



Cycling Without Age



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WHO ARE THE YOU TRUST?

The YOU Trust, supports vulnerable people across Hampshire/Isle of Wight/Dorset/Sussex and Somerset. YOU helps people in our communities who need care, support, and advice due to poverty, homelessness, disability, age, ill health or abuse.

The YOU Trust has experience going back to 1985. This has given us expertise in many areas that can affect people's lives. Our families, which live our values, understand what matters to our different communities and respond with specific skills and expertise.

25,617

people were supported
by The YOU Trust in 2023



OUR WORK CHANGES LIVES BY:

People with a learning disability live independent lives under their control.

People with mental ill health develop new meaning and purpose in their life as they grow beyond the impact of their illness.

People live free of debt, maximizing their incomes, with the certainty of a roof over their heads

People feel good about their lives, free from stress and worry.

Women, men and children surviving domestic abuse and hidden violence take back their control of their lives, living safely and free from fear.

People enrich their lives, health and wellbeing through new interests and connections in their communities

Young vulnerable people develop new meaning and purpose in their life as they grow beyond the impact of their illness.



OUR PURPOSE IS TO GIVE PEOPLE WHO ARE LIVING IN ISOLATION, OR SUFFERING WITH LONELINESS, THE OPPORTUNITY TO TAKE RIDES.

WHAT IS CYCLING WITHOUT AGE?

Cycling Without Age (CWA) started in Denmark in 2012, the aim of combatting social isolation and loneliness within the older population and since 2021 has had chapters in Portsmouth, Hayling Islands.

Our purpose is to give people who are living in isolation, or suffering with loneliness, the opportunity to partner with our fully trained and DBS-checked volunteers to take rides around Portsmouth and Hayling Island in one of our Triobike electric tricycles, experiencing the sights and sounds of our local community.

Our team of volunteers provides safe, stimulating rides out for people five days a week.

We have volunteers from many backgrounds, which allows us to 'buddy up' people with a volunteer pilot who shares some common interests, allowing lasting relationships to form and the sharing of intergenerational stories which may have otherwise been long forgotten.

Our friendly volunteers are current, competent cyclists with a strong awareness of road safety who are also able to offer a kind ear to listen and good conversation where required.

We are ambassadors for the project, building lasting relationships with our passengers, and look to build strong relationships with the local public in raising awareness for the project.

CASE STUDIES



Betty

Cycling Without Age Passenger

“Betty’s Social Prescriber referred her to Cycling Without Age because she was feeling lonely and socially isolated. She came to Spark Community Café and had a taster ride before we organised a private ride for her along Southsea seafront; taking a detour through the Rose Gardens and around Canoe Lake.

Along the promenade, they had a mock race with a 2nd trike, when Betty said **“this is the best day of my life”**.



Peter

Cycling Without Age Passenger

“Peter was referred to Cycling Without Age when he was released from hospital. Blindness and stroke-related weakness have left Peter fearful of falling, making him reluctant to go out even though he misses social interaction.

Our Pilot and Volunteer Coordinator took him out for a spin around the seafront, **describing their surroundings so Peter could visualise the journey.**”



Chris

Volunteer Rider

“I am fortunate enough to work for a company that give employees ‘Volunteer Time Off’ days. Utilising these for **Cycling Without Age is the most gratifying experience** for all concerned. Rides range from short tasters to longer dedicated ones.

Either way they are a wonderful way of meeting new people, often **helping them get out and about and seeing the city in a new way.** Even the waving from people we pass never fails to bring a smile.”

300

Cycling Without Age rides were delivered across Portsmouth & Hayling in 2023



OUR TEAM OF VOLUNTEERS
PROVIDES **SAFE, STIMULATING**
RIDES OUT FOR PEOPLE
FIVE DAYS A WEEK.

BUSINESS PARTNERSHIPS

What is a business partnership?

This involves a collaboration where both parties work together to achieve common goals that benefit our community, while also advancing their respective missions. By working together, it allows both parties to pull their respective strengths together to create a positive social impact. These partnerships are a lovely way to bring people together, build relationships and make a positive impact in our local community.

Benefits of business partnerships:



Enhanced brand visibility
and reputation



Increased impact



Expand network
and reach



Reduce your tax

Just a few of our wonderful supporters and friends of Cycling Without Age:



PACKAGE OPTIONS

The below packages are designed to offer a wide range of support to Cycling Without Age:

	First Gear	Second Gear
Audience	General supporters	Supporters who want to contribute to equipment needs, bike maintenance and rider apparel
Recommended donation amount	Over £20	£100-£1,000
Personalized thank-you email/ letter	✓	✓
Special edition Newsletter	✓	✓
Inclusion in a supporter appreciation section on the Charity's website	✓	✓
Social media shoutouts and recognition of purchase/ work done		✓
Digital certificate of appreciation		✓
Logo placement on bike/shed/pilot gear		
Public acknowledgment/invitation at community events		
Use of our service for their clients		

Third Gear	Fourth Gear	Fifth Gear
Local businesses or organizations interested in community service	Donors interested in supporting specific milestones or goals (like buying a new bike)	Donors interested in supporting the service long-term (e.g., nursing homes)
£1,000 plus	£5,000 plus	£30,000 plus
✓	✓	✓
✓	✓	✓
✓	✓	✓
✓	✓	✓
✓	✓	✓
✓	✓	✓
		✓



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**YOU is a registered charity (no. 291489) and company limited by guarantee (no. 01898188) working across Southern and South West England.
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