

CYCLING
WITHOUT AGE
SCOTLAND



The Story So Far



State of Play



26

Local Authorities
participating



61

Active
Chapters



116

Trishaws
across Scotland



43,456

Rides across Scotland



51,675

Passengers



2,968

Volunteers



49,450

Sustainable miles
travelled

**CYCLING
WITHOUT AGE
SCOTLAND**



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Cycling Without Age Scotland SCIO (known as CWA Scotland)
Scottish Charity SC048128
Regulated by the Scottish Charity Regulator (OSCR)

Chief Executive Officer Welcome



In 2020 we published a fifty-two page report packed with images and details of our Cycling Without Age Scotland journey around the country. We wrote of the impressive progression of our project; the thousands of people we've met; our inspiring dedicated volunteers; our beautiful passengers of all ages and circumstances; our supporters; and our funders, especially the Scottish Government, without whom this incredible project would not be possible. In that same report we wrote of the Covid 19 pandemic which was beginning to grip the UK. We were undeterred by what lay before us and pledged to remain committed to weather whatever the pandemic threw at us.

Three years on, and having experienced unimaginable changes to life as we once knew it, Cycling Without Age Scotland's mission is to continue to forge ahead with even greater strength and determination to mend, reshape, reform and to aid the recovery of people and places from the devastation caused by Covid. We are well placed to actively support the Scottish Government's policies to address the needs of countless people and to positively impact upon climate change.

By supporting our existing Chapters to get their rides up and running again, we are enabling care home residents, those living alone at home and those who have lost confidence, to get outdoors again and connect with their families and communities.

Additionally, we are continuing to recruit more volunteers and encourage those who have had difficulties during the pandemic to volunteer with us. That will help to restore their confidence as they connect with other

people, make new friendships and, above all, experience the fulfilment and elation one gets from helping others.

We sincerely hope that all you read is a reminder that Cycling Without Age Scotland is about joy and fulfilment for all concerned – volunteers and passengers ... in their thousands. It's about addressing many issues our people are facing in Scotland. It is sustainable. It is contributing to the tackling of climate change by helping to reduce car journeys and, above all, it is entirely free of charge for everyone who takes part which, in times of financial hardship, is invaluable.

I hope that you find it interesting and do please get in touch if you have any questions or would like to try a Trishaw ride. We'd be absolutely delighted to see you.

Christine Bell, CEO

Inspirational Chapters

Just one of our amazing branches around the country:

Falkirk Chapter

Breadth, range and a very special role.



Apart from its unusual breadth of service area, with six Trishaws operating in three separate locations, our Falkirk Chapter plays a special role in Cycling Without Age Scotland (CWAS) activities as an invaluable development hub. It is often used by CWAS HQ to test and host special undertakings, like long distance rides with multiple Trishaws, and to progress new initiatives. For example, it was with the Falkirk Chapter that we developed our offer to enhance accessible tourism, ensuring that we had thought of and trialled every benefit that CWAS can contribute to that. It gives those volunteers a great sense of pride, not to mention many wonderful and unusual opportunities, like taking part in filming, to know that they are helping developments that will benefit communities all round Scotland.



The Chapter is also extremely busy in its day-to-day activities, with passengers choosing from a variety of routes that offer a chance to re-visit places from childhood, like Callendar Park or Dollar Park, or to take in sites normally inaccessible to them, such as the Falkirk Wheel or The Kelpies. Trishaws can get to places most other vehicles cannot!

Since Covid, care homes in Falkirk have become more committed than ever to see their residents enjoy the outdoors through partnering with CWAS. Several of the Chapter's deeply committed volunteer pilots have paired with particular care homes and take out the same residents on a regular basis, creating very special bonds between them.



As Falkirk Chapter Captain, Shauna Brown says: ***“This gives everyone something to look forward to and makes for lots of fun and “miles of smiles!”***

The Cycling Without Age Scotland Story

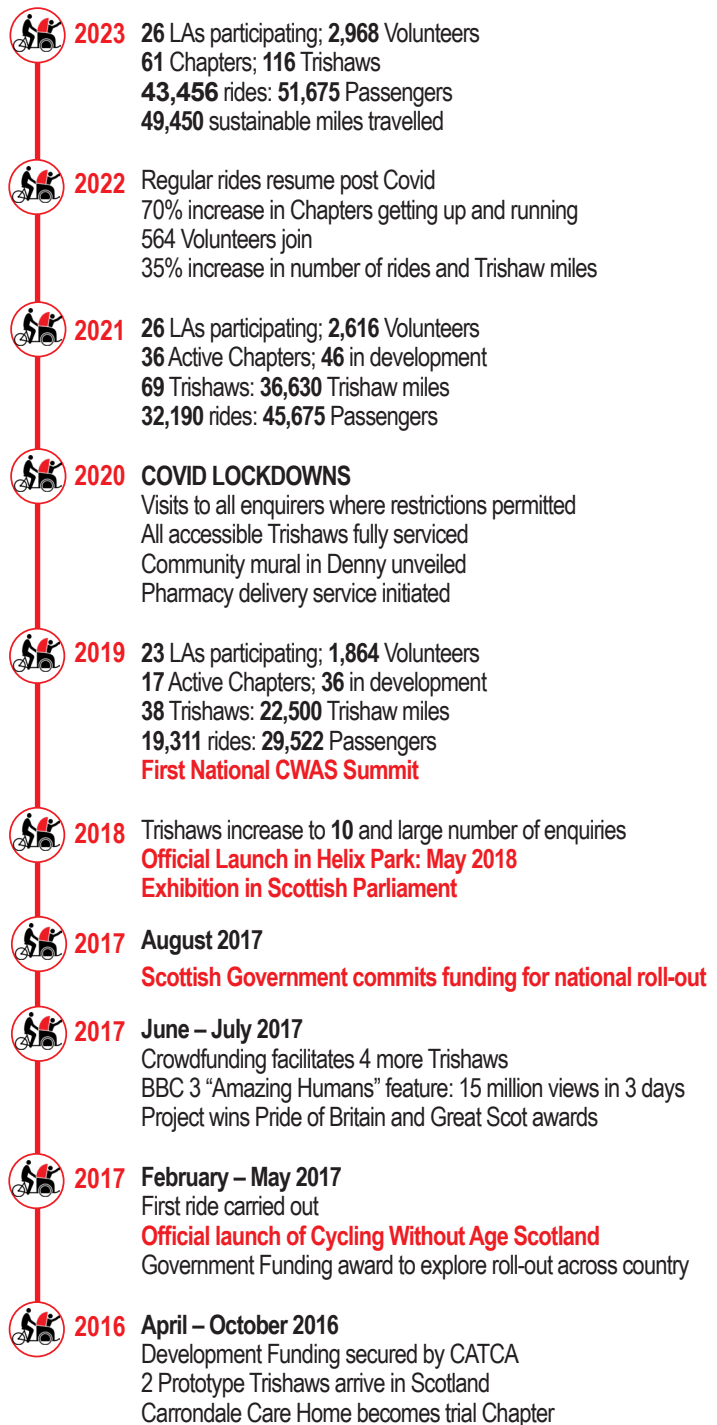
The Story So Far

Cycling Without Age was created in Denmark in 2012 by co-founders, Ole Kassow and Dorthe Pederson, with an aim to getting elderly people from care homes out and about. Their idea caught the attention of Christine Bell, Project Officer of Communities Along the Carron Association (CATCA) a volunteer community group committed to improving their communities in Central Scotland. The group had been campaigning for people to travel sustainably by foot, cycle or public transport and these e-bike Trishaws were therefore a huge attraction to CATCA, as they served this ambition.

The timeline opposite shows how fast things moved when this multiple award-winning group got on the case!

With a small amount of funding from the Climate Challenge Fund and a trip to Denmark to meet the founders, Cycling Without Age Scotland (CWAS) was founded. Now, only five years on, the successes detailed opposite speak for themselves.

And we've only just begun!

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- A vertical timeline on the right side of the page, marked by a red line with circular icons of a person on a trishaw. Each icon is followed by a year and a list of events or statistics for that year.
- 2023** 26 LAs participating; **2,968** Volunteers
61 Chapters; **116** Trishaws
43,456 rides: **51,675** Passengers
49,450 sustainable miles travelled
 - 2022** Regular rides resume post Covid
70% increase in Chapters getting up and running
564 Volunteers join
35% increase in number of rides and Trishaw miles
 - 2021** 26 LAs participating; **2,616** Volunteers
36 Active Chapters; **46** in development
69 Trishaws: **36,630** Trishaw miles
32,190 rides: **45,675** Passengers
 - 2020** **COVID LOCKDOWNS**
Visits to all enquirers where restrictions permitted
All accessible Trishaws fully serviced
Community mural in Denny unveiled
Pharmacy delivery service initiated
 - 2019** 23 LAs participating; **1,864** Volunteers
17 Active Chapters; **36** in development
38 Trishaws: **22,500** Trishaw miles
19,311 rides: **29,522** Passengers
First National CWAS Summit
 - 2018** Trishaws increase to **10** and large number of enquiries
Official Launch in Helix Park: May 2018
Exhibition in Scottish Parliament
 - 2017** **August 2017**
Scottish Government commits funding for national roll-out
 - 2017** **June – July 2017**
Crowdfunding facilitates 4 more Trishaws
BBC 3 “Amazing Humans” feature: 15 million views in 3 days
Project wins Pride of Britain and Great Scot awards
 - 2017** **February – May 2017**
First ride carried out
Official launch of Cycling Without Age Scotland
Government Funding award to explore roll-out across country
 - 2016** **April – October 2016**
Development Funding secured by CATCA
2 Prototype Trishaws arrive in Scotland
Carrondale Care Home becomes trial Chapter

Where we are (by Local Authorities)

Aberdeen City

Westburn Park

Aberdeenshire

Balmedie
Inverurie
Old Meldrum
Portsoy
Stonehaven

Angus

Arbroath
Carnoustie
Dorwood House, Montrose
Monifieth

Argyle and Bute

Dunoon

Clackmannanshire

Alloa

Dundee

Dundee City

East Ayrshire

Dumfries House, Cumnock

East Lothian

Dunbar
Leuchie House, North
Berwick
Musselburgh
North Berwick

Edinburgh City

Inchview Care Home

Falkirk

Airthrey
Bo'ness
Burnbrae Care Home
Callendar Park
Carrondale Care Home
Denny and Dunipace
Helix Park
Newcarron Care Home
Zetland Park, Grangemouth

Fife

Pittencreiff Park, Dunfermline
Lochore Meadows Country
Park

Glasgow

Almond Court Care Home,
Botanic Gardens
Prince and Princess of Wales
Hospice, Bellahouston Park

Highland

Cromarty
Dingwall
Fort William
Fortrose and Rosemarkie
Ullapool
Wick
Moray Anderson's Care
Home, Elgin

North Ayrshire

Fairlie
Isle of Cumbrae

North Lanarkshire

Kilsyth Auchinstarry Marina

Moray

Anderson Care Home Elgin

Orkney Islands

Westray

Perth and Kinross

Comrie
Dunkeld
Kinross
Perth High School

Renfrewshire

Quarriers Village

Scottish Borders

Galashiels
Hawick
Innerleithen
Peebles
Selkirk

South Ayrshire

Girvan
Prestwick

South Lanarkshire

Biggar
Rutherglen

Stirling

Wallaceview Care Home

West Dunbartonshire

Friends of Levensgrove Park

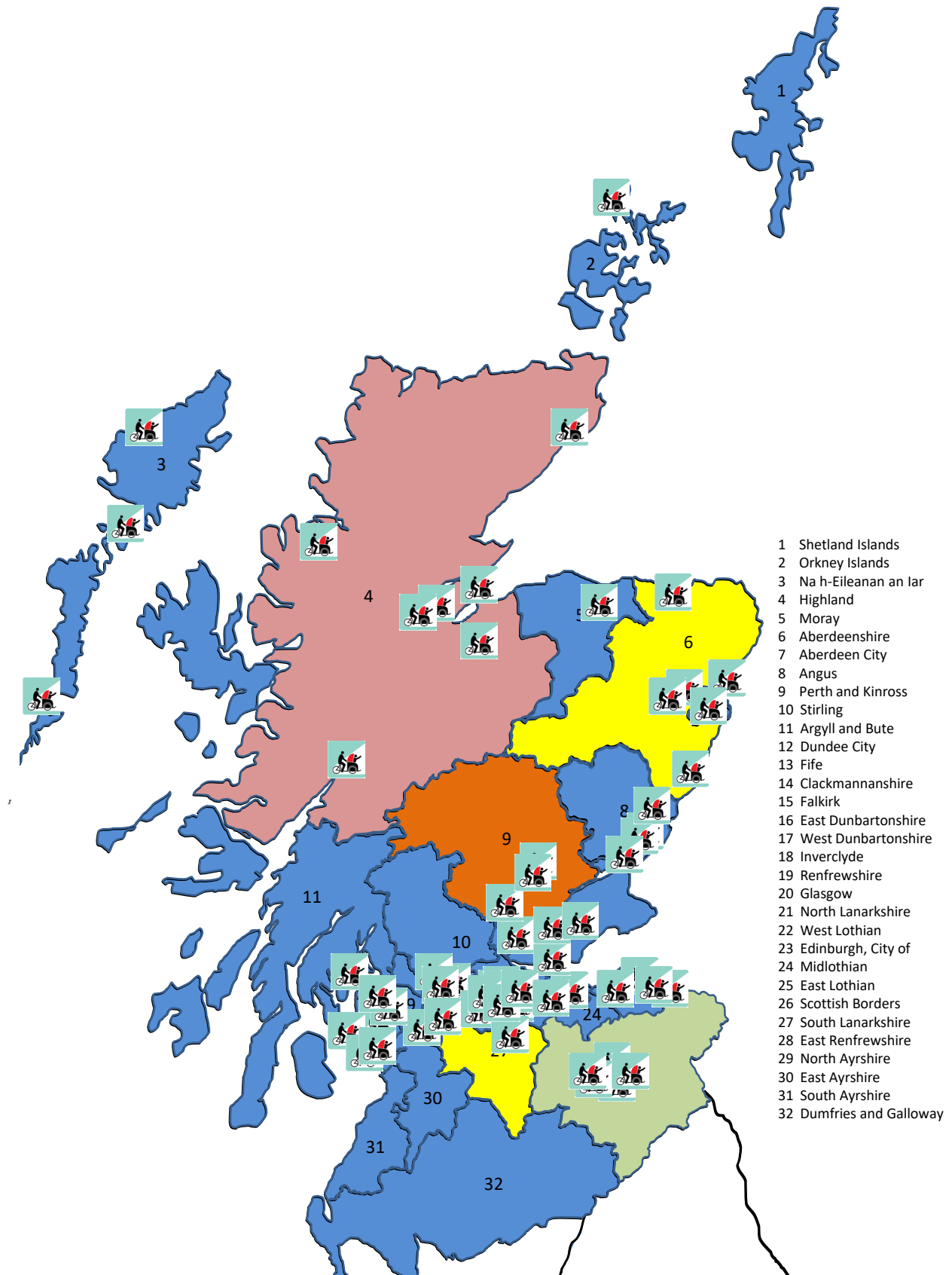
West Lothian

Fauldhouse
Linlithgow
Queensferry

Western Isles

Lewis and Harris
South Uist

Where we are (by Local Authorities)



Inspirational Chapters

Another of our amazing branches around the country:

Innerleithen

Taking its cycling heritage to new heights.

Innerleithen is well known as a cycling hub, having hosted rounds of the World Enduro Championships and European Downhill Championships. Its natural terrain and the multi-use path along the valley floor, mean that the town can cater for all genres of cycling. Cycling Without Age Scotland (CWAS) was a natural and exciting development!



Murray Charters and Denis Robson were determined to enable members of their community who have never cycled, or who are unable to cycle, to get out and about. They had heard about the CWAS Trishaw in neighbouring Peebles and, in August 2021, met the volunteers there to find out more about it – and try it out. They instantly knew that this was something that they must and would definitely do for Innerleithen. And so the fundraising began.

By the following April, through the good offices of Innerleithen Community Trust, this blossoming, determined and committed Chapter had secured funding and its Trishaw, The Cleikum Belle, arrived in June 2022. In only its first nine months, the Chapter has 16 trained Pilots (with many more keen to join), has made 94 trips and has taken out 53 passengers.

The Chapter's current undertaking is to make the wider community aware of this free service, run for the community, by the community. It wants to extend the opportunity to anyone who may feel isolated at home and needs to enjoy the benefits of an open-air adventure.



As Murray Charters says: ***"It is truly wonderful to enable people in our community who can't cycle to experience the joy of the Trishaw and to include them in the thriving 'Cycling Focused Community Ethos' for which Innerleithen is famous. Social inclusion at its very best - thanks to Cycling Without Age Scotland!"***

Inspirational Chapters

Another of our amazing branches around the country:

Stonehaven

... where the wind always blows!



The hardest Cycling Without Age Scotland Chapter that won't be deterred by the weather... and the passengers and volunteers love that!

CWAS' Stonehaven Chapter was set up in November 2019 and, only three months later, had two Trishaws. All the money needed to purchase them was raised locally. CWAS Stonehaven is a community initiative which allows anyone in Stonehaven with significant mobility issues access to the Trishaws. Outstandingly, the Chapter has recruited and trained more than 50 Pilots and, highly organised, has a core team of six who are responsible for admin., training and weekly maintenance checks.



The nine care homes in Stonehaven and four others use the Chapter's Trishaws on a regular basis. A regular eight trips every week, as a minimum, means that at least 32 people get out weekly – at least 1,664 passenger trips each year. The Chapter has “frequent fliers”, those whom the Pilots take out on a regular basis, as well as passengers with dementia who are apparently being kidnapped and protest loudly! That's until they get rolling and suddenly the world is wonderful and calm.

They return home happy, with rosy cheeks,

and it's reported that those initially disturbed and reluctant passengers are calmer and happier for several days after the trip.

The Stonehaven Chapter offers trips along the boardwalk and passengers often spot wildlife, including seals and the odd dolphin sighting. Trips to Dunnottar Castle are among the favourite outings. The wind always seems to blow in the North East but that does not deter this wonderfully committed Chapter, as all its volunteers know the joy and freedom a trip in Trishaw Rosie or Jimmy bring to so many people.



Inspirational Chapters

Another of our amazing branches around the country:

Lewis and Harris

What community support can achieve.



Cycling Without Age Scotland (CWAS) Lewis and Harris is a striking example of, no matter how spread a community may be, if it has a real community ethos, it will achieve great things.

This CWAS Chapter (branch) came about through a chance conversation between CWAS' CEO, Christine Bell, and some volunteers from the CWAS Perth Chapter who have relatives in Lewis. Christine was put in touch with one of those relatives, Amy Rigg, who rapidly became instrumental in gaining support in the small but well-connected island community to get this Chapter off the ground.

A compact committee started to plan and raise funds, mostly through grants. Enthusiasm and support for the project ran right through the community, from its inhabitants to its schools and local businesses, including CalMac, FESFM and D. R. Macleod Ltd. That community support enabled this new Chapter to get very quickly (almost in record time) to the stage where it could buy three Trishaws, two e-bikes and a storage container. Word of the success of Lewis and Harris soon reached South Uist which inspired them to set up a chapter based in Sgoil Dhalabroig, who also now have a trishaw and a Kids Transporter to offer their community.



It was clear from the many waves and car toots greeting the first rides that the local inhabitants were delighted to see their loved ones back out and about on their streets again. After all, everybody knows everybody on Lewis and Harris!

This Chapter also achieves one of CWAS' key aims, i.e. enabling elderly people to once again feel part of their community. One early passenger was a retired local minister in his 90s who hugely enjoyed meeting people he hadn't seen for years and shaking their hands, just as he would have done with his parishioners in years gone by. The Chapter also demonstrates that geography is no barrier, with a pair of sisters from Uig having a wonderful

time on their Trishaw ride, smiling and laughing from the minute they sat on the seats until the minute they got off.

So far, this enthusiastic Chapter has trained more than 40 volunteers, has bases in both Lewis and Harris and is making plans to expand into other areas of the islands, including Ness and Lochs. Its achievements to date indicate that, with its community continuing to back it all the way, it will fulfil that aim at incredible pace.



Cycling with Purpose

Our core activity is unique and enriches, enhances and extends lives. But Cycling Without Age Scotland (CWAS) is about much more than just cycling:



Positive Impact on Mental Health, Wellbeing and Social Prescribing

Never more important than in this post-Covid homeworking dominated period, CWAS gets people out, in their thousands, and brings them together. It provides human contact, interaction and bonding, as well as purpose and fulfilment. The impact on mental health and wellbeing is so beneficial that several GP practices are considering socially prescribing CWAS activity.

Addressing Climate Change / 50,000 Sustainable Miles Every Year

Every CWAS Trishaw and many of its outrider cycles are e-bikes. CWAS generated almost 50,000 sustainable “green” miles last year alone, including many short journeys previously made using traditional polluting transport.



Promoting e-bikes and Reducing Car Usage for Short Journeys

For most pilots, a CWAS Trishaw is their first encounter with an e-bike. Many go on to purchase e-bikes, increasingly using them for their everyday journeys. Many CWAS Chapters (branches) also provide a routine service with their e-bike Trishaws in transporting passengers to doctors’ appointments, pharmacies etc.



Cycling with Purpose

Physical Activity



A CWAS Trishaw is assisted activity that is physically manageable by almost anyone. Many Trishaw pilots joining CWAS admit that they had been undertaking very little or no physical activity, which negatively impacts every aspect of healthcare. A CWAS pilot or outrider will cycle, on average, 10km every ride. Not just supporting Pilots, CWAS is working with the Scottish Care Inspectorate on its CAPA programme and is set to roll out a very manageable exercise plan for Trishaw passengers to make their rides even more beneficial.

Encouraging Women And Girls Into Cycling



Riding a CWAS Trishaw counters several of the principal reasons cited by research as to why women are uninclined to cycle: an invaluable form of physical activity. CWAS riding is e-bike assisted cycling, so manageable by almost anyone; it's safe, both through rigorous vehicle maintenance and because you're never alone; and it overcomes balance issues. More than 60% of CWAS Pilots are women. That is so significant that CWAS was invited to be an integral component to celebrate and promote Scottish Women and Girls In Sport Week 2022.

Accessible Tourism, especially in Iconic Places, and economic benefits



CWAS Trishaws get people to places that would otherwise be inaccessible. The substantial beneficial economic impact of this on tourism has already been clearly recognised by both Falkirk and Clackmannanshire Councils who commissioned CWAS to create videos to promote accessibility of their tourist destinations, from the Kelpies to the beautiful Alva Glen. Our "Trishaws in Iconic Places" is a very significant programme in this context, as it will make accessible to people with limited mobility the whole of several truly iconic sites, from the Dundee Waterfront and Holyrood Park to the Helix and the Bo'ness foreshore.

Intergenerational Connections and Bonding



From our youngest Pilots and Co-Pilots (16 years old) to passengers into their 90s and 100s, and every age in between, CWAS brings generations together. Younger participants learn about their region's history and communities and develop a greater understanding of life for older people and the challenges they can face. They also experience working in a multi-generational team with other volunteers, which is invaluable personal development, and all age groups acquire a greater understanding of each other. CWAS is an active participant in the GWT (Generations Working Together) programme.

Cycling with Purpose

Keeping Families Together / Improving Family Care Home Visits



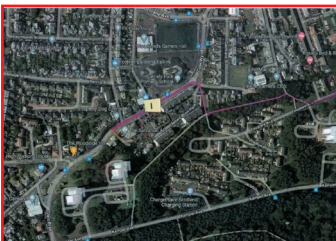
As a family's generations go their separate ways with hugely varying interests, CWAS activity brings them back together again for quality time – and can do so on a regular basis. All generations of a family can partake in a Trishaw ride, whether as a passenger or walking/cycling companion or even a Pilot, with the activity itself providing the link and bond. A specific benefit is that a CWAS Trishaw ride as the focal point of a family visit to a loved one in a care facility overcomes the challenges that often make such visits difficult for all.

Building Stronger Communities



From initial fundraising to on-going use of the Trishaw/s, CWAS activity brings communities together. All CWAS Chapters (branches) demonstrate this, for example Stornoway, where CalMac and other businesses joined local school pupils, clubs and societies in making their Chapter happen. CWAS also brings together communities themselves to support and learn from each other; this is especially important to small communities, whether in rural areas or big cities, where connection and interaction is often limited.

Community Mapping



CWAS Chapters (branches) play a key role in community mapping as Trishaws get to places other vehicles cannot reach and introduce people to parts and routes in their communities that they even didn't know existed. This produces broader identification of assets in the neighbourhood, leading to a much more detailed picture of it, and creating opportunities to explore and enjoy it more. That in itself further enhances community cohesion.

Strengthening Cases for Accessible Path Linkages



CWAS Trishaws are the perfect vehicle for testing accessible paths, and especially the linkages between them. Using its findings, CWAS actively supports cases being made for improvements and many CWAS Chapters are now providing this support. Because CWAS activity includes Trishaws, Wheelchair Transporters and companions who cycle or walk, we are able to take a pragmatic and balanced view on what will provide accessibility linkage for the widest range of people. We have already provided essential support to a number of cases.

Inspirational Chapters

Another of our amazing branches around the country:

Musselburgh

Scotland's first and only family-run Chapter.



Husband and wife team Ewan and Morna Dawson, joined by their young troopers, Bea and Ted, brought Trishaws to Musselburgh five years ago, taking out their first “official” passengers in May 2018.

Over 1,600 rides later, this dedicated and hard-working team has trained more than 60 volunteer pilots and enjoys amazing support from the local community. They now have two Trishaws, Bessie and Bertie, and Bobby, a Wheelchair Transporter. Bobby enables passengers who are unable to sit upright in a Trishaw to enjoy the cycling experience while remaining in their own wheelchair.

A favourite route with passengers and volunteers alike is along the River Esk walkway to The Grove. Just five minutes out of town and it feels like you're deep in the countryside. One gentleman passenger could remember the exact date he last visited the Grove ... in October 1962: more than 60 years ago! Hearing this man's memories and seeing his delight at being back was very special for everyone on that ride.

Another favourite route for the Musselburgh Trishaws is along the promenade to the harbour, where many a story has been shared. Out for a spin at the beginning of February this year, one 92-year old passenger delighted in recounting what happened when she recently lost her dental plate in a bowl of porridge! Laughter, sea air and new friendships formed; this is not just food for the soul but a reminder that the companionship that CWAS activity brings is so important and valuable – especially to lonely and/or isolated people.

Facebook @CWAMusselburgh is packed with stories of hundreds of rides, of intergenerational experiences, of community connections, of countless messages of support, of praise, of thanks and of full community respect for the wonderful Chapter that this family and all its fellow volunteers have created: literally hundreds of messages from the people whose lives have been touched.



Inspirational Chapters

Another of our amazing branches around the country:

Linlithgow

Its vision of everyone enjoying the Trishaws.

From its very beginnings, Cycling Without Age Scotland (CWAS) Linlithgow has had a fervent ambition to develop and expand so that everyone in Linlithgow can benefit from the Trishaw experience.

In the autumn of 2021, one of the Chapter's founding members, Glenn Miller, was recovering from a medical emergency when he first heard about CWAS. In an exceptionally short time, Glenn (who has happily since gone from strength to strength) had formed a team of dedicated volunteers who had fundraised and taken delivery of two Trishaws, worked with Scottish Canals to improve its local path connections and clocked up an impressive number of sustainable Trishaw miles (688 in just a few weeks).

CWAS aims to enrich and enhance lives and the Linlithgow team exemplifies that, not just in its dedication and exceptionally hard work to achieve that aim, but in its imaginative approach: always on the lookout for opportunities to make a special occasion truly unforgettable. For example, when a local organisation made a generous donation to CWAS Linlithgow, the mothers of two of the organisation's members

were invited to go for a hurl on the Trishaw. The route, however, had been carefully thought through and it was very special. It included a bridge on which the two women, lifelong friends since school days, had had their photograph taken more than 70 years earlier. There on the Trishaw, they recreated that moment, had their photo taken once again on that bridge, and looked back on the old photo taken on that very same spot. It was a deeply emotional moment for everyone present.



Linlithgow has a great community spirit and the CWAS team there is committed to adding to that by making the town and its surroundings more accessible for all. As well as taking residents from local care homes out for Trishaw rides, they provide this life-enhancing experience widely – for example to those who are house-bound, facilitating access for passengers to community events, including the Christmas Fair, the Linlithgow Marches and many more. The CWAS Linlithgow team is clearly well on its way to achieving its vision of everyone in the town being able to enjoy the benefits that CWAS Trishaws can bring.



