

CYCLING WITHOUT AGE SCOTLAND

PERTH

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WHAT IS CYCLING WITHOUT AGE?

Cycling Without Age started in Copenhagen in 2012, with a simple idea; by volunteers offering free bike rides to local elderly residents on specially adapted trishaws, people who may otherwise be housebound or lonely, could feel the wind in their hair and be part of their community again. This simple act of kindness proved to be so powerful, that Cycling Without Age has since become a global movement, operating in 33 countries across the world.

Cycling Without Age Scotland was established in 2016.

CYCLING WITHOUT AGE SCOTLAND, PERTH

Cycling Without Age was introduced to Perth in 2017 when pupils and staff at Perth High School successfully pitched to Perth and Kinross Council's Angel's Share initiative for £7500 to establish the project and purchase our first trishaw.



Mr Norman Ridley, a local pensioner who lived at the Bield Retirement Housing at Quayside Court in Perth, became involved in the Cycling Without Age Perth project at an early stage and was instrumental in its success.

Working with Mr Matthew Mackie (Principal Teacher) and Miss Lisa Sorbie (Depute Head Teacher), Norman helped to develop partnerships between Perth High School and the residents of Bield Retirement Housing at Quayside Court and Balhousie Care Homes at North Grove and North Inch House.

BENEFITS OF CYCLING WITHOUT AGE

Cycling Without Age Scotland, Perth:

- is an **innovative** and effective approach to **tackling elderly isolation and loneliness**.
- has the power to be **transformational** for **elderly**, for **volunteers**, and for our **wider community**
- is helping foster **intergenerational relationships**
- promotes **Active Citizenship** – People coming together because they want to **make a difference**.

The project also directly addresses **3 out of 5 key objectives** in the **Perth and Kinross Community Plan**:

- **Developing educated, responsible and informed citizens**
- **Supporting people to lead independent, healthy and active lives**
- **Creating a safe and sustainable place for future generations**



TESTIMONIALS

Cycling Without Age has been an overwhelming success in Perth. Since we received our first trishaw in April 2018, each week trained pilots have offered free bike rides to elderly passengers, clocking up thousands of kilometres and supporting people who might otherwise feel isolated or lonely to get outdoors, experience the beautiful Perthshire countryside and be a part of their community. We now have 3 bikes in Perth.

The following are just a few examples of some of our trishaw passengers' experiences:

Peter was the first passenger to go on the trishaw to celebrate his 100th birthday with the Lord Provost! Peter could only manage to leave his house if his daughter takes him in the car, so he was delighted to feel the wind in his hair and access the local area on a bike.



Betty told us she could only get out when her daughter took her. Betty went for a ride on the trishaw along the River Tay and commented that she used to play further up the river as a child. We were able to take her to the exact spot along the river she talked about and let her see where she used to live in North Muirton.



"I have not been to the South Inch for 30 years and I am amazed to see the changes. It was great to hear the Perth Pipe Band practising when we passed on the bike." – Housebound 81-year-old, Billy.



"It was so lovely to get out and see the North Inch which I had not been able to access for 5 years!" Semi-housebound 80-year-old Madge. Madge managed to persuade her husband who has limited mobility to go with her the next time!



Mr & Mrs Ridley celebrated their 60th Wedding Anniversary (Diamond) on 27th September 2018. It was magical for them both to be able to go out on for a short ride on their very special day!



As well as the elderly, a group from Vision PK in Perth who have varying degrees of visual impairment have been able to experience rides on the trishaw and thoroughly enjoyed this experience. Due to the popularity of this experience, it led to a request to take out elderly visually impaired users of VisionPK.

LOCAL AND NATIONAL MEDIA COVERAGE

Cycling Without Age Perth has featured in numerous local and national press articles and has attracted coverage on social media and on national television.

Scottish Government Video: <http://bit.do/CWAlaunch>

BBC Timeline Video: <http://bit.do/BBCtimeline>





VOLUNTEER PILOTS

We have achieved a great deal with a core group of dedicated trishaw pilots and have regular sessions during the year to train new volunteers.

If you are interested in training to become a volunteer trishaw pilot, please get in touch: cwaperth@gmail.com

ROUTES & EVENTS

We have 7+ trishaw routes planned around the city and surrounding area including:

- North Inch Circuit
- South Inch Circuit
- Norrie Miller Walk
- Inveralmond Route
- Luncarty Route
- Quarrymill Woodland Park
- Bridge of Earn



We also help elderly residents to participate in the many cultural events and celebrations in the city, including the Farmers' Markets, the Perth Show, the Perth MELA, the Burns Parade, the Christmas Light Ceremony, Chinese New Year Celebrations and the Perth Salute.



FUNDRAISING

Trishaw rides are always free for passengers, and the project is run entirely by volunteers. The project has been financed through fundraising and through generous donations from organisations and individuals in the local community including Perth High School, Perth and Kinross Council, The Guildry Incorporation of Perth, The Betty Ross Trust, and many others.

Triobike trishaws are designed and built by Copenhagen Cycles in Denmark to the highest quality and safety standards. At £8000 each, the cost includes purchase of the trishaw, plus shipping from Denmark to Scotland, assembly by Cycling Without Age Scotland in Falkirk, licensing and insurance.

To find out more about donating/fundraising, please get in touch: cwaperth@gmail.com





CYCLING WITHOUT AGE – ‘A PEOPLE PROJECT’

Cycling Without Age is not just a ‘bike’ project. Cycling Without Age is a people project. It is about making connections between generations and supporting people who might be isolated or lonely to get out and experience the beautiful Perthshire countryside and be a part of their community.



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