

**Dumbarton Trust Fund  
for consideration on 22 October 2021  
(2021/22)**

<b>Organisation</b>	<b>Purpose of organisation</b>	<b>Grant requested</b>	<b>Purpose of grant</b>	<b>Comments</b>
<p>Friends of Levensgrove Park</p>	<p>The Friends of Levensgrove Park are a group of volunteers who carry out work, activities and events in Levensgrove Park. We work in partnership with WDC and the Health and Social Care Partnership in delivering activities and events both indoor and outdoors in our Park to improve the health and wellbeing of people of all ages and abilities in our community.</p> <p>The Friends of Levensgrove Park will be supported in the delivery of this project by Cycling Without Age, Scotland who have a wealth of experience in working with nursing home staff and management, city councils, other volunteer organisations, cyclists federations as well as great ideas of how to get the initiative off the ground. They also have the backing of Scottish Government in</p>	<p>£19,800</p>	<p>We will use the grant to establish the Levensgrove Cycle without Age Project. This project is targeted specifically to our elderly community members and people of all ages with any form of limited ability, who are currently unable to access Levensgrove Park due to their age, disability, ill health or social isolation. In particular, our elderly people in Care/Nursing homes and people of all ages living in sheltered housing and supported living accommodation. This project will be delivered by volunteers who will cycle our elderly community members around the Park in a safe, all weather, custom made Tri-Shaw. The impact of this project will be far reaching, enabling people to go outdoors and be more active, less isolated and will serve our participants with a very high standard of social experience. The benefits to the participants and volunteers physical, emotional and mental health and well-being will be considerable. In addition, it will enable volunteers of all ages to connect with elderly people and learn new lifelong skills and experiences</p>	<p><b>Total cost is £19,800</b></p> <p><b>Group contribution: £0</b></p> <p><b>Recommendation: £19,800</b></p>

delivering the Cycling without Age project Scotland wide.

Cycling Without Age is a movement started in 2012 by Ole Kassow and Dorthe Pederson in Copenhagen. Ole wanted to help the elderly get back on their bicycles, but he had to find a solution to their limited mobility. The answer was a trishaw and he started offering free bike rides to the local nursing home residents. The movement is expanding across the globe every day and we are delighted to have brought it to Scotland in 2016.

More information on Cycling Without Age in Scotland can be found at <https://cyclingwithoutage.scot/>

The Friends of Levensgrove Park will also continue to work in partnership with WDC Greenspace and the Community Ranger Service to ensure a successful and sustainable project.

<b>Number of members</b>	<b>How often does it meet</b>	<b>Other grants applied for/ awarded</b>	<b>Bank Balance</b>	<b>Accounts balance</b>
10-20 members	Every 4 weeks	None	Bank balance as at 06/08/21 = £1,736.45	Annual accounts balance at 07/09/20 = £1,756.00