



Cycling Without Age

offers the opportunity to take residents of nursing and care homes out for free slow-cycling spins, piloted by volunteer cyclists.

We invite companies, organisations, nursing and care homes in Ireland to join us in getting people out in their neighbourhoods, having fun and the freedom to enjoy the fresh air on these specially-designed trishaw bicycles.

cyclingwithoutage.ie

What is Cycling Without Age?

Nobody chooses to get older, or become disabled, or mobility-impaired. When these things happen, life should not stop or become boring or confined. Everyone should have the opportunity to get out and about, to share in life in their community, to have fun, freedom and the chance to feel like an active citizen. Equally, carers, families, and the rest of us want to make those things possible.

Cycling Without Age can be the link to making that happen.

With a **Cycling Without Age** trishaw, our less mobile citizens can become active again in the community.

"It's as good and enjoyable for us as it is for our passengers"
Jenny Farrell, volunteer pilot.

Become part of the **Cycling Without Age** movement today! Join us by sponsoring a trishaw, teaming up with a nursing or care home, and **let's get everyone moving!**



'THE RIGHT TO WIND
IN YOUR HAIR'

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Cycling Without Age trishaw bike.

Let's get you started!

Nursing and Care Homes

Nursing and care home residents just want to have fun!

Sharing stories, exploring in the park, meeting friends for coffee – all via your own CWA bike.

You can become the care home with that great trishaw bike, with volunteer pilots - who can be carers, staff, or local volunteers - sharing time with residents.



Cycling Without Age trishaw bike.

Nursing and care homes are now actively fund-raising to buy their own CWA bikes for their residents.

Local suppliers, private donors, and family members can help to raise funds to give residents a chance to 'feel the wind in their hair!'

What the residents say

"This is a great idea. We love to get out for a spin. It is something to look forward to getting out and about. It's a great initiative and we are fund-raising for our own bike."
Ernie, resident in Ashbury Nursing Home, Dublin.

Clara Clark & Charles Mollan are volunteers who love cycling and have brought this voluntary initiative to Ireland.

Corporate/Company Partnership

Many companies now have Corporate Social Responsibility programmes, getting their staff locally active and socially aware. Your company can sponsor a bike, donate it to your local nursing/care home, and your staff can become pilots, and enjoy exchanging stories with residents, building relationships in our communities.

Become a corporate sponsor

- We can match you up with a care home
- We can give advice & support to sponsors and nursing homes

We are pleased to acknowledge support from Social Entrepreneurs Ireland.



Cycling Without Age

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