

Cycling Without Age

Cycling Without Age is a project founded in 2012 which aims to help elderly people who have limited mobility get back on their bikes and enjoy the fresh air. A local Perth pensioner, Norman Ridley, has teamed up with Perth High School and Perth & Kinross Council to help the elderly get back on their bikes. Perth High have been awarded funding and purchased a Trishaw for the purpose of getting local elderly people out and about. (For more information visit www.cyclingwithoutage.org)

The project are looking for volunteers (pilots) to sign up for bike rides with the elderly as often or as rarely they want to. Full training will be given and you will be pleased to know the bike also has a motor for getting up the hills! Although set to launch in the very near future, Mr Ridley and Perth High School have already been taking local elderly people for a spin and this has been very successful. Mr Ridley has stated the following:

“Coming together like this will have benefits on so many levels. The tenants will experience the thrill of getting out in the great outdoors, feeling the wind in their hair and accessing parts of the local area they may not have seen in a long time. New friendships are created and invaluable inter-generational bridges built in the heart of our communities. Everyone has much to gain from this simple yet powerful experience in the trishaw.”

If anyone from Perth Bycycle is interested in becoming a volunteer for this well worth project, please contact Mr Ridley on 07561207837 or Mr Matthew Mackie at Perth High School on 01738 628271.

