

**CYCLING  
WITHOUT AGE  
SCOTLAND**



**is coming to Lewis and Harris**

**Information Evening and Trishaw  
Demonstration with Chief Executive of the  
Charity, Christine Belle**

**Wednesday 11th August  
7pm  
Sandwick Hall**

This is an exciting and innovative charity which enriches and enhances lives by enabling older and less independent people to once again be an active part of their communities and to “feel the wind in their hair”

Volunteers (pilots) sign up to take people for bike rides as often or as rarely as they want to.

The long term aim is to have multiple projects running in communities across the islands in order to help combat loneliness, empower individuals and build intergenerational relationships.

**Please come along to find out more, or contact the Facebook page for more information.**