping with Scotland's hilly terrain and, above all, that it is as safe as possible.

After trying out all the Trishaws approved by Cycling Without Age, we concluded that the Triobike Trishaw fulfils all these criteria, and so it became our preferred choice for use in Scotland. After all, the design of this Trishaw, bespoke for CWA, was carried out by Triobike in collaboration with CWA's Co-Founder, Ole Kassow.



In order to provide the best possible service to all our Chapters in Scotland, we wanted to ensure that we are fully competent in our knowledge of the selected Trishaw. And so we arranged a visit to Triobike in Denmark in November 2019. By then, we were already utilising the skills of GM4X, a Scottish business formed by Gordon McGregor which designs and builds All-Terrain Wheelchairs, to support us in all technical and mechanical aspects of our Trishaws. GM4X, too, was keen to build its knowledge of the Trishaws and Gordon accompanied us on the visit, which turned out to be a really



invaluable training and learning experience for everyone involved.

We learned that, contrary to some perceptions (in the UK) of Trishaws being a commercially driven and overpriced commodity which just drops off a conveyor belt, the Triobike Taxi is hand-built by people who respect the ethos of Cycling Without Age and its principles of making a significant difference to the lives of people in need of support. Triobike Taxis are constructed by hand in a site in Skive, in northern Denmark, in a unit run by the municipality; the plant provides training and employment for people who need skills and government support. All activity is meticulously supervised by two of Triobike's best mechanical engineers, Nicolas and Jesper, and we were highly impressed with the quality of product and its assembly process.

We spent two days in the plant, met the whole team and observed the full assembly from start to finish. GM4X actually took part in the assembly of one of the Trishaws on order for us and which we now possess! This intricate understanding and experience of the mechanical aspects of our Trishaws enables GM4X to rectify as quickly as possible any fault that occurs and, so, maintains our high standard technical support for all our Chapters.



CWAS EVENT

Annual Summit 2019

One of our most exciting events this year was our Cycling Without Age Scotland National Summit weekend, based at the Falkirk Stadium, at the end of August 2019.

The summit achieved a whole range of “firsts”, from the first time that Chapters from all round the country, as well as from Ireland and the USA, had gathered to get to know and learn from each other (as well as from specialist experts) to the first time in the UK that more than 20 Trishaws and 60 people had taken part in a “long ride” of more than 20km.

Workshops and presentations covered a wide range of topics, from batteries to using hoists safely to move passengers into the Trishaw ‘tubs’ and exercises to maintain pilots’ and passengers’ mobility and flexibility. There were also sessions led by CWAS’ specialist consultants, GM4X, in all essential elements of Trishaw mechanics and maintenance.



It was an extremely sociable weekend too, with the wonderful spirit of camaraderie encapsulated in dinners and entertainment, led by Trustee and superb musician, Robin Miller, at Glenbervie Golf Club, where CWAS has its Head Office.

Sunday 31st August brought the extraordinary “Long Ride”! More than 20 Trishaws set off on a spectacular 20-kilometre journey along the beautiful banks of the River Carron, lunching at the Falkirk Wheel. The ride culminated at Falkirk Football Stadium, via The Kelpies: all sights to treasure. If one journey demonstrates the joy that Cycling Without Age Scotland Trishaw rides can bring, and that these amazing vehicles can go just about anywhere – street or path, town or country – this was it.

Perhaps most extraordinary of all was the weather! It was windy and chilly and tipping it down right up to the Sunday morning but, from the start of the ride to its conclusion, we were blessed with beautiful sunshine, warmth and bright blue, cloudless skies.

This was a major undertaking and could not have been achieved without the generous support of so many people and organisations, including: Glenbervie Golf Club; Gordon Cullen of Easygo Cycles; Falkirk Football Club and Stadium; Gordon McGregor of GM4X; Joan Purdie of Newcarron Court Care Home; Police Scotland; The Falkirk Wheel; Lee Kelso of The Scottish Care Inspectorate; and of course all the delegates who joined us for the weekend.



REMEMBRANCE PARADES AROUND THE COUNTRY

Remembrance Sunday: 10th November 2019



Most unexpectedly, this event was one of the highlights of the year for Cycling Without Age Scotland. We could never have anticipated how much joy and uplifting emotion our Trishaws would bring to what is traditionally renowned as a respectful and prestigious yet solemn occasion in almost every community throughout the UK and beyond.

We had suggested to our Scottish Chapters that they could encourage their volunteers to transport war veterans to their local Remembrance Day parades on Sunday 10th November 2019. We were overwhelmed by their response, and the lengths to which our volunteers went to ensure that this was an occasion for the veterans to feel justifiably proud were exemplary.

The Chapters respectfully dressed up their Trishaws with poppies and enabled the highly esteemed War Veterans, proudly sporting their medals, to be at the centre of the parades in the heart of their communities and to ride to the ceremonies in style - yes, with a heavy heart and a tear or two, but also with radiantly warm smiles of celebration and commemoration.



HERIOT-WATT UNIVERSITY RESEARCH

Our 2018-2019 Annual Report featured an evaluation of our work carried out by independent researcher, Janet Biggar, on behalf of Cycling Without Age Scotland and The Ageing Lab. With funding provided by the Scottish Government, we were able to build on that research and are delighted to make available a 2019-2020 Research and Evaluation Report.



The 2018-2019 Research and Evaluation Report detailed many positive experiences of care home residents, their families, care home staff and volunteers who took part in the trial phase of our project. The findings were used to inform the wider rollout of our services and support and evidenced the importance of maintaining an open and productive relationship between the volunteers and CWAS staff, all working closely towards their common goal of providing invaluable life-changing experiences to everyone involved.

The 2019-2020 Research and Evaluation Report details very positive findings of research undertaken by The Ageing Lab, using robust methodology, into the effects on people's mood and wellbeing after taking part in a Cycling Without Age ride.

Both years' reports present strong evidence of the benefits of the continued rollout of Cycling Without Age across Scotland, as well as confirming the value of detailed on-going evaluation of the impact of those benefits.

Professor Alan J. Gow
The Ageing Lab
Heriot-Watt University

Christine Bell
Chief Executive Officer
Cycling Without Age Scotland

Digital copies of both reports are available via our website at:
www.cyclingwithoutage.scot

Or please call us on 01324 467 272 or email info@cyclingwithoutage.scot to request a hard copy

On average, 24 positive emotional expressions were observed per ride.

When selecting a single emotion that was predominantly expressed throughout the rides, the researchers most frequently selected "happiness" and "interest".

In terms of the positive emotional expressions, "happiness" was observed most frequently, followed by "interest" and "amusement".



Norman Ridley Senior Ambassador of CWAS

Norman, our Senior Ambassador, has had yet another very busy year - full of fun, activities and heart-warming moments. Norman dedicates most of his time to Cycling Without Age Scotland. When he is not getting involved in helping run the Perth Chapter, he is attending Board Meetings, recruiting new volunteers and talking to the Perth Courier to keep it updated on what's happening in the CWAS world. Norman's dedication is not only driven by his love of the project, but by the sense of fulfillment and belonging he gets from it. Norman confesses that, on losing Mary, the love of his life, in October 2018, Cycling Without Age Scotland is now his reason for being, saying that it is what gets him out of bed every day with a smile and a huge sense of purpose! Norman and daughter Lorna, a regular pilot for the Perth Chapter, are pictured here in April 2019 at the launch of the third Trishaw fundraised for in Perth. It is lovingly named "Mary Ridley" in memory of the rides Lorna, Norman and his wife Mary took on the Trishaw in the days before she passed away.



Zara Crumlish Young Ambassador of CWAS

As Zara (now 22) settled into her role as Young Ambassador for Cycling Without Age Scotland, her knowledge and confidence soared. With the realisation that she had a vital part to play in the rollout of this wonderful project across Scotland, Zara quickly rose to the challenge. Arranging for CWAS to attend Ayrshire College to present the project to her course colleagues, leading on fundraising campaigns for the Prestwick Chapter (of which she is a founding member) and taking to the stage at the CWAS Summit to entertain and play her flute to an audience of delegates have been bold and ambitious actions that are as hugely supportive of CWAS as they have been life-affirming for Zara herself. Increasing her contribution even further, in January 2021 Zara became the youngest member of our CWAS Board and has pledged to continue to dedicate her time to assist and shape the success of CWAS as it grows around Scotland.



Genevieve Gillespie Junior Ambassador of CWAS

When we announced at our Scottish Parliament Celebration Event on 20th June 2019 that we were proud to nominate Genevieve Gillespie to be our Junior Ambassador, she was as surprised as she was delighted! We had confided in Genevieve's mum Jacqueline, who is joint Captain of the North Ayrshire Chapter, that our intention was to nominate Genevieve; she agreed to the surprise announcement and greatly appreciated our recognition of her daughter. We were thrilled that Genevieve accepted our nomination with pride and the determination to continue her excellent efforts to champion Cycling Without Age Scotland in North Ayrshire to her school and her peers, and to help enthuse and nurture all those young people who promote and/or get involved with Cycling Without Age Scotland now and in the future.





CELEBRATING OUR SENIORS - ON THE TRISHAWS AND ON OUR BOARD!

In Cycling Without Age Scotland, we don't just do our best to support our Chapters, volunteers and passengers. We aim to look after and respect everyone in our extended family, particularly our senior members.

Norman Ridley, our most senior Board Member, dedicated his whole working life to the Salvation Army. From his first introduction to this world-renowned organisation when he accompanied his grandmother to Ashington Corps in 1950, Norman was hooked. He enrolled as a Soldier in 1952 at the tender age of 18. In 1954 he was moved to Perth with the Ashington Band where he met and married the love of his life, Mary Crockart. Whilst working and training together, they raised their three children in Perth. Between 1969 and

Norman has outstanding natural gifts of tenacity and dedication to a cause, is blessed with a heart of gold and has the exceptional ability to make every life he touches feel special. This unique combination of qualities led him to being appointed Chaplain at Changi Prison and Singapore Boys' Home.

In 1996 Mary and Norman retired together after 30 years' service, vocation that had inspired them to help, jointly, more than 3 million people. They returned to Perth to serve in the corps in which they started and they continued to serve alongside new and old friends.

They spent many happy years together in Perth until, in 2018, Mary was diagnosed with dementia, which made life very challenging for them both. They were separated for the first time in 64 years when Mary had to move into North Inch Care Home to be supported with the care she needed. This was a heart-wrenching time for Norman which he feels almost broke him as a person.

However, it was at this time that Norman discovered Cycling Without Age Scotland! As the previous page detailing Norman's role as Senior Ambassador explains, Norman feels that his reason for being is now CWAS. It was his saviour at the time in his life when he most needed it and was yet another 'calling' in the life of Norman Ridley. He is a most valuable asset to CWAS for which we are deeply grateful and feel most privileged to have him as part of our team.

In December 2019 CWAS was asked to do a presentation at the Salvation Army Falkirk Corps Christmas Carol event. Norman was invited to attend and was given the honour of taking centre stage, where all attendees recognised and celebrated his exceptional service to the organisation.



Norman reunited with serving officer Ann Hunter as they fondly recalled working together in the Kilsyth Corps in the late '70s

1978 they served as Corps Officers throughout Scotland, with placements in Strathaven, Coatbridge, Stockbridge, Penicuik, Kilsyth and Bridgeton. Testament to how effective they were at helping people in need, they were transferred to the Salvation Army Social Services Corps in 1978, with appointments in men's hostels in Newcastle, Liverpool, Nottingham, Glasgow and London. Such was their success and high reputation that in 1993 they were requested to take charge of Gracehaven Children's Home in Singapore, where they relocated.



CHRISTMAS AROUND THE COUNTRY... 'CWAS STYLE'!

Prestwick Trio on the Prom

Pictures of just a few of the many Christmas celebrations hosted by wonderful CWAS Chapters across Scotland.



Airthey Care Home Christmas rides



Adrain McDowell, CWAS Board Member meets Musselburgh Trishaw



FVRH Children's Ward



"An elf of a time" in Musselburgh



CWAS Team Christmas Lunch



Largs Fairlie 2019 Yuletide Celebrations



Christmas Day ride by pilot Nell for regulars Fergie and Jan Mussel



Perth Christmas Chapter treat at Bield Housing



Fauldhouse Partnership Santa Parade

HITTING THE HEADLINES

Activities galore at Cumnor Hall

March has seen us building links with a local nursery - Cherry Tree Early Years Centre. Every Wednesday the children's arrival at Cumnor Hall light up our residents' faces. A morning of interaction and fun is enjoyed by all.

In June a few of our staff set off to scale the heights of Goat Fell, including one of our residents - John, who is a keen hiker. With blood, sweat (and not too many) tears, success was had by all and a grand total of £1,000 was raised for the hospice.

In August residents, relatives, friends and staff shared a fun and relaxing day in the sunshine for our annual fete. The BBC, Uke band and sunshine helped make it a very enjoyable day.

The Moderator's recent visit in 2019 to Cumnor Hall was a wonderfully warm and inclusive event which brought smiles and laughter to our residents, with him leading devotions and joining in with

Oomph!

Scotland's population is continuing to age, with a 50% increase in over 60's projected by 2033.



Out along Prestwick Promenade enjoying the last of the September sunshine

Thanks to Steinmeyer legacy



Launch The

BIELD BULLETIN

SUMMER 2019



Staff, board members and community volunteers with the trishaw. Picture: Kim Cesford.

Trio of trishaws ready to roll out in Carnoustie

OPEN: Legacy fund helps to bring Cycling Without Age to Angus town

GRAHAM BROWN

The legacy of Carnoustie's history-making 2018 Open Championship is set to roll on in an innovative new community first for Angus.

A trio of trishaws have arrived in the town and will soon be piloted by volunteers in the latest expansion of Cycling Without Age.

The initiative founded in Copenhagen now has a global reach in its ambition to bring benefits to the elderly and less able by introducing them to cycling in their local community.

The Carnoustie project has been driven by Lorraine Young, chairwoman of Carnoustie Memories and Carnoustie Befrienders chairwoman Jean Brown. A Montrose residential home has one of the trishaws, but the Carnoustie set-up is the first community-based CWA group in Angus.

Lorraine said: "CWA is a well-established national programme and our chapter is designed to reflect the national model. Our direct association with CWA offers in many positive benefits such as training for all our pilots, human resource services and insurance."

The project gathered pace thanks to the legacy fund set up in the wake of the 147th Open Championship over the world-famous Angus links with an application for support being successful.

She added: "We believed Cycling Without Age would be of tremendous benefit to a significant number of people living in the local community and would



From left, front: Councillor Brian Boyd, Rosalie Wells, 7, Councillor David Cheape, David Muckland (R&A Legacy), Basil Andrew Ireland (Cycling Without Age Scotland), Paul Searns (chairwoman of Carnoustie Golf Links), Michael Wells (chief executive of Carnoustie Golf Links), Lorraine Young and Jean Brown, both of the Carnoustie chapter of Cycling Without Age. Picture: Paul Reid.

be a very positive and highly visible reminder of the community benefits arising from the hosting of the Open Championship.

"We have been overwhelmed by the total support and encouragement we have received from Cycling Without Age Scotland with whom we are now formally affiliated."

"CWA brought a trishaw to Carnoustie for us to trial and the passengers had a ball and smiled their way through the journey and spoke of the exhilarating experience of feeling the wind in their hair and the wealth of memories that evoked."

She added: "Our sole objective is to transform the lives of older people in our community, re-engaging them with

the outdoor environment through open-air trips on trishaws with local volunteer pilots.

"We require a pool of volunteers to cover a range of tasks from being a pilot, a co-pilot or a co-passenger and would welcome inquiries from members of the public interested in volunteering."

Contact can be made by emailing lyoung37@btinternet.com or jmbrown77@sky.com

The trishaws have now arrived in town and, in a fitting nod to the golfing legacy, will be named after the town's three cossies - Championship, Burnside and Buddon - alongside an outdoor e-bike called the Neuse after the town's pitch and putt course.

ghbrown@thesun.co.uk

No more barriers

The scheme originally started in Denmark

By John A. Macdonald

As initiatives to help older people get out and about in being rolled out in Britain.

Cycling Without Age offers free rides for pensioners, and those with mobility restrictions, on trishaws - specially adapted bikes, with double front passenger seats.

The scheme was originally launched in Copenhagen in 2005 and has since spread to other countries. In the UK, it was first introduced in 2012 by the National Lottery, which funded the first trishaw.

The scheme is now being rolled out in 47 countries with more than 2,000 trishaws, 35,000 trained cycle pilots, serving to over 100 million people.

A public meeting is being organised in St Mary's Church, Bournemouth, next



A sight seen in the town of Bournemouth. Trishaws already operate in the town.

Chocks away for new trishaw pilot scheme

BENEFITS: Angus care home residents are preparing to get on their trike

JIM MILLAR

An initiative at an Angus care home has seen the facility take delivery of a trishaw which they hope will bring a "huge range of benefits" to the residents.

The trishaw, a combination of tricycle and rickshaw, was delivered to Dorward House in Montrose yesterday after a staff-led fundraising campaign brought in over £10,000 for the project.

The vehicle was sourced from Cycling Without Age, an international organisation founded in 2012 which fosters activity for the elderly, as well as caring and volunteering within the community.

Dorward House staff hope that it will bring benefits for the residents, including a greater connection with the local area, feeling the wind in their hair and triggering happy memories.

The project is seen as a positive collaboration between residents, staff, families and friends, as well as the local community, and the trishaw will be

“We currently have around 20 volunteer pilots and hope to use the trishaw almost daily, weather permitting.”
DORWARD HOUSE SPOKESPERSON

will be used for additional items for the cycle-powered trips including blankets, a picnic set, and high visibility jackets for the pilots.

A spokesperson for Dorward House said: "We are immensely proud of what the staff have achieved."

"This was a substantial amount of money to raise, and was done through a variety of ways including raffles, a staff disco, competitions and online fundraising pages."

"We previously had a trial period with a trishaw, and the residents are really looking forward to having one here permanently."

"We currently have around 20 volunteer pilots, and we hope to use the trishaw almost daily, weather permitting, so it should become a familiar and welcome sight on the streets of Montrose."

The project has been led by staff members Lavine McMasser and Fiona Grant, whose duties have included recruiting and training the pilots, conducting risk assessments, organising maintenance schedules and sourcing insurance.

The spokesperson added: "Dorward House is immensely grateful to families, friends, staff, residents and the local community for its support, both financial and in the level of involvement in the trishaw."

"We have all been blown away by

WHEELS IN MOTION



Business: Gillian Brock cuts the ribbon

omrie's

Tri something new

A novel mode of transport has arrived in Comrie. The older generation and those less able are looking forward to getting out and about in the village's new battery-powered trishaw.

It has been funded by a grant from the Heinrich Steinmeyer Legacy - a pot of money left to

the village by the former Culterbraggan Camp prisoner of war.

Veronica Doyle and Gillian Brock are pictured with pilot Andrew Ireland taking a test drive.

• See pages 18 and 19 for more pictures of the trishaw launch.

THE BEST THINGS IN LIFE ARE...



... the people we love, the places we've been and the memories we make along the way.



CWA Musselburgh Chapter says farewell to friend and supporter Scott Glynn MBE who helped create many memories for the elderly people of Musselburgh.

CWAS extended condolences to our Musselburgh partners earlier this year on the sad loss of one of their funders. Scott Glynn MBE, former rugby player, fundraiser and hugely popular after-dinner speaker, lost his fight with cancer in January 2020. Scott is pictured here in 2018 with Ewan Dawson, Captain of the Musselburgh Chapter, attending the presentation of the cheque from his 'Walk with Scott' foundation to Patron James Martin, aka 'Still Game' star Eric. The funding was the catalyst to getting their project started. Scott will be remembered with fondness and gratitude as the Trishaw wheels continue to create memories, rolling round their close-knit community for many years to come.



Snug and warm with the wrap-around blanket, regular passenger Norma stayed comfy in her chair for a hurl to the Mussel in January 2020.



Tommy enjoying the Wheelchair Transporter with Ewan.

Making more memories in Musselburgh with really happy news, our first Chapter to be started outside Falkirk back in 2018 has now achieved another milestone in Scotland by taking delivery of the first Wheelchair Transporter to be launched by Cycling Without Age Scotland. The Wheelchair Transporter, fondly named 'Bobby', enables people who are dependent on their wheelchair to enjoy a cycle ride along the Musselburgh coast and get as much wind in their hair as they would on a Trishaw. The feedback on these vehicles from our Musselburgh Chapter, run by husband and wife team Ewan and Morna, is 100% positive! The Wheelchair Transporter is great to ride and it's wonderful to be able to deliver rides to a whole new group of people who would otherwise miss out on this exhilarating and uplifting experience. Memories are made of this... not only for the passengers but for the volunteers too.



Bringing back memories! Meet Jane, originally from Longniddry and now a resident in Brunton Court Musselburgh, who was a keen cyclist until health issues confined her to a wheelchair.

Jane had been eager to get involved from the start of the Chapter, but mobility issues made her use of the Trishaw tricky. It was a privilege to be able to offer her a ride in the Wheelchair Transporter so that she could discover areas of Musselburgh she never knew existed and re-live her cycling days. Fond yet emotional memories indeed!

DONATIONS

John Menzies PLC

Jack Dickson, passenger Carnoustie

GOODNESSKNOWS
THE MARS FOUNDATION

page 55

THE WAY FORWARD

At the end of March 2020, we could never have foreseen what the remainder of the year would look like. Fast forward to 2021: although in a world that we barely recognise, our vision for the future is unchanged, we work resolutely towards it and we know what we have to do.



Nicola Sturgeon, First Minister
Hawick, November 2019

Cycling Without Age Scotland remains passionately committed to helping shape a stronger, greener and fairer future for all sectors of society, particularly those who have suffered the most during the Covid-19 pandemic.

Strengthened by continuing and widespread Scottish Government cross-party support, we will play our part in Covid Recovery, and ensure that it is a **significant** part. We will help repair the damage to the lives of the lonely, the isolated, those in care homes, the disengaged and those who may have felt forgotten.

When Covid restrictions are lifted we will be back. We will reunite people with people, and people with places, using our green-energy Trishaws. Working with you all, Cycling Without Age Scotland will be stronger than ever!



John Swinney
Deputy First Minister, May 2019



John McNally MP
with
Paul Garner:
Councillor Denny/Banknock



Colin Smyth MSP



Prince and Princess of Wales Hospice
with Yousaf Humza MSP, May 2019



Graham Simpson MSP



Michael Matheson
Scottish Government
Minister for Transport
and Sandra White MSP



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