



## Spring 2021

### Who would have believed it?!

I wonder how many people would have thought, this time last year, that we'd only now be beginning to emerge from lockdown - and even then with so many uncertainties? Fingers crossed that all goes well and that life continues to return to normal.

We've remained very busy here at Cycling Without Age Scotland (CWAS) Head Office. We've worked hard to maintain contact with and support as many of our Chapters as possible, progressed some very exciting projects, reviewed and updated all our key procedures and processes and formed exciting new alliances, not least with our new partners, Paths For All. Despite all the challenges, there have been plenty of things that have kept us cheerful, from an ever growing number of individuals and groups who are making serious enquiries about setting up CWAS Chapters, and with whom we're now in discussion ... to a reminder, through our Easter Egg Donation and Delivery programme of the joy that Trishaws can bring and how much we value the support we receive from so many organisations and people (more of that story later).

Then there's the fulfilment and pride we see when a Chapter takes delivery of its Trishaw and, above all, the determination and commitment of our Chapters. Those who could offer rides within COVID rules have done so, giving so much pleasure, and we are genuinely uplifted to see all our Chapters' dedicated and amazingly energetic planning going on right now to make up for the year we've lost with dynamic new beginnings.

Many of you will know Jen(nifer) Thomson, our Project Officer (Volunteering), who started maternity leave in November 2019. We are delighted, not only to welcome Jen back into our organisation in the re-designated role of Fundraising and Social Media Co-Ordinator, but also to officially welcome, rather belatedly (!), Jen's and husband Anthony's son, Matthew, who celebrated his first birthday in February: a future Pilot, maybe?!

Do read on for more inspiration and information. Meanwhile, from all of us at Cycling Without Age Scotland, keep safe, well and happy.



**Christine Bell**  
CEO  
Cycling  
Without  
Age  
Scotland



**CWAS  
Easter Egg Donation & Delivery**  
Such generous donors ...  
such happy recipients!



Anthony, Matthew and Jen

# APPROACHING THE SUMMIT!

Who could forget our absolutely terrific Summit in August 2019?!

(below)

SAVE  
THE  
DATE!



Unfortunately current COVID restrictions mean that we can't hold a face-to-face event, but we're planning the next best thing: a **virtual**

## SUMMIT on Wednesday 23<sup>rd</sup> June: 7:00pm – 9:30pm

Informative, useful and enjoyable, this will be the opportunity for CWAS volunteers and supporters from all round the country to meet each other and get together (virtually), to share ideas and a story or two and get helpful tips and information.

**You being part of this occasion will make it even more special – so do please join!**

Please put the date and time in your diary.

We'll send out joining details nearer the date but, in the meantime, please do let us know of any topics you'd like covered and/or questions answered. We'll do all we can to fit in all requests ... but we can't promise! Please email your suggestions and requests to [carol@cyclingwithoutage.scot](mailto:carol@cyclingwithoutage.scot)

## FAR FROM JUST A REPORT!

Cycling Without Age Scotland's Annual Report must be one of the most unusual in the UK! This is not a doorstopper of dry text but more than 50 glossy pages of great, uplifting stories and packed with pictures. It shows and gives a great feel of just what wonderful work our CWAS community is doing in every part of Scotland: making a real difference.

**Do take a look!**

You can access it via our website using this link: <https://cyclingwithoutage.scot/> or, if you want a printed copy, please just contact us and let us know.





# CHAPTERS' NEWS

Just some examples of recent and current Chapter activity are:

## GIRVAN

Now officially a fully-fledged Chapter!

First "public day" on 15<sup>th</sup> May 2021.

HUGE CONGRATULATIONS to Ann Berry, founder of Biosphere Bikes (the name reflecting the Galloway and Southern Ayrshire Biosphere) and all the team – soon to be opening up to its community all that Girvan has to offer in and around its spectacular coastline.



## OLD MELDRUM

In just a few days, Oldmeldrum Chapter will launch publicly with a big splash – helped in no small measure by the support of BBC Radio Scotland's "Out and About" Mark Stephen. There'll be quite a buzz around the town, hopefully generating lots of new supporters for this Chapter.

The administrator of Meldrum Amenities Improvement Group, Andrew (now the Chapter Captain), is the brother of Gordon McCartney, who was involved in setting up our Comrie Chapter. Bitten by the "CWAS bug", Andrew started the ball rolling for a Chapter in Oldmeldrum and, with determined fundraising and despite all the limitations COVID has created, here they now are, with their own Trishaw with which they'll enrich the lives of so many fellow members of their community.



Oldmeldrum Chapter's launch poster

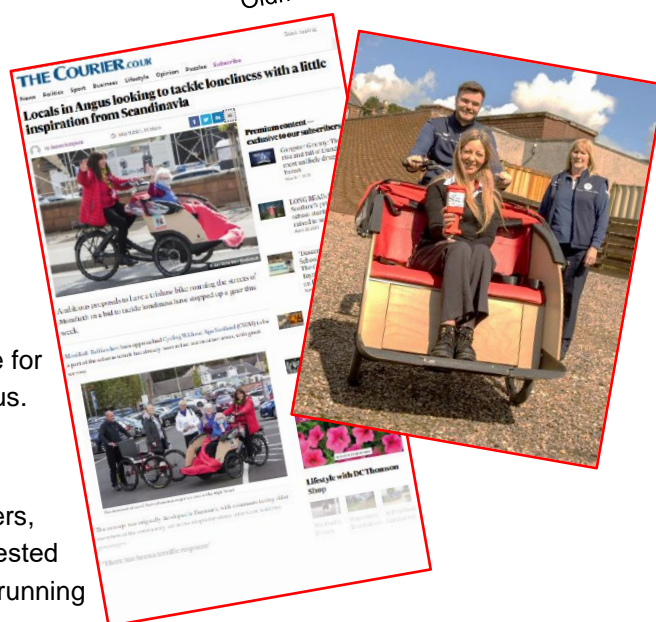
## MONIFIETH

It was great to see the interest, not only of the region's media, including The Courier, but of the town itself, when we introduced Cycling Without Age Scotland to Monifieth earlier this month.

Sincere thanks to Monifieth Parish Church (which is displaying our demo Trishaws in its window) where local people can find details of how to get involved - and to the town's Tesco store which provided space for our promotional event and gave up the time to join us.

Our new Chapter has been initiated with great commitment and enthusiasm by Monifieth Befrienders, who would love to hear from anyone who'd be interested in getting involved, as volunteers, in setting up and running the Chapter and/or in its activities. If you are, please contact 01382 760 142 or [monifiethbefriending@gmail.com](mailto:monifiethbefriending@gmail.com).

We're sure that CWAS Trishaw rides will soon be a regular and hugely popular part of the town's life!



# SELKIRK

*with thanks to photographer Rob Gray for the images*

**A shining example of commitment, determination and enthusiasm, Selkirk Chapter is now fully up and running... and on the road!**

These first two pictures brilliantly encapsulate the fresh air and joyous sense of freedom that a Cycling Without Age Scotland Trishaw ride brings.

And what a way to involve your community right from the outset: a competition to name the Trishaw! That's exactly what this imaginative and fun-loving Chapter, led by Jim McPherson with a terrific committee, did. And the community didn't let them down. Suggestions flooded in, from "Bonnie Bumps" to "Pride o' Selkirk" and "Star o' The Borders".

In the end, the Selkirk team went for **Souter Scooter** and, with huge pride, the Chapter launched on Sunday 16<sup>th</sup> May. In their own words:

*"Today was a red letter day; it was our first official journey (round the Haining Loch) and who better for our first passengers than Jim and Bunty Newlands? They are the first Selkirk residents to enjoy an outing on the "Souter Scooter" and we are now ready to offer this experience to anyone else who might benefit.*

*From the first demonstration at the Haining House on July 14<sup>th</sup> last year to our maiden voyage has been quite a journey, but we now have this fantastic facility available in Selkirk. It only takes around 10 minutes to cycle round the Loch, but today we took over an hour by the time we had stopped and had a blether with just about everyone we met. That is what CWAS is all about: social interaction and reducing isolation, especially with us escaping the rigours of Covid 19 Lockdowns. A great day out and hopefully the first of many more!"*

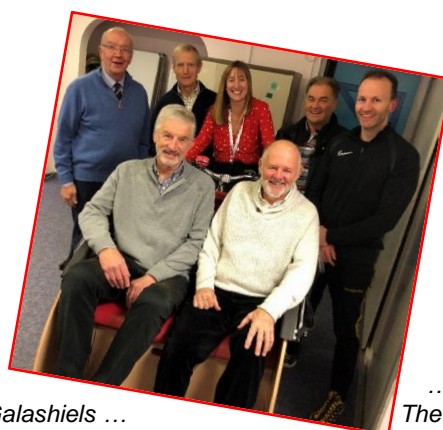
There's really no holding them back, as the Chapter is now fundraising for at least one more Trishaw.



*Never short of ideas, Selkirk Chapter even uses Trishaws to treat the community to "music on the move"!*

## GALASHIELS, DUNDEE and FORTROSE & ROSEMARKIE

Our Galashiels Chapter is now emerging from lockdown with great energy and will soon take delivery of its Trishaw. Meanwhile fundraising is going apace in our Downtown Dundee and Fortrose & Rosemarkie (Black Isle) Chapters. CWAS' north-east wheels are definitely rolling!



*Demo Trishaws raising awareness in Galashiels ...*



*... and The Black Isle.*



## DORWARD HOUSE, Montrose

Congratulations to the Dorward House Care Home staff (trained CWAS Pilots) who gave residents a very special Easter “breath of fresh air” in the home’s grounds – remaining very “COVID conscious” of course. How nice to see, in these very strange times in which we’re all living, so many smiling faces: a reminder of what Cycling Without Age Scotland is all about.



Despite all the hurdles and challenges of Lockdown and on-going uncertainties, CWAS’ volunteers across Scotland have continued to make sterling efforts to keep our engines ticking over, our wheels poised for action and post-lockdown preparations being enthusiastically made.

Just one example is Robert Bocking in our Clackmannanshire Chapter, who managed to start and complete his training as a Pilot in whatever lockdown gaps occurred – from stage 1 to his first practice ride and now assessing routes in Dollar.



## FUNDERS & PARTNERS



With our ever-increasing partnerships, we’re expanding our impact across Scotland and helping to enrich even more lives. The Scottish Government, through Active Scotland and Transport Scotland, has supported us from the start and is continuing to do so (for which we are hugely grateful) and we’re delighted now to be helping to deliver its inspiring “Smarter Choices, Smarter Places” programme, working with our new partners Paths For All. Partners in our developing projects are identified above and full information about the significant number of organisations who have and/or are generously supporting us is available on Page 55 of our Annual Report, which you can access through our website:

<https://cyclingwithoutage.scot/>

## TRISHAWS IN ICONIC PLACES

We are now gearing up to implement our “Trishaws in Iconic Places” programme which will make a major contribution to inclusive tourism by increasing accessibility to some of Scotland’s most iconic visitor attractions, very often difficult for people with limited mobility to enjoy. COVID has delayed this to some extent, but we have made substantial progress, despite all the obstacles that the pandemic has caused, with our first two sites, the Antonine Wall (where there could be four new Chapters!) and Helix Park, home of the stunning Kelpies.

This will be a significant development for CWAS, with Trishaw rides being available to anyone visiting the site who meets the CWAS criteria, rather than a specific community, e.g. a care Home, a centre or a town. Our role at the sites may be enhanced even more by us arranging the availability of all-terrain wheelchairs, which are currently undergoing their final trials for us. We have already identified the next four iconic places where we want to play a key role in increasing accessibility and, depending on the country’s progress out of lockdown, hope to have these under way by the end of the year.



## COVID ADVICE

The official advice on how to offer rides safely (in the context of COVID) is changing very frequently, the key issues being: use of masks or not, anything that might be touched (especially the blankets), companions, distancing and cleaning. We will be updating our guidance with each development, sending the information to all Chapter Captains and publishing it on our website. So please keep an eye on that.

## TECHNICAL TIPS & REMINDERS FROM GM<sup>4</sup>X Ltd

As always, it’s really important to keep **batteries** charged – and thanks to Chapters for keeping that up during lockdown. As COVID restrictions are easing, getting your Trishaw/s out and about will help enormously with battery health. Once the batteries have been run down half-way or so, a few full charging cycles will do them the power of good.



Also, when you start riding again, if you find that the **gears** are not operating as they should, this may be because gear cables are stretching when the Trishaw is not in use. A simple adjustment by a qualified cycle mechanic remedies this.

We are in full swing with annual inspections which have prompted the following reminders: we appreciate that many Trishaws have not moved much (or at all) in the last year and, so, checking them over may have lapsed. But do please ensure that all **tyres are kept inflated to 60psi** and, if any are almost devoid of tread, or have a very low tread, have them replaced. Please do not ride a Trishaw that has no tread, especially if the coloured inner layer of tyre is showing, as this can cause a tyre to blow out during a ride.

Please do not leave the **parking brake** on for prolonged periods of time, as that could cause damage to seals in the hydraulic system, of which the brake is a part. But, when the brake is off, make sure that the wheels cannot move by using wheel chocks or anything that will effectively and reliably act as a chock.



# EASTER BUNNIES HOP ABOARD OUR TRISHAWS!

Led by HQ's Carol Wyllie, our request to local supermarkets in the Falkirk area for donations of Easter Eggs to distribute to local care homes proved a huge success. More than 170 eggs were donated by Asda, Tesco and a private donor. Our local chapters were thrilled to set their Trishaws free from lockdown to get the wheels and eggs rolling around town – and that brought cheer, smiles and waves of warm welcome and appreciation from the residents.

Our bunnies delivering to Newcarron and Grahamston House care homes were Harry and Mandy; Dave and Macy rolled in to Burnbrae and Thorntree Mews homes; and Colin and Eileen were our special posties at Airthrey Care Home!

The Denny & Dunipace Chapter joined forces with the wonderful Bonnybridge based group Roots Helping Hands Food Share to deliver eggs, goodwill, gifts and smiles to Wheatlands and Bankview care homes in Bonnybridge and to the children gathered in the local parks on Easter Sunday and Easter Monday.

It didn't stop there. Up in Perth, led by CWAS trustee and Senior Ambassador Norman Ridley, Chapter Captain Matthew Mackie and Rowen Ross of Marks & Spencer Inveralmond (and herself a volunteer pilot) and ably supported by Perth High School, the eggs came flowing in ... and were trishawed on their way! With the wheels rolling again, the Perth team members were delighted to get the much awaited chance to see the smiling faces of some of their care home friends after such a long spell of suspended rides.

And it's always nice to get noticed!



## SPECIAL THANKS TO SPECIAL PEOPLE

An important feature in the recent Ayrshire Women's Cycle Festival was a compilation of videos created by several CWAS female pilots, including our own CEO, Christine Bell. They explained what CWAS does and the significant positive impact our rides have on everyone involved and the benefits they bring – not just to passengers but to all our volunteers too, especially the pilots.

Not only was it great to “get the CWAS message out there”, but hopefully it will encourage more women to cycle ... ideally as CWAS pilots! As part of our government funding is from “Active Scotland”, we're really pleased to be playing a part in the delivery of that programme to encourage sport and physical activity.

So, especially considering how daunting most of us find it to record “pieces to camera”, HUGE thanks for doing that to Pilots:

Shauna Brown  
Zara Crumlish  
Eileen McAulay  
Lesley McRae  
Susan Mercer  
Rowena Ross  
Lorna Walker

If you'd like to see the videos, use this link:

<https://www.youtube.com/watch?v=-UBQgyEVHJg>



## PROMINENTLY FEATURED IN A MAJOR REPORT



CWAS is prominently featured in the latest report from the Wellbeing Economy Alliance: *Business and a Wellbeing Economy: Creating Thriving Businesses and a Thriving Scotland*, which was produced in partnership with Scottish Enterprise and Co-operative Development Scotland.

It's a really interesting read and the section about CWAS (which starts on page 22 of the report) is under the headings of Redefining Success; Business Ownership and Governance; Leadership and Participation; Community and Stakeholder Relationships; Product and Service Innovation; Accounting for Impact and ROI; and Learning Together.

You can access the report at:

<https://wellbeingeconomy.org/wellbeing-economy-business-report>





## FOCUS ON THE WHEELCHAIR TRANSPORTER

**A way for your Chapter to bring life-enhancing pleasure to even more people.**

When Ewan Dawson identified that some of the people who really wanted to join them for a ride around the beautiful area of Musselburgh were unable to access the Trishaw because they were entirely reliant on the supportive features of their specialised wheelchairs, he set out on a mission!

Having seen the Wheelchair Transporter which CWAS had purchased for Chapters to try out, Ewan took full advantage. The trial was such a success that Ewan got to work fundraising to add a Wheelchair Transporter to the Musselburgh fleet of Trishaws ... and has never looked back.

Since taking delivery of the VanRaam Wheelchair Transporter in 2019, it is as popular a sight along the shore as the Trishaws and enables so many people to enjoy this experience who would never otherwise have been able to.

Unlike the Trishaws, which involve people with limited mobility being helped out of their wheelchairs and onto the Trishaw seat for the ride, the Wheelchair Transporter enables people to undertake the ride/s without having to leave their wheelchair.

It is simply rolled onto the Transporter, tightly strapped in at the secure anchor points ... and off they go!

We make it simple for any Chapter which wishes to add one of these to their fleet. All you need to do is fundraise for the purchase, ensure that you have safe secure storage (ideally beside your existing Trishaw) and somewhere to charge the battery. All operating procedures are included in your existing licence agreement, as is full training and insurance provision.

The feedback from those who have experienced the Transporter is that the sensation of being on a bike ride is hugely "thrilling and liberating".

Such a simple yet idea – but one that brings great joy.

If you wish to trial this for your Chapter, please just get in touch.



# EVALUATION

In each of the last two years, our project has been evaluated by Heriot Watt University, specifically its “Ageing Lab”, under the leadership of Professor Alan J. Gow with the studies being carried out by Ryan Gray, who is based in the School of Social Sciences.

The findings are both fascinating and hugely encouraging, summarised by:

*“... improvements in mood and wellbeing were observed as a result of taking a ride, and during those rides, the emotions experienced were predominantly positive ones of happiness and interest.”*



You can access the full 2019/20 evaluation report through our website or by using this link:  
<https://journals.sagepub.com/doi/full/10.1177/2333721420946638>.

# PLEASE GET IN TOUCH

If you want more information about any of the articles in this newsletter, want to send contributions for possible inclusion in the next edition – or speak to us about any aspect of our project, please do get in touch.

Just email us at [info@cyclingwithoutage.scot](mailto:info@cyclingwithoutage.scot) or call 01324 467 272



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