

NEWSLETTER No.4!

CYCLING
WITHOUT AGE
SCOTLAND



February 2022

A strong re-start as Covid wanes!

Just when we thought that the country was getting on top of COVID, along came Omicron and all the uncertainty that brought with it. So we thought we'd hold fire on this, our latest newsletter, until the situation was clearer and plans could be more certain. Thankfully we now seem to be in that position.

Having said that, it is both heart-warming and humbling to see just what is possible with the kind of committed and determined volunteers which we are so privileged to have. Despite all the obstacles, you kept Trishaw wheels rolling through the pandemic wherever possible, supported by many amazing care homes. Just some of that activity is reflected in this newsletter which re-caps the last part of 2021 and early 2022 news – not least of which is the new CWAS video which you can see both on our website and by [clicking here](#). Over the next few weeks we'll be publishing a series of new short videos which show different aspects of our work and the impact our terrific volunteers have.

Read on for a "heads up" about a sensational undertaking by Senior Ambassador Norman Ridley which will raise both funds and awareness for Cycling Without Age Scotland and about Ray Burr and Sourya Roy who joined our team at the end of last year.

Recognition is always pleasing, so it was great that CWAS was included in the guests invited to attend the opening ceremony for the sixth session of The Scottish Parliament at Holyrood in October alongside H.M. The Queen and Their Royal Highnesses the Duke and Duchess of Rothesay (Prince Charles and Camilla Parker-Bowles). Other news in this issue ranges from a defibrillator for Clackmannanshire to a Trishaw on a ferry outward bound to Stornoway as CWAS' reach extends to the Western Isles through a dynamic new Chapter now under way there: well done Amy and Cameron Rigg!

It is our hope that we will be able to bring you all together in a summit at some point later this year and we'll be in touch about that as soon as we can. Meanwhile, the most important thing that I can say is a HUGE "thank you" for continuing to make Cycling Without Age Scotland the amazing organisation it is.

 *Christine*



Christine Bell
CEO
Cycling
Without
Age
Scotland



A moment from our new
CWAS video.



Norman Ridley
Senior
Ambassador



Sincere thanks to CalMac for donating this
Trishaw's ride across to Stornoway!

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HEALTHIER SCOTLAND



Smarter Choices,
Smarter Places

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STOP PRESS: Note from Editor

Christine Bell hates being singled out for praise but we just CANNOT fail to draw attention to her being recognised by the Prime Minister as the UK's "Point of Light" for 16th February. Please see Page 8 for more details.

Ray Burr: Operations and Development Officer

Despite all the challenges and unpredictability thrown at us by COVID, CWAS has continued to grow and spread across the country. All indications are that this will continue on an increasing scale, especially as we seem now to be “out of the pandemic’s woods”, so we’re delighted to have welcomed into the team, as our Operations and Development Officer, Ray Burr, who will play a major role in supporting that growth.



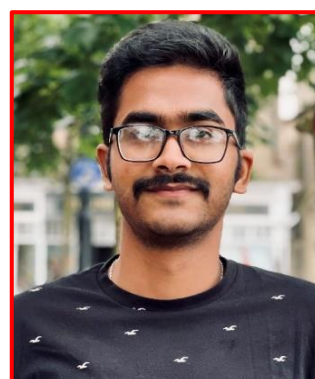
Ray has been an avid mountain biker, bike mechanic and passionate cyclist since his teens. Coming from an active travel background of promoting and supporting people to walk and cycle more, he fully appreciates the numerous health and wellbeing benefits that cycling and connecting with the outdoors can provide for people. Prior to joining CWAS, Ray was the Falkirk Active Travel Hub Coordinator and helped to deliver numerous active travel support projects across the Forth Valley. These included the *eBikes for Key Workers* and *Bike Medic* projects which provided wrap-around support to key workers during the height of the pandemic. Ray is very excited about the prospect of utilising his experience and expertise to support the CWAS team and our volunteers across Scotland and, most importantly, to help more people enjoy the experience of accessing the outdoors through our amazing Trishaws.

Ray joining us will further strengthen our technical support as we will still be using GM4X (Gordon McGregor) for its invaluable specialist knowledge as individual jobs require it, especially warranty work. GM4X will also continue to be our Triobike Trishaw dealership. Please address all mechanical or technical queries to Ray in the first instance and he will allocate the appropriate resources - and please note that all parts and equipment must be ordered from Ray: ray@cyclingswithoutagescotland.org

Sourya Roy: Digital Communications and Marketing Intern / Assistant

We want to capitalise on all that the internet offers in helping to get our story out, in spreading the word and in keeping our volunteers and supporters fully informed, especially through social media. In order to work out how best to do that within our limited resources, a review of our marketing and communications activities and a plan for the future has been carried out by our consultant Rod Natkiel. To assist him in this review and planning, we recruited an intern from Stirling University, Sourya Roy. Sourya immediately impressed us, not only with his work ethic, productivity and being a great team-player, but with his passion for and commitment to our work. That was demonstrated by him offering to continue in this area of our activities as a volunteer after his official internship ended – and he is continuing to do so as we progress into 2022, for which we are very grateful. One of Sourya’s first projects as an intern was to conduct the relevant interviews and write an article about KPMG’s 2021 CSR day, which you can read on Page 6 in this newsletter.

Sourya writes: *“I will always remember the day when I was offered the internship with CWAS. I had just completed my first semester at the University of Stirling and was looking to boost my CV and gain some enriching marketing experience. My internship and my time with CWAS since have been extremely beneficial to my professional development, as I have been fortunate enough to receive exceptionally insightful and encouraging mentoring. And I will also never forget the impact that CWAS’ work has had on me right from the start. It reinforced how much one must value and respect life and never take things for granted, especially mobility and all the opportunities mobility brings. Through participating in CWAS events, I have seen at first hand just what a difference this organisation makes, how it brings joy to and puts smiles on the faces of people whose mobility is limited and for whom it literally opens doors and makes a lasting difference.”*



Some of CWAS' great moments from the past few months.

Evidence that, despite everything Covid threw at us, CWAS kept going strongly!



Christine Bell, CWAS CEO, meeting HRH Prince Charles at the Scottish Parliament



"Meldrum Meg" was hugely enjoyed by a carer and resident of West Bank House care home.

BBC "Out of Doors" presenter Mark Stephen launches Oldmeldrum Chapter with Trishaw "Meldrum Meg", named after an old Inverurie-Oldmeldrum steam engine.



Selkirk Community Chapter goes from strength to strength! What a way for Kathleen to celebrate her 100th birthday: a ride on the "Souter Scooter"



Championed by volunteer Robert Bocking, Clackmannanshire Chapter now has its own defibrillator. The presentation was held at the RSPB Black Devon Wetland Centre.

Joy for all to see! Fortrose & Rosemarkie Chapter launches with Trishaw "Billy Whizz"



The Trishaw is named in honour of one of the Chapter's first and very enthusiastic passengers, Billy Mackintosh, from the Eilean Dubh Care Home.



CWAS was delighted to be part of the 2021 Kyleakin Gala Mini Fayre, with our Trishaw and an All-Terrain Chair supplied by GM4X, to support the development of the proposed Skye Cycle Way. Sincere thanks to Project Officer Andy Prendergast for inviting us.



Stormin' Norman marches for mobility!

Our Senior Ambassador, Norman Ridley, is soon to become CWAS' own Captain Tom!

One of our most committed and dedicated volunteers, Trustee and Senior Ambassador Norman Ridley, has decided to put his best foot forward for Cycling Without Age Scotland. At age 85, using his walking frame and accompanied by his cherished Perth Chapter Trishaw "Mary Ridley" (so named in honour of Norman's late wife), he will walk 100 miles between April and September. He'll make his way around the country, three miles a day, meeting up with CWAS Chapters in as many parts of Scotland as he can, and he'll visit a key organisation or two in each Chapter's area. Norman is doing this, not just to raise funds for CWAS but, equally importantly, to raise awareness and so encourage new volunteers and supporters.



We will be asking for support in a variety of ways for this major challenge that Norman is undertaking but, for starters, please do let us know if you would like your Chapter included in Norman's itinerary. And keep your eyes open for further developments as this project progresses!

PR Opportunities

We quite often get contacted by a Chapter about an event that has happened or is happening with the comment that "this would be a great PR opportunity". The reality is that, without notice, it's very difficult to take advantage of that opportunity. The media, and especially local outlets, need notice. They also need a good 'hook' to a story, relevance to the community (whether that's local, regional, national or international) and, above all, human interest. A constant flow of heart-warming and interesting stories about us will be extremely valuable to the continuing development of the CWAS brand, and stories that demonstrate the benefits to pilots and other volunteers will be extremely helpful to our recruitment.

We will help you promote your stories but please do give us as much notice as possible. Even creating an effective media/news release (aka press release) takes time and most media outlets work to a schedule with deadlines that, if missed, are opportunities lost. So, if you have anything potentially newsworthy coming up, including stories that are very local ones, please do get in touch and let's see what we can do to help you get your efforts noticed ... but please do so as far ahead as possible, ideally several weeks.



It's really exciting that CWAS' growth shows no sign of slowing down as communities around the country establish new Chapters. Currently activities are starting up or getting properly under way in:

Aberdeen City (Duthie Park); Dunkeld; Galashiels; Innerleithen; Kirriemuir; Levensgrove Park; Linlithgow; Monifeith; Peterculter

A great example of Chapters helping each other is Biggar lending its Trishaw to Peebles who were keen to try a different model. And hearty congratulations to Leuchie House North Berwick on receiving funding from Sparewheels to kick off fundraising for a wheelchair transporter.

HUGE congratulations to our Isle of Cumbrae Chapter, only recently formed but already operating with two Trishaws, having secured storage space for both, now raising funds for a wheelchair transporter and never short of wonderfully imaginative ideas:



But where would any of our Chapters be without amazing volunteers? A massive "THANK YOU" to all those who carry out and support this hugely important work and, to those who have joined us in recent months, a very warm WELCOME!

More CWAS great moments in recent months!



August 18th last year was a very important day for Cycling Without Age Scotland as it marked the first Chapter in our **TRISHAWS IN ICONIC PLACES** campaign. With two new Trishaws, funded by Communities Along The Carron Association and the Falkirk Common Good Fund and appropriately named "Duke" and "Baron" after the Kelpies themselves, the Falkirk – Helix Chapter was officially launched: the 53rd Cycling Without Age Scotland Chapter in the country.

Officiating at the ceremony alongside CEO Christine Bell were Richard Millar, COO of Scottish Canals (which had generously sponsored the blankets for Duke and Baron) and Councillor Cecil Meiklejohn, Leader of Falkirk Council.

To mark the launch, a parade of Trishaws, led by Duke and Baron and carrying twenty passengers, left The Kelpies and followed the four mile, traffic-free route along the towpath to The Falkirk Wheel, taking in the Canal Encounters Activity Trail on the way.

HRH Prince Charles meets Oldmeldrum Chapter's Trishaw - introduced by volunteer pilot Colin Wallace ...



Meanwhile, in Portsoy, Anuj Dawar, manager of the Durnhythe Care Home, welcomed the Lord Lieutenant of Banffshire, Andrew Simpson, to officially put into service its first Trishaw, "Free Spirit".

... and the wheels get rolling in Linlithgow.



And what a contribution to Remembrance Day by our Carnoustie Chapter! Invited by the Royal British Legion to transport veterans to the War Memorial and back to its HQ, it did so in spectacular style. The Trishaws were beautifully "poppified" by Kinloch Care Centre and supporters.



More highly impressive decorative skills on display in Linlithgow Chapter's beautifully CWAS branded Christmas tree!



“Simple Activity - Huge Possibilities”

KPMG collaborates with us for the second time on its CSR Day

Report by Sourya Roy



Renowned Brazilian novelist Paulo Coelho famously said “It’s the simple things in life that are the most extraordinary.” That encapsulates what KPMG staff members felt about Cycling Without Age Scotland as they collaborated with us on their Corporate Social Responsibility (CSR) Volunteering day at the Heritage Park in Hamilton last September.

They experienced how a simple activity like cycling can bring truly significant changes to the lives of people who have lost their mobility because of their age or health issues.

Every year more than 15,000 employees of KPMG, which is a global network providing audit, tax and advisory services, dedicate 6 working days to volunteer with significant and impactful local charities. There are so many charities which they could select, so KPMG choosing CWAS for the second time was significant and very meaningful to us.

On the Volunteering Day itself at James Hamilton Heritage Park in East Kilbride, our skilled staff members supervised and trained 6 KPMG volunteers, whose “day job” roles range from apprentice to manager, to pilot a Trishaw. They were Andrew Hastings, Catriona Finlayson, David Borland, Fraser Cameron, Ryan Strachan and Siyuan Guo. Three residents from the HC-One Douglas Care Home (Hamilton) Cathryn, Betty, and Margaret were also present at the park to be the passengers and to enjoy our very popular Trishaw rides, along with two wonderful activity co-ordinators, Arlene Hunter and Siobhan McCluskie.

The residents had never seen a Trishaw before and, as a result, they were a little hesitant at the start. But that quickly turned into sheer happiness and excitement as soon as the ride began. Siobhan said that she had never seen Betty so calm and serene. Another passenger, Margaret, was extremely delighted both by the refreshing ride and by the jovial company of Gordon McGregor of GM4X.

Remembering the event as ‘great fun’ and ‘fulfilling’, one of the KPMG volunteers, Siyuan, shared his witnessing of an elderly cycle-loving dad and his daughter joyously bonding during the Trishaw ride. He noted in particular “how a simple activity can be so meaningful to individuals” – fulfilment that CWAS achieves on a daily basis.

The event was a huge success for both KPMG and us as we managed to put smiles on the faces of our lovely passengers, to give them a very special day and to attract significant public attention at the Heritage Park for what CWAS is and does.



We are sincerely thankful to the park authority for allowing us there; to John McKay, Hayley Crawford, Siyuan Guo and other staff members of KPMG for collaborating with us; and to the café for keeping us refreshed! We are hoping to collaborate with KPMG again in our mission to spread ‘miles of smiles’ even further.

Determined to keep going!

Our CWAS Chapters throughout Scotland have faced huge obstacles in the last two years but here is just a "tip of the iceberg" selection showing how determined all of them, the length and breadth of the country, have been to do what they can, whenever they can to support their passengers and communities.



Wick Chapter spreading Christmas cheer:
just part of its service to the community that prompted a generous donation from local business Wick Laundry.



Support from the town's Old Course Golf Club demonstrates how much the service provided by our Musselburgh Chapter is valued. But then it does provide rides whatever the weather - with Margaret enjoying one of the first rides of the year...



... and Susanne and Fergie not letting a bit of rain dampen their spirits!

Airthrey Care Home Chapter has kept determinedly active:
here ensuring that Ian got out and about
to see the Christmas lights - and building its team with new pilot Murat:



... and our Denny Chapter remains as busy as ever!
Here, Santa Stewart McQueen gets a beaming smile from regular passenger Iris (with carer Aimee) – a smile that says it all!



And what an inspiration our Stonehaven Chapter is! 45 signed-off pilots (20 in the last 7 months alone) serving almost all the care homes in the town as well as a centre for young adults with additional needs and a community house for people with autism. At least 3 trips a week for each of the Trishaws, Rosie and Jimmy, and each trip with outriders. Three of the team commit to making sure that the Chapter's admin. is always up to date and its social media guru, Penny, keeps the stories flowing!





Points of Light are outstanding individual volunteers – people who are making a change in their community. Every week day the Prime Minister recognises an inspirational volunteer with the Daily Point of Light award.

First established by President George H. W. Bush in 1990, over 6,000 US Points of Light have been recognised in the USA. UK Points of Light was developed in partnership with the US programme and launched in the Cabinet Room at 10 Downing Street in April 2014. Since then hundreds of people have been named Points of Light by the Prime Minister, highlighting an enormous array of innovative and inspirational volunteering across the length and breadth of Britain.

Doing everything from tackling knife crime to supporting families of dementia patients, UK Points of Light are fundraising, awareness raising, problem solving heroes who all had an idea they decided to make a reality. Their actions have changed lives and their stories can inspire thousands more to get involved or start their own initiatives.

We are *absolutely delighted* that CWAS' CEO has been recognised by the Prime Minister with the Daily Point of Light Award for 16th February 2022. You can read all about it here:

<https://www.pointsoflight.gov.uk/cycling-without-age-scotland/>

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.

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