



# Newsletter

December 2023

No. 6



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## Welcome from our CEO

Welcome to another newsletter, with which we're delighted to bring you up to date. As we reflect on the incredible moments we've shared this year, we're filled with gratitude to you all for your continued support in making cycling accessible to everyone in our amazing and unique way. Your dedication and enthusiasm keep our wheels turning, all round the country, and we look forward to continuing our exciting journey into 2024 and beyond... **Together!**


**Christine Bell**  
CEO

**Page 1**  
Welcome




# WHAT A YEAR!

Clearly in top gear, 2023 saw us welcome **190** pilots, more than **40** Co-Pilots and literally **HUNDREDS** of new Volunteers who help CWAS and its events in such a wide range of ways.


And **TWELVE** new Chapters got under way in: 

- Arbroath
- Ayr
- Dingwall High School
- Drumchapel, Almond Court
- Fort William
- Inverurie
- South Uist (the first Chapter to buy a kids' transporter!)
- Stirling, Roselea Court
- Stirling, William Simpson Care Home
- West Dumbartonshire, Levensgrove Park

and our latest "Trishaw Rides In Iconic Places" Chapters: 

- Bo'ness
- Dundee

had their formal launches.

In advanced development, are Chapters in: 

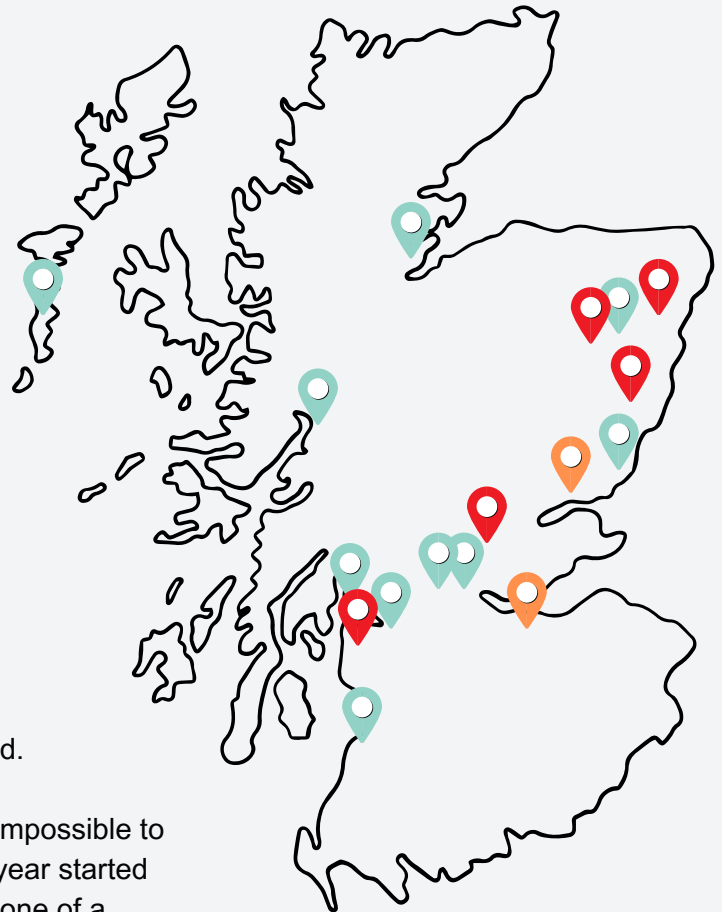
- Auchterarder
- Ellon
- Forres
- Inverclyde
- Kemnay
- Westhill

All ready to join the **70** Chapters now operating across Scotland.

There have been so many highlights this year, that it's almost impossible to choose which to mention. Here are just a few - to say that the year started with a great honour, would be an understatement, as we were one of a very small number of organisations across the UK to be included in the late Queen's "Green Canopy" programme.



Pages 2 - 4  
What A Year!





## WHAT A YEAR!

We were thrilled to commemorate our fifth anniversary by receiving a special rowan tree from The Queen's Green Canopy (QGC) "Tree of Trees" programme. The unique tree, presented in a pot embossed with Her Majesty's cypher, symbolises hope, regeneration and optimism. This honour, which is exclusive in this region to Cycling Without Age Scotland, creates a living legacy in tribute to Her Majesty and recognises just how much CWAS is doing for communities across the whole country.

The tree was planted on 20th January in Helix Park, close to where our fabulous new hub chalet was to be built (now completed) by Michael Matheson, MSP, accompanied by CWAS' Chair of Trustees, Adrian McDowell; Lord Lieutenant, Alan Simpson; Cecil Meiklejohn, Leader of Falkirk Council; Niall Taylor representing Active Scotland; Richard Millar, Interim Chief Executive of Scottish Canals; and Christine Bell, our CEO. Piper Neil Clark added superbly to the ambiance.

Pages 2 - 4  
What A Year!





# WHAT A YEAR!

## AT THE HEART OF GOVERNMENT

Not long after the iconic Tree Planting, we were in the Scottish Parliament building. We'd received an invitation to hold an event there to create the opportunity for MSPs to catch up with how we're doing and, in particular, to see how we may be able to contribute even more to their constituencies. Every MSP to whom we spoke commented on how valuable our work is and what a difference it makes.

The event was a huge success, with more than forty politicians spending time with us and trying out a Trishaw (unfortunately health and safety regulations meant that they couldn't go for a spin around the parliament building!). There have been a number of valuable follow-ups in constituencies around the country but, very importantly, every MSP who visited us commented on the excellent way we are using the funding that the Scottish Government provides.

Incidentally, for those who don't know, we are the ONLY Country Chapter (of 39) anywhere in the world that receives central government funding to enable the provision of a regulated operation, countrywide, that meets the requirements of the Care Inspectorate, or each country's equivalent.



Pages 2 - 4  
What A Year!



## BRINGING ALL AGES TOGETHER

It's always so exciting to see the next generations joining CWAS. Early in 2023 we received an invitation from Falkirk High School to talk to a group of teachers and sixth year students about our work at Burnbrae Care Home at Dollar Park. It's a very special park within walking distance of the school with a beautifully restored walled garden and lots going on for passengers to enjoy. Six pupils and two teachers went on to complete their training and become qualified pilots. Since then, the members of the amazing team from Falkirk High School have been enjoying the company of their passengers, both young and not-so-young, at Burnbrae Care Home and at the Craighalbert Centre in Cumbernauld (the Scottish centre for children with motor impairments). The students moved on in the summer from Falkirk High School to work or further education, but they are enjoying the opportunities to stay connected through their volunteering, and one student has even made contact with the recently launched CWAS team in Dundee, where she is now studying!



# 2023 GRAND GATHERING

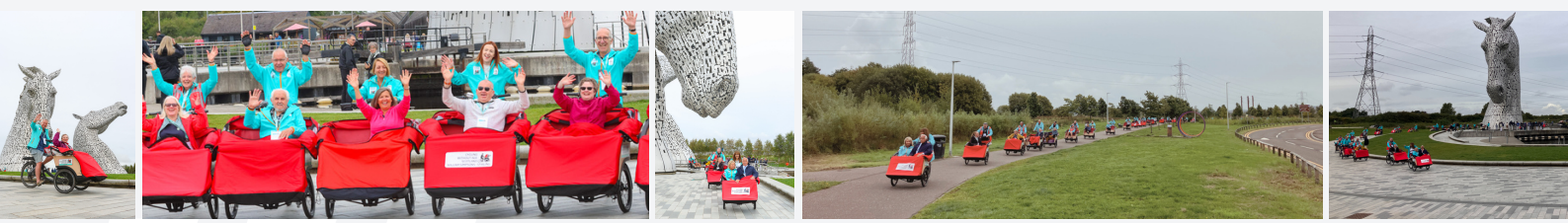


## WHAT A WAY TO CELEBRATE OUR BIRTHDAY!

We celebrated our fifth birthday with a "Grand Gathering" conference in Falkirk on September 15th. At the start of this milestone event was a historic achievement: a record-breaking ride with 30 Trishaws, a feat never before accomplished anywhere in the world. It was really very emotional to see this fleet in full flow. Huge credit to Ray Burr and Gillian Millar who managed the gargantuan logistics challenge of getting 30 Trishaws from all over the place – literally! - in one spot ... and then back again! Fortunately we predicted the weather well, having switched our planned timetable, as just after the last of the 30 Trishaws arrived back at base, the heavens opened!

The afternoon of this national conference was jam-packed with useful information, having brought together more than 80 volunteers, from Chapters in every corner of Scotland, to share insights on wide-ranging topics, from using rides to provide gentle exercise for passengers and marketing, branding and social media - to technical sessions on key aspects of Trishaw maintenance.

Our Gathering demonstrated two key aspects of our project. The first is that the amazing growth we've experienced would never have happened if this wasn't a truly uplifting and rewarding activity that provides a hugely needed service: a win-win for passengers and volunteers alike. With an initial launch in Falkirk in 2018 featuring just five Trishaws, CWAS has expanded exponentially, now proudly with more than 130 Trishaws across 70 Chapters nationwide, with new Chapters opening nearly every month. Over 1,000 volunteer pilots and hundreds of support volunteers contribute to providing life-changing experiences for around 45,000 passengers annually. The second key aspect which our Gathering reinforced is just how much our Volunteers really value and enjoy getting together, inspiring and learning from each other, sharing stories and passing on tips. Feedback from this year's event was exceptionally good and a "Gathering 2024" is very high on our "to do" list for the year ahead..





# SPECIAL MOMENTS

Any CWAS year is filled with special moments, unfortunately far too many to include – but here are just some that made this year feel even richer.

## The Duke of Edinburgh Meets CWAS

In October, the Duke of Edinburgh met a number of organisations which, together, constitute the Inverurie Community Campus. One of the specially invited organisations was CWAS' Inverurie Chapter, led by Captain Graham Watson who was instrumental in our selection and ensuring that all aspects of our participation ran smoothly. Like his father before him, the Duke was fascinated by the Trishaw and could instantly recognise the benefits the project brings; he was extremely complimentary. As one of our ongoing priorities is to ensure that as many people as possible know of what we offer to passengers and volunteers alike, familiarity “in high places” is very valuable.



Pages 6 - 10  
Special Moments



## A Wedding With A Difference

The ever industrious Graham Watson is the link to our next “special moment” and this is a real tear-jerker. We received a random, out-of-the-blue call from a Mr. Klaus Mayer who had seen some information about CWAS and rang to enquire whether there was any chance that his daughter could ride to her wedding ceremony in a Trishaw ... preferably with him piloting it! Due process was followed properly, with incredible diligence from Klaus. He trained as a pilot with the Prince and Princess of Wales Hospice in Glasow (the city where he works), was signed off and qualified and then enthusiastically and frequently volunteer piloted for the hospice. Come Rebecca's and Laura's wedding day, it was Graham (of course!) who arranged the loan of a Trishaw which made this brilliant idea come true: as far as we know, the first ever wedding to feature a CWAS Trishaw in pride of place.

## Bathgate Gala Day

*(“Bathgate Procession and Community Festival”)*

This is one of the biggest and best known gala days in Scotland and it was a privilege to be invited to make CWAS a prominent feature of the parade and surrounding events. The reception from the crowd on this beautiful June day was exceptional and very important in our mission to spread CWAS actively in every part of Scotland – as we very much want to increase our presence in West Lothian.





# SPECIAL MOMENTS

## The King's Visit

We've done well for royal attention this year! CWAS was invited to be a key part of the King's visit to Scotland in July and it turned into something even more special and important, as this was the official launch day of our Bo'ness "Trishaw Rides in Iconic Places" Chapter. The King chatted to our staff and volunteers and two Gala Queens "90 years apart": the 2023 Bo'ness Fair Queen, Lexi Scotland, and her predecessor by almost 90 years May Garrow, who was Queen in 1936. The meeting took place at Kinneil House, just a stone's throw from the Corby Inn in Bo'ness where the official launch ceremony took place.

The royal connection didn't stop there, as 12 CWAS representatives were invited to the King's Garden Party the next day. With such an unusually large number of invitations, we couldn't help but feel rather special ... but HRH does, after all, have a Trishaw at Dumfries House, so knows us!

## Making Our Mark

Away from the glitz and glamour of royalty, it was an honour for our CEO, Christine Bell, to be invited to present to the globally acknowledged World Heritage UK 2023 Annual Conference in Stirling in October. This is recognition of the efforts CWAS makes to promote sustainable transport and of the fact that, unlike many organisations (sadly), it puts its philosophies into practice. Scottish Government departments are fully aware that, not only is our principal activity entirely based on green energy, we also promote the use of e-bikes in everyday life. This was an opportunity to tell our story to a worldwide audience - recognition that CWAS is regarded as a leading Country Chapter.

This was further endorsement of what we achieve and do for our many small communities and our country which had been recognised by our nomination in the "Pioneering Project" category in the 2023 SCVO (Scottish Council for Voluntary Organisations) National Awards in Edinburgh in June.

## UCI

The UCI (Union Cycliste Internationale) 2023 Road World Championships took place in Scotland in August – centred in Glasgow - the biggest cycling event in the world ever! We had been approached in the event's very early planning days to assist and support and, in return, raise awareness of what CWAS has to offer. So we provided an element that only CWAS could achieve! And the richness it added to the event was immeasurable.



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Special Moments



World  
Heritage UK



## SPECIAL MOMENTS

Our participation in the opening parade over ... work started! For nine straight days on the trot, with four Trishaws and volunteers Pilots from all over Scotland (Aberdeen, Fife, Isle of Cumbrae, Linlithgow and Stonehaven – to mention just five), we offered rides along the Clyde at the rate of four rides an hour all day, every day ... for more than 500 passengers of all ages. Over 30 care homes in the Glasgow area sent residents along to experience what CWAS can provide, passing innumerable fascinating sites along the river and realising the joyful freedom that a CWAS Trishaw offers. There has been strong interest from these homes since then.

The event was a logistical challenge, to put it mildly, and much credit to Operations and Development Manager, Ray Burr, for leading on this and steering CWAS to terrific success. Our home for the period was Glasgow's amazing Transport Museum, and it could not have been a better, nicer or more appropriate base. Everyone there was terrific and we are looking forward to building our working relationship with the museum, which will greatly facilitate the expansion of our Chapters in Glasgow. There could not be a more fitting iconic venue for accessible tourism than a museum all about transport!



Pages 6 - 10  
Special Moments

### The Legend Lives On

Perhaps, though, the special moment that most touches our hearts was when Lorna Ridley crossed the finishing line at the North Inch, Perth, the end of her 327-mile sponsored cycle to raise funds in the memory of our late and much missed Senior Ambassador, Norman Ridley, who died in April 2022.



At 3pm on Saturday 20th May, Norman's daughter, Lorna, pedalled home with family friends May and Gordon Liney, raising more than £2,000 to support the Perth Chapter; the trio was escorted and flanked by four trishaws. For many years, Norman had led the Perth Chapter, raising more than £30,000 to fund three Trishaws. This event became an even greater celebration because, at it, we unveiled our new national mascot, "Stormin' Norman", a tribute to the great man himself in the form of a super cute teddy bear. A terrific example of CWAS coming together, the cheeky little chap was hand made in mohair by our recently appointed Ambassador, Shauna Brown, and his jacket and polo shirt were hand-made from Norman's original CWAS jacket by Heather of The Craft Studio in Bo'ness.



# SPECIAL MOMENTS

## TRIIP

Outside everyday CWAS life and rides, our principal programme is “TRIIP” (Trishaw Rides In Iconic Places”). It does what it says on the tin, i.e. using Trishaws to make iconic places accessible to all, including those who, because of mobility challenges, may not be able to enjoy them to their full extent.

This is extremely important in the promotion of accessible tourism and all the benefits that brings to regional and local communities, but it is even more important in the benefits it brings to the passengers. If CWAS can help reduce the obstacles put in their way, we will have played a very important part in accessibility for all.

Our initial phase in this programme is centred on the iconic sites of the Antonine Wall, Bo’ness and Auchinstarry; Helix Park; Glasgow Botanic Gardens; Holyrood Park; and Dundee Waterfront.

The Bo’ness Chapter has launched, graced by the presence of King Charles III, and is now building its volunteers and passengers base; both Glasgow Botanic Gardens and Holyrood Park are in active development and Helix Park is nearly there, officially launching in the Spring of 2024. But Dundee Waterfront has now launched – and in great style!

The hugely successful Dundee launch took place on 29th September. That was deliberately timed to coincide with an older people’s event at the Dundee V&A, a truly iconic site in itself, and the day at the V&A was designed to mark the United Nations International Day of Older Persons on October 1st. CWAS’ strategy was extremely successful as we were able to introduce our service to a large number of care homes in the area, combining “taster rides” with their residents’ visit to the V&A. As a result, interest from care homes in the area is high and already prompting numerous requests for our service. Unfortunately, 29.9.23 was also the day for the 2023 COSLA Conference which prevented government officials attending this launch, but Joe Fitzpatrick, Minister for Local Government Empowerment and Planning, is scheduled to make an official visit to the Chapter in the near future. This new and really significant development has certainly caught attention!

With so many parties involved, co-ordinating and setting up this event was complicated, to say the least, as was guiding the Chapter through its development. So hats off to our Volunteers’ Support Officer, Gillian Millar, for making it all happen so smoothly and effectively. The Chapter is already extremely busy.

Pages 6 - 10  
Special Moments



# SPECIAL MOMENTS

If ever there was an “iconic place”, Dundee’s Waterfront is it, and we know that a great many passengers and volunteers will derive huge pleasure from riding along it in the invigorating atmosphere with spectacular views!

## And watch this space!

If you happen to spot a very stylish new chalet lurking in Helix Park ... it’s us! Yes, our new hub building is almost complete and we’ll be launching this TRIIP site in the Spring... with a very special guest star in attendance.



Pages 6 - 10  
Special Moments



Thanks to Foundation Scotland for funding our hub building.





# TRAIN TOGETHER

An exciting new approach to CWAS Pilot training!

CWAS continues to grow across the country, with new enquiries coming into us on a weekly basis and new Chapters launching almost monthly. While we're thrilled by this, we have somewhat become victims of our own success! We are still the same small team providing all the wraparound support that we can to our established Chapters, while helping develop new Chapters from initial enquiry through to launch and beyond: it's an ever-increasing workload.

Also, feedback from our 2023 Gathering highlighted that our volunteers really value the opportunity to come together and asked us to find new ways to do this - to help connect our Chapters.

Our Train Together training programme is our proposal for addressing both of these challenges, as we look to develop and implement new ways for our existing team to be able to continue to support all our Chapters effectively but on a much larger scale – and to bring volunteers from different Chapters together.

## What's the plan?

We intend to hold quarterly Trishaw training and Pilot sign-off Train Together sessions in both the north and the south of the country so that volunteers can choose which location suits them best to attend. Reasonable travel expenses to these sessions will be covered by CWAS.

It's intended that these sessions will be for established Chapters who do not currently have an in-house trainer. New and developing chapters will continue to receive training at their location until launch, from which point all new volunteers will need to attend one of our Train Together sessions. We would therefore encourage Chapters to identify experienced pilots who would be willing to take on the role of the Chapter's in-house trainer.



Pages 11 & 12  
Train Together





# TRAIN TOGETHER

We will be releasing the quarterly session dates for both locations in early 2024 as this will enable Chapters to plan their training and to inform all new volunteers of the available training dates as soon as they come on board. Once the volunteer has completed their Train Together session, they will then undertake their Trishaw practice at their home location so that they can get to know their fellow volunteers and local routes in advance of their sign-off session.

Volunteers wishing to become their Chapter Trainer will also be encouraged to attend one of these sessions to shadow our trainers during its delivery.

The Train Together sessions will therefore take the following format:

- Trishaw Pilot training session (AM)
- Trishaw Pilot sign-off session (PM)
- Chapter Trainer shadowing (All day)

The proposed Train Together quarterly dates are as follows:

Falkirk confirmed dates:

- Saturday 2nd March, 1st June, 31st August, 2nd November

Aberdeen proposed dates (Venue TBC):

- Saturday 16th March, 22nd June, 21st September, 16th November

2024 Regional Locations

- South: Helix Complex, Falkirk
- North: Aberdeen - location TBC



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Train Together

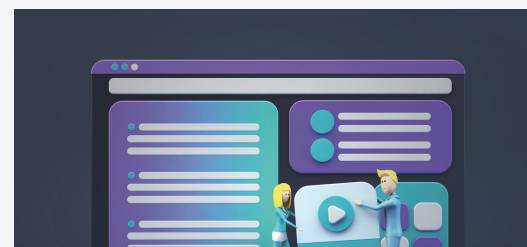
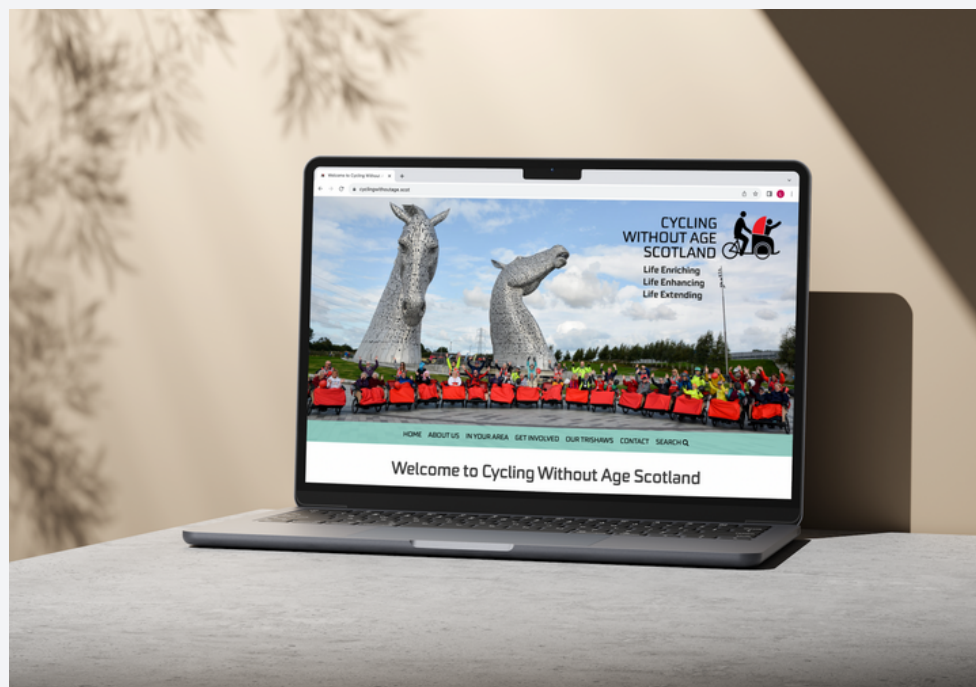




## WEBSITE

Mark your calendars for an exciting milestone – the new look and feel of our website coming in January! Our upgraded online platform will not only enhance your browsing experience but also provide even more resources, information and interactive features.

Stay tuned for a user-friendly space where you can keep connected, get involved and explore the joy of Cycling Without Age Scotland. We can't wait to share it with you! The website will have the same URL ([www.cyclingwithoutage.scot](http://www.cyclingwithoutage.scot)) and our social media posts will let you know when the new-look and features are up and running.



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Website

Stay  
Tuned



# AMBASSADORS



We're delighted to introduce our five new Ambassadors who, alongside our current Young Ambassador, Zara Crumlish, will help represent Cycling Without Age Scotland. Like Zara, each brings a unique perspective and a shared passion for promoting inclusive cycling experiences. Their skills, knowledge and commitment will undoubtedly contribute to the growth and success of our organisation. Let's give them a warm welcome as they embark on this exciting journey with and for us. They are: Shauna Brown, Alistair Gilmore, Eileen McAulay, Graham Watson and Paul Wright.

## SHAUNA BROWN

Shauna, based in Falkirk, has been a volunteer Pilot for nearly five years and is currently the Chapter Captain at Callendar Park and Co-captain at the Helix Park Chapter. But it all started very simply: she got involved after seeing a leaflet about CWAS on a noticeboard in her area back in 2019. Over the last year, Shauna has been very active in training new Pilots and thoroughly enjoys helping them gain confidence. She has also been doing a lot of work with the relatively new chapter in Bo'ness, as it's a place close to her heart. When asked, Shauna said the main thing that is really special to her about CWAS is the fact that it makes people happy, including and especially her!



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Ambassadors

## ALISTAIR GILMORE

Alistair, currently residing in Cove Bay, Aberdeen, is actively engaged with the Aberdeen City Chapter and has been since August 2022. Following his early retirement last year, he sought meaningful ways to stay busy, aligning his involvement with CWAS with his primary hobby, cycling. Alistair's current projects include reviving a wheelchair bike with Adventure Aberdeen for the Chapter's use, fundraising for a second Trishaw for Aberdeen City Chapter, and discussing plans with CEO Christine to revive a dormant local Chapter next year. CWAS holds a special place in Alistair's heart: he gets great fulfilment from the smiles and enjoyment of passengers during outings, particularly care home residents for whom the Trishaw rides represent post-pandemic joy.





# AMBASSADORS

## EILEEN McAULEY

Eileen McAulay is currently Captain at the Isle of Cumbrae Chapter in Millport but also spends time with the Falkirk Chapters at The Helix, Callendar Park and Dollar Park. Like Shauna, Eileen has been with us at CWAS since 2019 and when asked why she got involved she said “Well... Why not!” With a huge smile on her face! She followed that up with “I have always enjoyed cycling so add on great company, meeting new people and having adventures and it makes the perfect activity!” Eileen is currently supporting with the setup of the new Largs Chapter. Eileen finished by saying that she is honoured and humbled to now be a CWAS Ambassador.



Pages 14 & 15  
Ambassadors

## GRAHAM WATSON

Graham, based in Kemnay, Aberdeenshire, is the Captain of the newly established Inverurie Chapter and is also leading fundraising efforts for the developing Kemnay Chapter, intending to launch in early 2024. His involvement with us began in October 2022 as a pilot in Oldmeldrum. Driven by a belief in CWAS as a great charity which is fully aligned with his values of helping people and bringing smiles, Graham is actively engaged in fundraising and raising awareness for the organisation in his local village, Kemnay. The charity is very special to him because of the worthiness of its cause and the passion shared by all its members for helping others. Graham is honoured to be appointed an Ambassador, allowing him to promote the charity and support the establishment and growth of other Chapters.



## PAUL WRIGHT

Based in Ayr, Paul has been involved with the Ayr Chapter since April of this year.

His journey with CWAS began through his role with South Ayrshire Council's Thriving Communities service, where he connected with a local business owner who was eager to establish a new Chapter in the area. Paul became instrumental in making this vision a reality and has volunteered his time as a pilot. Paul has managed all the administrative tasks for the highly anticipated Ayr Chapter launch which, by the time you read this newsletter, will have launched (Fri 15/12/23). Talk about “hot off the press”! Paul combined his efforts in fundraising, promotion and serving as a pilot to great effect.



# INTRODUCING OLLY

Greetings all!

I'm Oliver Roe (Olly) and I'm thrilled to connect with you as the Digital Media Associate at Cycling Without Age Scotland. For me, it's not just a title; it's a role that allows me to blend my passion for storytelling with the incredible mission of our organisation.

In the sphere of digital work, I have many skills that I hope to bring to CWAS. Capturing the heartwarming moments, spotlighting the dedication of our volunteers and showcasing the profound impact we make through the lens of my camera and laptop online! Cycling Without Age Scotland isn't just a cause; it's a collection of stories waiting to be told, and I'm here to ensure they're shared far and wide.

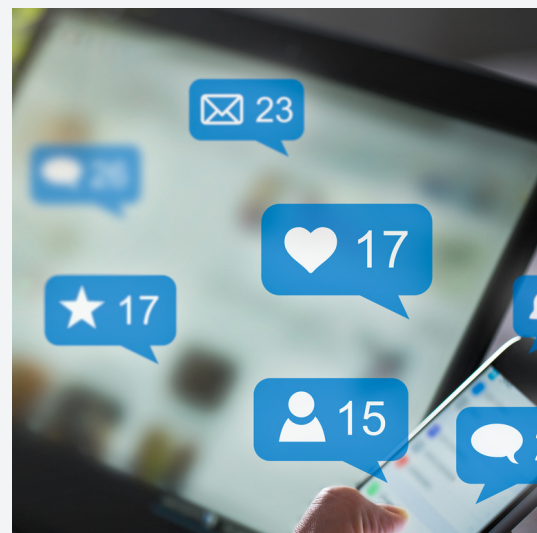
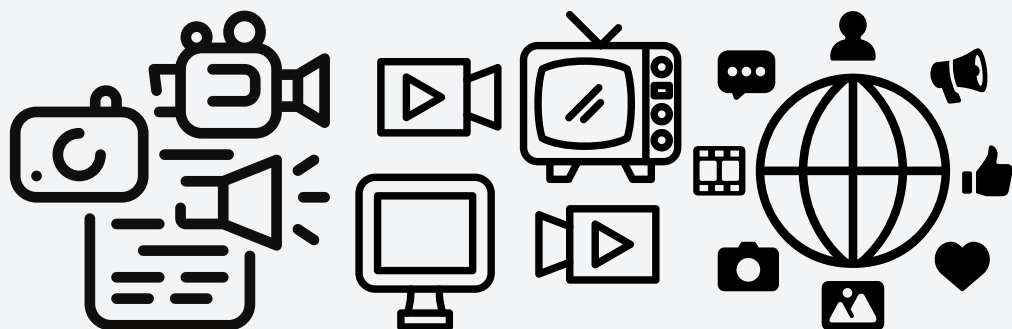
My journey with Cycling Without Age Scotland will be all about creating an online presence that mirrors the beautiful outstanding work of the organisation. From engaging social media posts to thoughtfully crafted content, like this Newsletter, I will strive to showcase the essence of what makes our community so special.

I'm not just an advocate for digital media; I'm a firm believer in the power of shared bike rides to bring people together (I'm hoping to become a Pilot at my local Chapter in the new year!). But also through my work, I aim to increase the reach of our mission, inviting and enthusing more individuals into experiencing the simple yet amazing joy of Cycling Without Age Scotland.

So, as we move forward into the future, let's experience this exciting journey through shared stories, laughter and the celebration of the transformative power of a Trishaw ride.

See you all online - and hopefully out on a Trishaw soon!

Olly



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Introducing Olly





## INTO 2024 AND BEYOND

As we draw the curtains on this edition of our newsletter, we want to express our heartfelt appreciation to each and every member of the Cycling Without Age Scotland community. Your passion, dedication and unwavering support are the gears that keep our unique organisation rolling forward. Together, we're not just cycling; we're creating memories, fostering connections and breaking down barriers.

We're looking forward with real excitement to 2024 which will start with a sense of freshness through our completely new-look website and stunning chalet hub in Helix Park. We'll welcome, without doubt, even more Chapters and Volunteers than in this year; our Trishaw Rides In Iconic Places programme will see even more internationally famous landmarks becoming home to a CWAS Trishaw or Trishaws; numbers of passengers and rides will certainly increase and we'll follow up the hugely successful Gathering of 2023 with another – but even better! And those are just a few of the many highlights we confidently expect to see in the next twelve months.

Remember, the beauty of Cycling Without Age Scotland lies in the joy of shared experiences and the stories written along the paths we travel together. We encourage you to continue spreading the spirit of inclusivity, ensuring that the joy of cycling knows no bounds. And please never forget that you are genuinely enhancing, enriching and extending lives.

Thank you for being the heart and soul of Cycling Without Age Scotland and, of course, we wish you all a very happy Christmas, a terrific New Year and a brilliant 2024.

Pedal on!

From all of us at



Newsletter created by Oliver Roe  
Editor: Rod Natkiel

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CYCLING  
WITHOUT AGE  
SCOTLAND

