

# CYCLING WITHOUT AGE PERTH

Official Newsletter of the CWAA Perth Chapter



## WHAT'S IN THIS EDITION:

- Bike Month
- Local Hero Acknowledged
- Perth to North Pole and back
- Volunteer in Focus
- CWA in Sweden
- Our newest Volunteers
- Social Impact
- Spreading Christmas Cheer
- Our Sponsors

As we reflect on 2023, we do so with pride as it has undoubtedly been our busiest yet! Year upon year, the demand for our service continues to grow as our partnerships with organisations, and relationships with our passengers, deepens.

The statistics we show are truly remarkable when you consider the small, grass-roots, volunteer-led organisation that we are. However, beyond these numbers, as impressive as they are, are the words of our passengers and their carers. This is what forms our “WHY” and continues to drive our passion and fuel our enthusiasm.

For the first time ever, our team have decided that, just like our bike batteries need re-charging, so too do all our volunteers. Therefore, our “office” (not that we have one!) will be closed between 23rd December to 7th January. We take this opportunity to thank all our volunteers, supporters and passengers, and look forward to seeing you all in 2024 for an exciting year ahead.



# BIKE MONTH

The WA Department of Transport in collaboration with Westcycle and RAC, advocate for all things to do with cycling. This was particularly evident during the month of October which is fondly known as Bike Month, by offering a number of grants across the state to host cycling events, skills training and workshops.

Besides providing our “Tri-a-Trishaw” service to organisations we also got to host our very own event at South Perth foreshore.

A fun day to showcase that riding is also available to those who are not able to ride for themselves - including those who are wheelchair reliant. Many thanks to the tireless effort by our volunteers - particularly in the logistics of getting all 10 of our bikes to and from the event!

The last time we were there was in October 2021 with six trishaws, so it is wonderful to see our growth over the past two years to our fleet of ten!



Government of Western Australia  
Department of Transport





## LOCAL HERO - MARJOLIYN GODRICH

It's confirmed.....Marjolijn really is a Local Hero!

Here she is accepting a whopping big cheque for \$5000 which will be used by Cycling Without Age Perth to cover our operational costs. Thank you to all those who voted.



A group of 7 of our residents from our aged care facility went and they all absolutely loved the experience. The volunteers who ran the group were fantastic and very helpful. We have already booked the next session and the residents cannot wait for the next.

Passenger Survey feedback



## PERTH TO NORTH POLE AND BACK!

Yes, that is the distance that our trishaws have travelled since we first unpacked them (as at November 2023).....

Here are the odometer readings of our hard-working bikes:

Bob 6655  
Doreen 5585  
Richard 3739  
Victor 3281  
George (rebuilt 2021) est. 3000  
Stirling 2065  
Maal 11277  
Bilya 663  
Joan 344  
Velo 200



That is a whopping total of 26,809kms cycled by our awesome volunteers!



## RIDES 4 ALL STRATEGY UPDATE

- We are awaiting the arrival of two more VeloPlus wheelchair bikes (kindly funded by Federal Stronger Communities grants - via Kate Chaney in the Curtin electorate and Tracey Roberts in Pearce). So in preparations, our lead pilot trainer, Leanne, has been conducting training on these specialised bikes. Volunteers for these trishaws can also apply for a Working With Children card.
- To allow our ride 'hub' locations to each have two dedicated trishaws stored locally we are fundraising to buy more trishaws and trailers to store and transport them. This will mean Hub locations can operate more days to suit volunteer availability and that our van Joy can be dedicated to supporting sponsored rides.

## SENIORS WEEK 2023

Every year we celebrate our older community by adding in additional rides, attending expos and events. One of these is the Seniors Recreation Councils' "Have a Go Day" at Burswood.

This was our 5th year of attending and we again broke our rides record, giving 140 passenger rides in 5 hours using 10 trishaws!

We also had the fortune of photographer Callum Smith come down early to generously take some photos and videos for us to be able to use in our promotional material. Supporting us with these sorts of in-kind services are what makes us stronger as a community. (please contact us if you have a skill or service you might wish to provide us!)



Photo Credit: CSmith Photography

## HAVE A GO DAY





# VOLUNTEER IN FOCUS - ED HARTLEY

Let us introduce you to Ed Hartley who is a volunteer Captain, Pilot, Trailer transporter, assistant trishaw manager as well as being an excellent carpenter and fit-out expert!

The job he has done in customising our trailers and van for maximising storage and efficiency is a work of art! You might also recognise him as the driver of the van Joy across the country in 2022 to collect our new trishaws from Melbourne, so you can add long-haul driver to this string of titles! Needless to say, a valued team member indeed.



Here are his words about his involvement with Cycling Without Age Perth ...

**“The interaction with my fellow volunteers and the joy of seeing what it means to the less fortunate that we ride for, is a joy. I enjoy learning from Ron, about the bikes, and enjoy keeping the Kent St Trailer and bikes serviced, clean and ready for use.”**

**“I joined CWA Perth in late 2019. I was introduced by my wife Lyn, and as I have been a volunteer over many years, it was a natural thing for me to do. For me, providing a service to people who are unable to enjoy the moment on their own, gives great satisfaction and helps to promote a great connection with the elderly at both SwanCare and GraceWood where Bruce and I have ridden many passengers for a long and rewarding time. “**





# CYCLING WITHOUT AGE SWEDEN VISITS PERTH

From Mikael Krig, CWA Sweden

"In beginning of November we had the opportunity to visit CWA Perth which was a great experience.

We were well taken care of, Tim picked us up at our hotel and we went together to a park (Kent Street Weir) where the CWA team already had started to prepare the trishaws for today's rides. We then had the opportunity to discuss both the differences as well as the similarities of our CWA activities.

We recognized the same happy faces of your passengers and the commitment of the volunteers as back home in Mullsjö Sweden.

It was interesting to hear how you organize your tours by having scheduled times when the passengers can come to you in, for example, a park. We do the opposite, the tours start at the retirement homes, or we pick up the passengers at their homes.



Mullsjö is a small town with only 7,500 inhabitants in the entire municipality. CWA is run by the Red Cross and has 2 bikes (Van raam Chat and Christiania), we are about 10 volunteers and the most active period is from May to October when we do about 70 tours. A big difference to Perth is the climate, you cancel tours if the temperature gets too high, we cancel if it gets too low! When it's below +15, we load up with thick blankets and electric heated seats, then we cycle until the snow and ice stop us.

We try to visit all nice events in our small community, such as National Day celebrations, markets, car meets or maybe have a coffee or ice cream in a cafe. We have equipped our bikes with coffee tables, which is popular, among other things, when we cycle in our nature reserve. We also have the option of attaching a bicycle trailer to the trishaw to bring walkers etc.

Thank you Tim and team for allowing us to visit you and join a nice trishaw tour in Perth!"

Best wishes  
Mikael & Ulrika Krig  
CWA/Red Cross Mullsjö Sweden



## WELCOME NEWEST VOLUNTEERS

Congratulations on passing your Pilot Assessments, and welcome to Team Perth! We all look forward to seeing you out and about on the trishaws very soon (if we haven't already!).

- Emmanuelle Kervoelen - Lake Monger
- Damian Doyle - Lake Monger
- Tim Pillay- Kent Street Weir
- Kenny Soeung - Kent Street Weir
- Thomas Graf - Quinns Beach



## PILOT TRAINING

To keep up with our growing demand, we offer regular Introduction to Pilot Training sessions both north and south of the city. So, if you have friends or family who would like to find out more about volunteering, get them to email their interest to [training@cyclingwithoutage-perth.org.au](mailto:training@cyclingwithoutage-perth.org.au)

Volunteer compliance requirements:

- Police Clearance (we can cover the cost of this)
- Attend pilot training and then practice riding until signed off as competent
- Commit to at least 6-8 hours per month (approx. two shifts)

## UPDATES FOR OUR VOLUNTEERS

Some things we are discovering about our trishaws...

- Ensure that the correct battery is placed in the bike with its name on. Even though they look the same the older batteries do not recognise the newer software features and this can affect their performance. The 'spare' batteries work with any trishaw.
- The handbrakes on the trishaws can lose pressure if left on for long periods, making them ineffective. So if the handbrakes are left on more than a day or two it is best to re-check them before moving, especially in the van or trailers.
- When riding the trishaws without passengers place the removable footrest in the under seat storage compartment (unless you are carrying one of our storage boxes on the footrest). This stops them rattling and avoids risk of the plate bouncing off.
- Reminder to leave trishaws in low gear when parking up.

## WELCOME TO OUR BOOKING COORDINATOR

We have a new volunteer who has joined our admin team! Kerryln has taken on the important role of Booking Coordinator and is now the friendly person who is responding to the passenger bookings and enquiries we receive each day by email or by phone!

Welcome aboard Kerryln and a huge thank you for your expertise.



Should you wish to make a booking, please email Kerryln via:

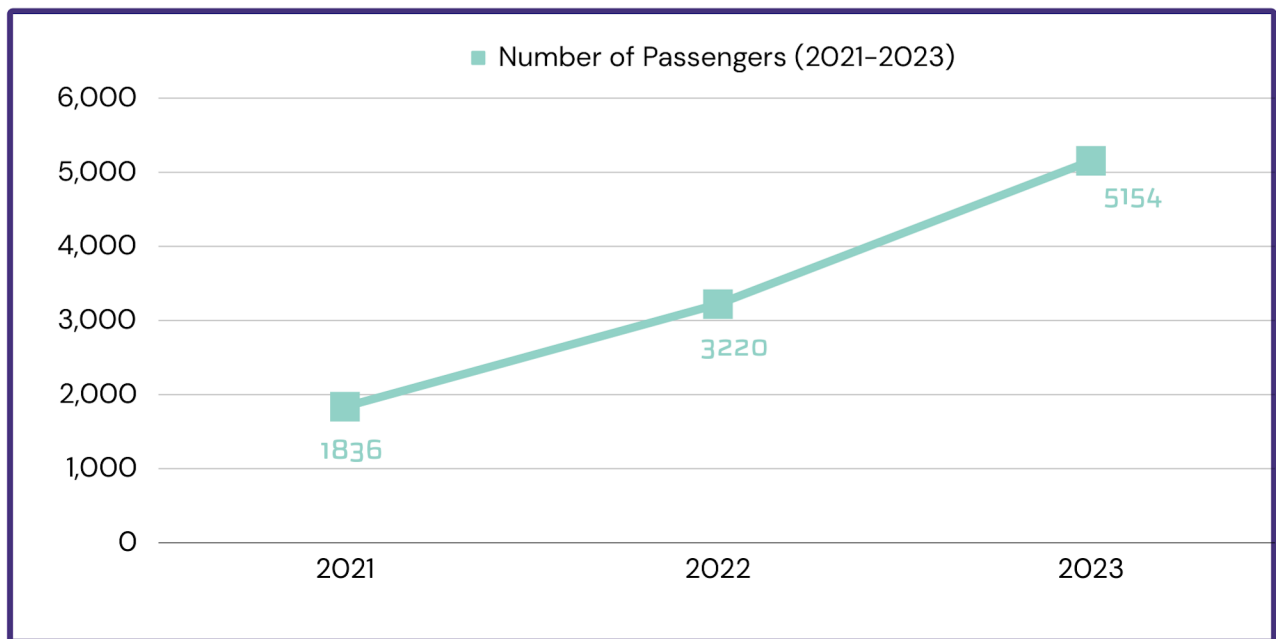
[bookings@cyclingwithoutage-perth.org.au](mailto:bookings@cyclingwithoutage-perth.org.au)



# SOCIAL IMPACT MEASUREMENT

Our Social Impact Report is nearly finalised and we look forward to proudly presenting it to those who have supported us in achieving such success with the “More Rides” program.

From this snippet below showing passenger statistics, we are sure you will agree that we have surpassed our goal of providing More Rides! Final numbers will be added to the report when we take a break between 23rd December and 7th January (with numbers like this, we are sure you agree that we all need a rest to recharge our own batteries!)



But more important than just numbers on a page, are the quotes we get back from our passengers which just re-iterate our “why”, such as these below....

“We took a group of residents to the Yokine reserve and they absolutely loved it. The numbers of residents interested keeps increasing through word of mouth. The volunteers are also absolutely lovely.”

“The best experience ever! The rider was very friendly and (we) exchanged stories.”

“My daughter has a disability which impacts her accessing the community. The trishaw bikes are calming for her and she just loves the rides. My daughter struggles in the community with crowds and this is a fantastic way for her to get out and be social without getting overwhelmed.”

Passenger Survey feedbacks



## DEPARTMENT OF HEALTH AWARD

In previous newsletters, we have written about our serendipitous partnership with the Fremantle Older Adults Mental Health Service at Fremantle Hospital. Our participation in their “Well-being in Nature” program has been award-winning (almost!).....

This partnership has organically grown over the past two years whereby our volunteers assist those in the FOAMH group on their weekly walk/rides along the South Beach foreshore. The program is based upon a greater understanding towards the connection of nature and mental health. As a form of “Social Prescribing”, this group get out for a walk in nature as a group (forming community) and where they cannot walk, our friendly volunteers are there to continue their journey by bike. Forming friendships between the participants and our volunteers has been a key to the success of the program. Similar programs are now being organised in Midland and Rockingham.

Nominated as one of the finalists in the prestigious South Metropolitan Health Services Award, the Hospital team invited our Fremantle volunteers to attend the award night on November 2nd.

Photo Credit: Josh Wells Photography



“Great community initiative!  
Keep it up please!”

Passenger Survey feedback





## SPREADING CHRISTMAS JOY

Our bikes and pilots have been super busy in the Festive Season and we aren't even half way yet!

Both the independent living residents and in-care residents of Castledare Village got to enjoy special rides on the 1st December. With speakers blasting out carols from the past, there was lots of toe-tapping, conversations and plenty of smiles!

On 3rd December we took four trishaws and six volunteers down to Dalyellup (south of Bunbury) to partake in the family-friendly and well organised Christmas Festival run by Dalyellup Collective team.

On the same night, other volunteers took out passengers as part of the Carols by Candlelight at Lake Monger, organised by Town of Cambridge.

Again that weekend, other volunteers participated in the City of Wanneroo Christmas Parade



There is a rumour that the jolly man in the big red suit might be arriving by trishaw for Mission Australia's Christmas Luncheon on 25th December in the city

**TOP SECRET**








## FREE Community Rides

Cycling Without Age connects people unable to ride themselves, with their community and the outdoors by giving them rides on trishaw eBikes, piloted by volunteer cyclists. Our Perth chapter provides regular FREE community rides on our trishaws at these beautiful locations listed below, with Point Walter being the only location where the VeloPlus wheelchair bike is currently operating.




If you know someone who is elderly or living with a disability who would enjoy the experience of a bike ride then come on down, or preferably, do a pre-booking for rides **between 9.30am and 11.30am**, on the hour or half hour, by emailing these details to: [bookings@cyclingwithoutage-perth.org.au](mailto:bookings@cyclingwithoutage-perth.org.au) or text us on 0448 447 223



- your name / organisation (if applicable)
- emergency contact details
- passenger name/s
- number of passengers
- preferred date, time and location
- wheelchair bike required (if applicable) 

You will be sent a booking confirmation by return email which will provide details of where to meet our team of amazing volunteers.



Suburb	Location	When
Bicton	Point Walter 	every Tuesday
Claremont	Lake Claremont	2nd Friday of the month
Fremantle	South Beach	every Monday
Mindarie	Quinns Beach 	every Wednesday
	Quinns Beach	every Friday
Stirling	Bina Parklands	1st Wednesday of the month
	Yokine Reserve	2nd Wednesday of the month
	Jackadder Lake	3rd Wednesday of the month
Wembley	Lake Monger 	1st Friday of the month
Wilson	Kent Street Weir	every Thursday and Friday
Woodbridge	Woodbridge Riverside Park	every Thursday
	Woodbridge Riverside Park	every Friday
	Woodbridge Riverside Park	every Sunday
Yanchep	Yanchep Lagoon	5th Friday of the month





## OUR SPONSORS AND SUPPORTERS

These are some of the organisations that have assisted us to be where we are today. Whether it was a small or substantial grant, a donation, or "in kind" work, all are gratefully received and we thank all for the ongoing support. Members of the general public are also invited to make a tax-deductible donation via: <https://chuffed.org/project/cwaa-perth>



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