



# CYCLING WITHOUT AGE AUSTRALIA

## WALLAROO CHAPTER

*Presented by Leona Clarke*



# What is CWAA & What is our Aim?



Cyclingwithoutage is a world wide, not for profit organisation, giving trained, volunteer 'pilots' the opportunity to offer Trishaw rides to elderly and less abled citizens in our community. Giving them the right to feel the joy and inclusivity of our Trishaw rides

*'feel the wind in their hair, and the salt in the air'*

Our aim is to reach out to improve the lives of those that are less abled making nursing and private homes places of joy and continued mobility.

We believe life can and should be exciting and beautiful regardless of age and ability.

Taking residents for rides through the town, parks, to the shore, aims to free them from isolation, connect with nature, the community, and restore memories, renewing their appetite for life itself.

# Three Generations



# The Triobike Taxi (Trishaw)



## In the World

- The CWA movement commenced in Denmark in 2012.
- Now in 39 countries, 3,050 local chapters, 4,900 Trishaws
- Over 3 million rides registered
- Over 650,000 passengers.

## In Australia

- It was introduced to Australia in 2016.
- 35 Operational Chapters (soon to be 36!)
- 600 volunteers

## In the World

- Oldest pilot 90 years of age from Denmark
- Oldest passenger registered is 110 years from California.

## In Australia

- Oldest volunteer registered is 81 years of age.
- Oldest passenger registered is 107 years of age.

**So inspiring!!!!**





# About The Vehicle

- The vehicle is e- power assisted.
- Our trishaws are able to take two passengers at a time with a maximum combined weight of 150kgs, if this is not suitable, we take single passengers too!
- Rides are always FREE and provided by the local community for the community
- Pilot training and registrations take place in Wallaroo.
- Police checks and Driver's Licence essential.
- A support cyclist rides 'shotgun' assisting the PILOT, escorting at intersections, removing centre step, for easy passenger access, and monitoring passenger needs, etc.
- Mobile phones set to speed dial for the Facility, SA Ambulance, Carers or Family.
- Rides are mapped and recorded.
- Carers or care facilities authorise the length of the rides, according to risk assessments conducted. Passengers are loaded and unloaded by the Carers except in the case of private individuals, where the Support Rider will assess & assist.
- Servicing of the Trishaw will be done locally





# Benefits of Volunteering



- CyclingwithoutAge provides volunteers with Physical, Mental & Social benefits.
- It is a fantastic feel good activity knowing that you can help put the “smile on the dial” of some of your beautiful passengers.



## A few Volunteer Quotes

- *“It gives me joy to see others enjoying themselves outdoors in the fresh air and not being stuck inside four walls”*
- *“ I love listening to the stories from our passengers....I always learn something new. They have lived through so much, seen so much change and have wisdom to share”*
- *“ The benefits for us are just as much for us as our passengers – I go home from my shift feeling happy that Ive made a positive difference to someone else”*
- *“ I’m paying it forward, as this is what I want when I am older and can no longer ride myself!!”*






# Our Values

**VOLUNTEERING** is about active citizenship, driven by a desire to be involved in this liberating activity, creating relationships, and making a difference.

**GENEROSITY** permeates every aspect of Cyclingwithoutage, working its magic on many different levels.

**SLOWNESS** [ a brisk walking speed], allows passengers to sense the environment, to be present in the moment, and engage with people along the way. [Flugelhorn]. 

**STORYTELLING** We listen to their stories, share history, memories, tell stories, and encourage much laughter, & possibly singing where desired.

**RELATIONSHIPS** We create a network of new friendships across society enhancing the lives of passengers, care facilities, carers, and families.

# Enjoying the Sea Views



# Our Partners



- Councillor Cathy Vluggen has played an essential role in connecting us to the Wallaroo Community Development Association who have affiliated with Cyclingwithoutage Australia to form a local chapter in Wallaroo.
- Copper Coast Council have been instrumental in helping us to seek grant funding from the Government of SA SA Health Ageing Well Programme. We are also grateful for funding obtained from the RAA Grassroots Giving Programme, private donations by C-Side Cyclists members, and for Trishaw accessories which have been donated by local businesses.
- Trishaw is for use by residents of the Star of the Sea Home for the Aged, at the Wallaroo Holiday Park Cancer Council Units, by Disability Service Providers and community members and tourists. The Trishaw will also feature at various local events.

Office for Ageing Well



Government of South Australia  
SA Health



# Family & Friends





# Tell Me Your Story

- The act of telling stories helps us connect to others, make meaning, organize our lives into a coherent narrative and immerse ourselves in others' tales. While we share stories, we are also improving our mental health and well-being.
- The interaction of passengers, pilots and the community promotes inclusivity, reduces social isolation and makes the passengers feel valued.
- Nothing beats their smiles coming back from their ride with wind in their hair, rosy cheeks and full of shared stories.
- We all tell stories about ourselves, share our experiences, twists, and turns, and our ups and downs. It is what makes us who we are. It is what makes each of us unique.

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if you can  
dream it  
you can  
do it



YOU'RE ONLY  
ONE BIKE RIDE  
AWAY FROM A  
GOOD MOOD

CHERISH  
Yesterday  
DREAM  
Tomorrow  
LIVE  
Today

Anything  
is  
Possible

ENJOY LIFE  
LIKE NEVER  
BEFORE

# Some Positive Comments



- *“It as lovely to travel down the trails again that we knew so well from our earlier bike riding days! Very enjoyable ride and good company”*
- *“Get out of being stuck in a room. I used to come down here with my parents to swim at North Beach. It has changed a lot.”*
  - *“Can you take me to China....I want to keep going and not get out!”*
- *“Definitely a 10 out of 10. I’m going to see if my Grandson can come and take me out another time as I thoroughly enjoyed it”*
- *“That was terrific. I used to ride my bike always on dust roads in Wallaroo. I rode 3 miles to school and back each day and to see my friends. I loved it”*





*A strong team of volunteer cyclists is now required to create 'motion by the ocean'.*

*Team work, will make the dream work!!*

# Want to Learn More?



- For further information about volunteering or booking a ride on the Trishaw

please contact

**Ron & Leona Clarke**  
**0419 968 368**



Thank You 😊

Any Questions Please?