



## **FAQs**

### **How did it start?**

Cycling Without Age is a movement which was started in Denmark in 2012 by Ole Kassow. Ole wanted to help elderly folk get back on to their bicycles but he had to find a solution to their limited mobility. His answer was a trishaw and he started offering free bike rides to local nursing home residents.

### **How does it work?**

Volunteers (pilots) sign up for bike rides with the elderly as often or as rarely as they want to. It's all driven by people's own motivation. Currently more than 35,000 trained pilots worldwide ensure that the elderly get out of their homes, onto trishaws to enjoy the fresh air and the community around them.

*Cycling Without Age gives everyone the right to wind in their hair.*

### **Is it just for elderly people in nursing homes?**

No, it is for anyone with limited mobility or limited independence, regardless of their age or where they live. It allows people to visit places they may have difficulty accessing e.g. The Castle Grounds or Stornoway Pier, perhaps stopping for a takeaway cuppa along the way!

### **Can anyone be a Pilot?**

Yes, as long as you undertake the training provided. The trishaws are electric so you don't have to worry about peddling up Anderson Road!

### **What if I don't want to Pilot but still want to get involved?**

Please still come along! We are looking to start a local committee and there will be different roles available. We are also looking for people to help out with fundraising etc.

If you don't want to pilot a bike you may know of someone in your family or community who may benefit from the project. You may be the person who accompanies them when they are taken for a spin on the trishaw!

**Please come along to Sandwich Hall on 11th August at 7pm to find out more.**