

About Cycling Without Age

Cycling Without Age isn't a moment, it's a movement. The following is some information about the wider Cycling Without Age community.

- Began in Copenhagen in 2012
- Represented in 51 countries
- 2,500 chapter locations (including Portsmouth!)
- 35,000 trained cycle pilots
- Over 1.9 MILLION people served
- Oldest pilot - 90, in Denmark
- Oldest passenger - 108, in Bournemouth

How Can I Contact Cycling Without Age

You can complete a self-referral form online at theyoutrust.org.uk/cycling-without-age/

Telephone:
02392 065504

Email:
CyclingWithoutAge@theyoutrust.org.uk

Address:
Focus Point
116 Kingston Crescent
North End, Portsmouth PO2 8AL

YOU: a family, creatively empowering people to thrive in their communities.

Registered Address:
Delme, 1 Delme Place, Cams Hall Estate,
Fareham, Hants PO16 8UX

www.theyoutrust.org.uk

The YOU Trust is registered in England no. 1898188 and is a registered charity no. 291489



What We Do

Cycling Without Age is an exciting project which aims to reduce social isolation and loneliness in Portsmouth and Hayling Island.

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 over 60 volunteers provides safe, stimulating rides out for people seven days a week, with a capacity for more than 250 rides each month.

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.

Please contact us on:

Telephone: 02392 065504

Facebook: facebook.com/CWAPortsmouth

Instagram: [@cyclingwithoutage_portsmouth](https://instagram.com/cyclingwithoutage_portsmouth)

Who We Can Help

In the ebb and flow of modern life, particularly in times of crisis such as COVID-19, it's easy to become isolated from everything that you know. Family, friends, work, and social life have been affected greatly. Lockdown has had a profound effect on all of us, and for some the anxiety surrounding reintroduction post-lockdown is a significant barrier to their return to social life.

Our compassionate, friendly pilots are here to help. CWA is here to offer support to empower you to overcome those struggles. Whether you're older and isolated, or face challenges with your physical and/or mental health, we can help you to reconnect with the world outside your door, and with yourself.

"We dream of creating a world together, in which the access to active citizenship creates happiness among our fellow elderly citizens..."



How We Can Help

Our aim in Portsmouth and Hayling Island is to:

- Combat social isolation and loneliness in our older communities
- Renew and maintain intergenerational communication
- Ensure the stories of our elders are not forgotten
- Build lasting intergenerational relationships

Our guiding principles:

- **Generosity** - CWA is based on generosity and kindness
- **Slowness** - Live in the moment, sense, and experience
- **Storytelling** - So much is forgotten if we have no one to tell
- **Relationships** - CWA is about building and maintaining relationships
- **Without Age** - Allowing older people to age in a positive context

Our pilots are ready and waiting to help you experience the freedom of the wind through your hair again, whilst taking in the landmarks, sights, and sounds of our wonderful seaside environment.

We are grateful to have the support of a number of funding partners, including:

- **Thriving Communities**
- **Cycling UK**
- **Energise Me/Sport England**
- **Lightning Safety Systems**

Can we help you, or someone you know?