



Gwen and Helen enjoy a ride around Caulfield Park with volunteer pilot Shane. Photo: Frank Amato.

# Cycling Without Age in Caulfield Park

If you’ve recently been walking or running around Caulfield Park in Caulfield North, you may have seen residents from Council’s three aged care facilities being cycled around in a beautiful red-hooded trishaw.

Built in Denmark, the trishaw is electric powered and was purchased by Council last year to establish the Glen Eira *Cycling Without Age* program.

Founded in 2012 by Ole Kassow, *Cycling Without Age* is a social enterprise based in Copenhagen. The organisation’s purpose is to offer recreational mobility to seniors, in the form of volunteer-piloted trishaw rides. The *Cycling Without Age* program is undertaken in 42 countries.

As Council’s aged care facilities are located in busy built-up areas, it was decided to locate the trishaw in one of the municipality’s most safe and picturesque environments, the magnificent Caulfield Park.

Each week, different residents are transported by staff to Caulfield Park to experience the wind in their hair as they are slowly cycled around the park with its beautiful lake, ducks and geese, by volunteer cyclists known as pilots.

Warrawee Community residents Helen and Gwen enjoy their regular rides around Caulfield Park.

Helen, 86, has lived at Warrawee for eight years and loved the experience of riding around the park.

“It feels so refreshing to just get out of the four walls and see the lovely old trees, the lake and the wildlife,” she said.

“It reminds me of when I was a five-year-old child riding my bike and trying to beat the school bus home.”

Gwen, 95, said she always enjoys the opportunity to just get out and watch the variety of activities happening in the park.

“It reminds me of my school days back in Yass, New South Wales, when I would ride three kilometres to school on my bicycle,” she said.

Award-winning illustrator and writer of children’s books Shane McGowan is a Caulfield resident and volunteers on a weekly basis as a pilot.

“I enjoy meeting the various aged care residents because everyone is a character and they all have such interesting stories to tell especially about their connection with Caulfield Park itself. It’s a privilege to be able to help reactivate those memories,” he said.

As more volunteers come on board, it’s hoped the *Cycling Without Age* program can be expanded in Glen Eira, with rides being offered more regularly to a broader range of the community who could benefit from the experience.

For further information, visit <https://cyclingwithoutage.org.au> or contact Council’s Leisure and Lifestyle Program Manager Brendan Egan on 9570 2211.

# Donated bicycles find new homes in Namibia

Two local residents have put a smile on the faces of two children from Walvis Bay, Namibia.

Martina from Bentleigh, and Leigh from Elsternwick, donated bicycles to Bicycles for Humanity Melbourne. The volunteer-run charity has been collecting bicycles from across Melbourne for 11 years.

Bicycles for Humanity Melbourne Bayside Collection Team member Michael Finestone said the latest shipment of around 500 bicycles included Martina and Leigh’s, which had been tagged with their name and also a unique number.

“By introducing this tagging system, our hope is that the new owner will reply to us with a photo or a story about where in Africa they live and how the bicycle will be used,” he said.

“Behind every bicycle shipped to some of the poorest communities in the world lays a heartwarming story and I am very excited to report that we received the happiest of replies from the new owners of Martina and Leigh’s donated bicycles.”

Twelve-year-old Sipula is in Grade 6 at Flamingo Primary School and received Martina’s bike. In a handwritten letter she thanked Martina for her donation.

“I am blessed by the Lord and this is a sign that God can see my troubles,” Sipula said.

Sixteen-year-old Abraham is in Grade 10 at Flamingo Secondary School and is the proud owner of Leigh’s bike.

“I want to thank you Leigh because you have broadened my life to continue to do good to the ones that are suffering,” he said.

Both Sipula and Abraham said the bicycles will help them to get to school much more easily and will also assist them to undertake their regular household chores.

When contacted by *Glen Eira News*, Martina said she was extremely pleased her bike had a new owner.

“I am absolutely delighted that my bike has brought a smile and happiness to an overseas child,” she said.

Leigh said it’s fantastic to receive feedback about his old bike and was happy to hear that his family was able to contribute — albeit on a very small scale — in making life a little bit easier for Abraham and his family.

“The bike was no longer used by anyone in the family so when we saw the article (in *Glen Eira News*) promoting the recycling offered by Bicycles for Humanity we jumped at the opportunity,” he said.

## How you can help

If you have a bicycle that you no longer need and it’s 20 inches or larger and in good condition, email [info@bicyclesforhumanity.com](mailto:info@bicyclesforhumanity.com)

The bicycle will then be collected by a member of Bicycles for Humanity Melbourne Bayside Collection Team, tagged and numbered, and transported to a storage and packing facility in Dingley. Visit <https://bicyclesforhumanity.com>

## Gift cards

Don’t have a bicycle to donate but would like to make a contribution? Bicycles for Humanity have gift cards available. People can choose a generic card or one that reflects a Christmas gift or birthday gift. All money from the sale of the gift cards will help send pre-loved bicycles from Australia to Africa. For further information, visit [www.mycase.com.au/gift-cards/create/17726/BicyclesforHumanityMelbourne](http://www.mycase.com.au/gift-cards/create/17726/BicyclesforHumanityMelbourne)



Twelve-year-old Sipula.



Sixteen-year-old Abraham.