



**CYCLING WITHOUT AGE NAPIER TRUST
ANNUAL PERFORMANCE REPORT 2025**



CYCLING WITHOUT AGE NAPIER TRUST
ANNUAL PERFORMANCE REPORT FOR THE YEAR ENDED
31 DECEMBER 2025

What's Inside – 2025 Through Our Rear Vision Mirror

As we reflect on the past year, we are pleased to present this report which captures the collective impact of our efforts through 2025, celebrating our progress towards reducing loneliness among older people & those living with disabilities in Napier.

This report highlights the dedication & compassion of our volunteers, along with key achievements & initiatives we have introduced to respond to growing community demand.

Together, we continue working towards a future where every person has the opportunity to feel connected, valued & included.

We invite you to journey through these pages, which capture our passion for Cycling Without Age, to sustainability & to the simple yet powerful act of bringing joy & connection to others changing lives & making the world a better place, one meaningful ride at a time.

We thank our passengers that reward us so well with their smiles, sense of delight & conversations.

Alan White & Elizabeth Barrett – Trustees
Cycling Without Age Napier Trust

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 CYCLING
WITHOUT
AGE
NAPIER

Maggie

 TRIOBIKE
TAXI

CYCLING WITHOUT AGE (CWA) BEGINNINGS

CWA was created in Copenhagen in 2012, when Danish Ole Kassow rented a trishaw & offered an elderly gentleman from a care home, a ride.

Ole had watched his father, who lived with multiple sclerosis, grow increasingly isolated. As his father's world shrank, so too did his sense of connection. ***"Elderly people come into a nursing home," Ole says, "& their world gets smaller & smaller & smaller, until they just sit inside within their four walls."***

From that one act of kindness a movement spread, first across Denmark & then across the world. Today CWA spans more than 3,500 chapters & 50,000 volunteers in 41 countries.



The Cycling Without Age Napier Chapter (CWA Napier) was established in 2022 by Alan White, Trustee & Chair, & Elizabeth (Liz) Barrett, Trustee & Treasurer.

Each Chapter follows **5 guiding principles**:

Generosity — donate time & kindness

Slowness — take time to sense the environment, be present in the moment & to meet & talk

Storytelling — listen & share the stories we hear from older adults before they are forgotten

Relationships — build trust, happiness & quality of life by creating relationships between generations, passengers & pilots, caregivers & family members

Without Age — let people age in a positive context aware of opportunities that lie ahead
A visually impaired passenger called the initiative the ***"right to wind in your hair."***

Pilot John Seigel-Boettner in Santa Barbara says, ***"He doesn't consider himself retired, but "rewired for new experiences."*** While people might think he's feeding his karma bank by doing something good, he explains, ***"I come back from each ride completely changed. Society is missing a bridge between older people and everyone else — and this,"*** he says, tapping the trishaw frame, ***"is that bridge."***

In this leisurely space & slow pace, conversation flows. The pilot becomes a companion; the passenger, a storyteller. The trishaw excursion is a chance to be seen again, as a person, not a burden.

For pilots, generational relationships develop as we build bridges between generations, reinforce trust, respect & the social glue in our society.

This program is unique because it differs from the traditional understanding of cycling, in which the bike ride is a form of physical exercise. CWA goes further & gets to the essence of bike rides by focusing on the surrounding health & social effects of riding a bike, such as connection with nature, feeling wind in the hair, visiting the community, waving at neighbours & seeing the comings & goings of the town, while experiencing nature's various sights, scents & sounds.

Our trishaw rides are adventures, not to get from point A to point B, but rather a time to relax, to enjoy the journey, reconnect with people, to foster relationships, experience happiness & be present in the moment.



"Our rides" Liz says, "reconnect our seniors & those living with disability, with their community & by doing so, improve their health & outlook"

Our pilot, the one & only CWA founder,
Ole Kassow with CWA Napier Trustees
Alan White & Liz Barrett in
Copenhagen May 2025



ANOTHER REWARDING YEAR

- CHAIR'S COMMENTS

When I've joined rides recently as a companion rider, both at group events & during our weekly care home visits, I've been truly blown away by the laughter & joy our pilots & trishaws bring to our passengers. This experience is a credit to our incredible pilots & also the attentive companion riders who generously give their time. It reflects not only their kindness, but also the strong training & support behind every ride we do.

My role, aside from being a Trustee, is to train our pilots & companion riders, as well as ensure the trishaws are properly maintained. However, my most frequent weekly role, is that of "a sweeper". If any weekly scheduled ride has not been picked up by a volunteer pilot, then I step in and become the pilot for that ride. We never let our passengers down, because of pilot unavailability.

Over the past four years since establishing Cycling Without Age in Napier, I've seen how important it is to have enough trained pilots who embrace our CWA guiding principles: generosity, slowness, storytelling, relationships, & "without age." These principles, combined with our focus on safety, are what make our service sustainable & meaningful. Our pilots take great care in providing safe, enjoyable rides along carefully assessed routes, & this dedication deserves real recognition.

Locally, we've built strong training programmes based on shared international knowledge. Our volunteer team now numbers 30. However, this grand number does not always mean that a pilot is available on any given morning or afternoon. So we are always recruiting & training more pilots. Currently we have enough pilots to service the 8 Care Homes & the 91 residents enrolled in our weekly ride program but with more pilots will come additional flexibility and less "sweeper" duties.

Being part of the wider Cycling Without Age movement, founded in Denmark, has been hugely valuable. The guidance & support from the international community has helped shape our Napier chapter & continues to inspire our work.

Last year, Treasurer Liz Barrett & I had the privilege of visiting Copenhagen & meeting Cycling Without Age founder Ole Kassow. Experiencing a trishaw ride through the historic streets of Copenhagen was truly inspiring. We also visited Scotland, connecting with the team there, seeing firsthand how this movement continues to grow.

CWA Napier Trustees with Cristine Bell, CEO of CWA Scotland



Back home, our growth has been significant. Since becoming an affiliate in 2022, we now operate three trishaws & a Van Raam wheelchair bike. We provided 773 passenger rides in 2025 well up from the 421 passenger rides in 2024. The demand for our services is compelling & we feel very privileged to be able to provide such a meaningful & safe service to our Napier community.

We extend our sincere thanks to our pilots, who generously give their time to provide weekly rides, well beyond the minimum commitment of three hours per month.

Looking ahead, we see the need for two additional trishaws & a transporter van to help us meet increasing demand & reach more people within Napier, especially those who currently miss out due to distance from our base. To support this, we are working towards funding a "mobile van unit" that will enable us to transport two trishaws to care homes currently out of range. This will open up rides to more elderly & disabled residents in our community. More detail on our progress can be found in the Treasurer's comments.

I would also like to acknowledge the outstanding contribution of our Treasurer, Liz Barrett. Her dedication to administration & funding applications has been instrumental to our ongoing success. Our Trust simply would not be where it is today without her energy & commitment.

Alan White
Chair and Trustee





 CYCLING
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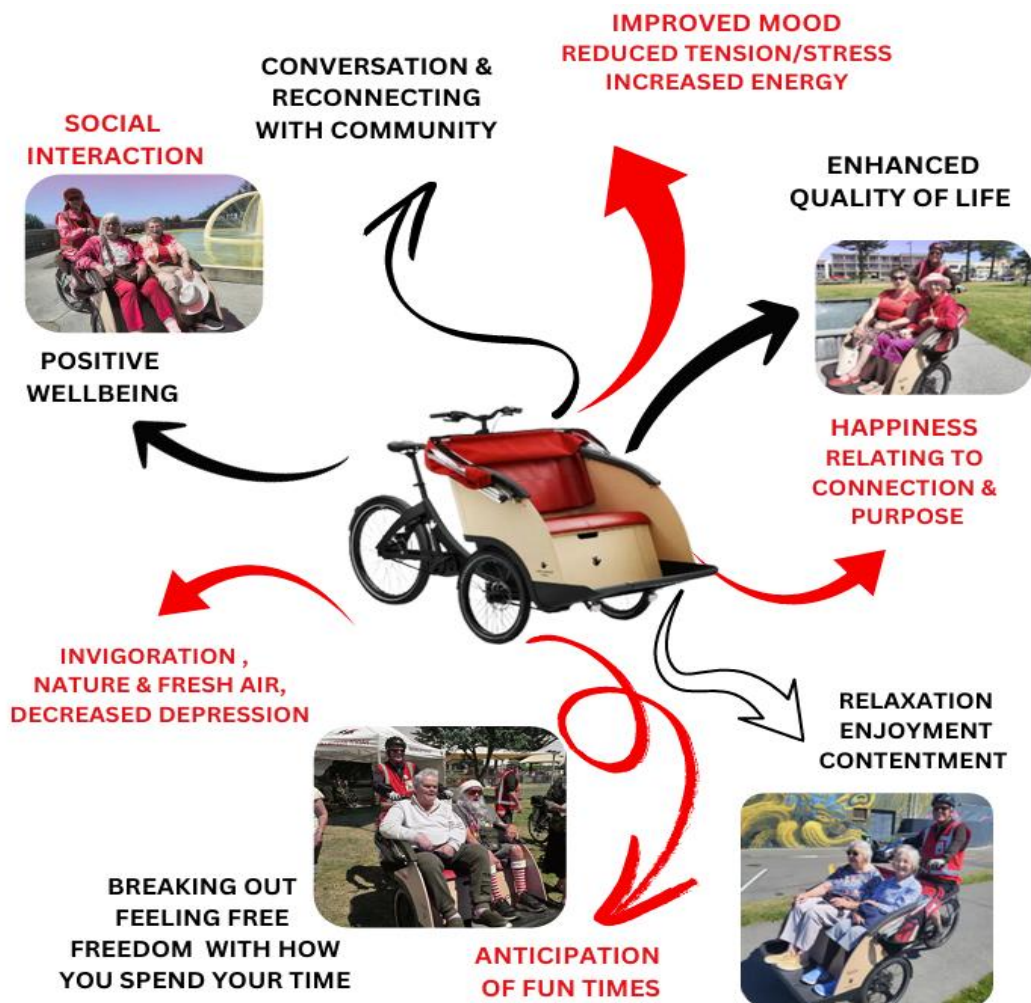
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THE BENEFITS, IMPACT & OUTCOMES OF TRISHAW RIDES



Why are trishaw rides important?

Anyone who has tried a trishaw ride knows why it matters: the rides create meaningful moments & enhance quality of life for passengers & pilots by reducing isolation, stimulating the senses, & reconnecting people with their communities.

Research consistently shows clear benefits for both mental & physical wellbeing. People who spend at least two hours in nature each week report significantly better overall health & wellbeing. Science suggests that the most efficient drop in cortisol (stress hormone) levels happens between 20 to 30 minutes.

A 2020 a **Scottish**¹ study found that participants experienced measurable improvements in mood & well-being after rides as well as significant mood uplift in the anticipation of the ride.

In **Canada**, a 12-week observational study² of long-

term care residents showed that cycling significantly increased immediate happiness & maintained overall quality of life without causing fatigue or pain.

Another earlier evaluation in **Scotland**³ of CWA linked trishaw rides with reductions in social isolation & noted benefits for both residents, carers & volunteers.

The most comprehensive evidence comes from the **“When Movement Moves”**⁴. Researchers measured a striking shift in before & after self-rated life satisfaction. The study also noted lasting gains in emotional resilience, social connectedness & sense of purpose.

Trishaw rides do more than reduce social isolation, they are both preventative & restorative. They help older people & those living with disabilities stay socially connected, remain part of their community, & rediscover the simple joy of feeling the “wind in their hair.”

¹ Cycling Without Age: Assessing the Impact of a Cycling-Based Initiative on Mood and Wellbeing

² Exploring the Effects of Cycling Without Age Program on Older Adults Living in Long-Term Care Victoria Cotnam, The University of Western Ontario

³ Cycling Without Age - Evaluation Report 2018, The Ageing Lab at Heriot-Watt University, Scotland

⁴ A 3 year multi-method evaluation by the National Institute of Public Health and University of Southern Denmark.

OUR IMPACT IN NUMBERS - 2025



Passenger rides with smiles

of our amazing dedicated Volunteers in the team



'Wind in your hair' trishaw kilometres of enjoyment & re-connection

Volunteer hours given to our Napier Community with great care and commitment



Cumulative 'Pleasure Measure' kilometres since May 2022

of Treasured Trishaws: "Maggie" arrived 2022, then "Nola" in 2023, followed by "Joy", in 2024, our wheelchair carrying bike.



Care Home residents enrolled and enjoying weekly ride days

Group event passengers enjoying nature, the 'wind in their hair', laughter & fun



WHAT GOES INTO A RIDE



**CYCLING
WITHOUT AGE
NAPIER**

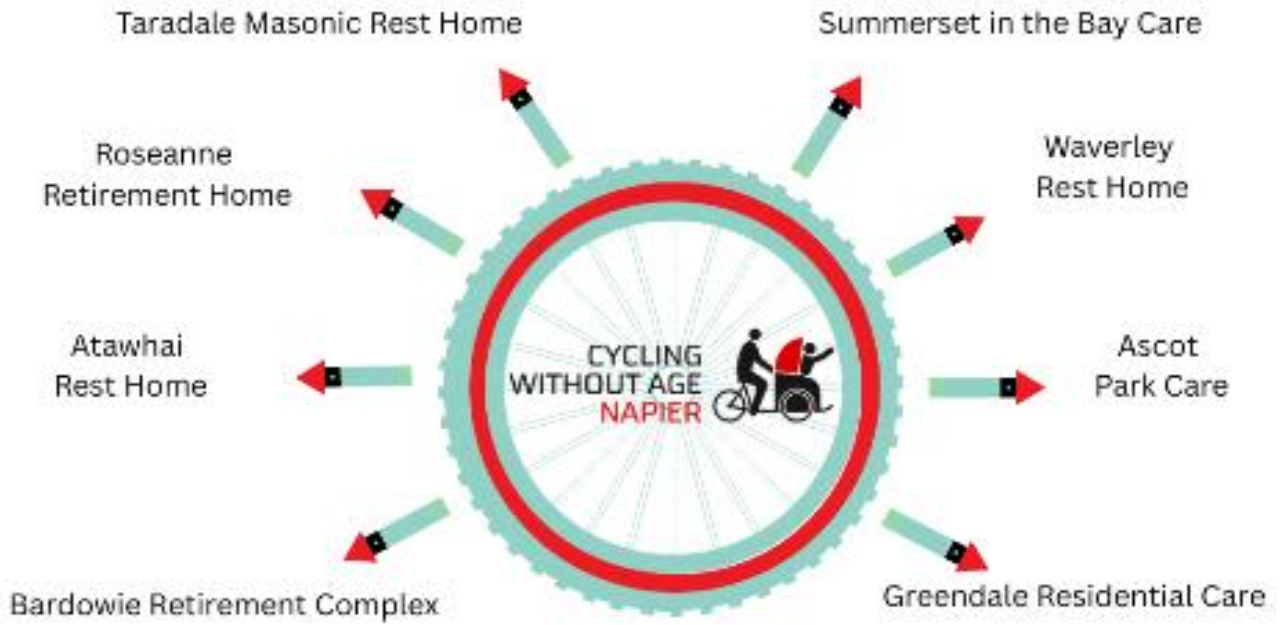


Fundraising	Sponsorship	Trust strategy meetings
Accounting and Administration	Insurances	Booking Coordination
Volunteer Recruitment, Training & Retention	Good Governance, Polices and Procedures	Data/Impact Collection
Marketing, Events Communcations	Relationship Building	Trishaw Maintenance and Servicing
Risk Assessments	Grant Writing	Storage





OUR CARE HOMES VISITED WEEKLY IN 2025



PASSENGER STORIES: THE JOY OF THE RIDE

“The rides make me happy and remind me of places I used to enjoy visiting.” - Ralph, Greendale Residential Care

Ralph doesn't usually take part in group activities at the rest home, but he is always happy to say yes to a Cycling Without Age ride. Sitting comfortably in the trishaw, feeling the fresh air, and seeing familiar places around Napier brings back many happy memories.

With the support of volunteer pilots, Ralph enjoys getting out into the community again — waving to people, sharing stories, and simply enjoying the moment. These rides give him a renewed sense of freedom and connection.



“I love getting out on the bike and chatting while we ride through the trees at Anderson Park.”

- Ken, Greendale Residential Care

Ken also looks forward to his weekly rides. Being outdoors, enjoying the scenery, and talking with volunteer pilots makes each ride something special. For Ken, the experience is about more than the journey. Seeing familiar places, greeting people along the way, and sharing conversations brings a sense of belonging and wellbeing.

The Impact of Each Ride

- 🌿 Mood & Wellbeing – Fresh air and outdoor experiences lift spirits
- 🤝 Connection – Conversations and community interaction reduce isolation
- 🚲 Independence – Freedom to explore beyond the care home

COMMENTS RECEIVED FROM OUR CARE HOMES

“I highly recommend this service.”

“Their service reliability and quality of volunteers is outstanding,”

“I AM completely impressed with their care, customer service and friendliness.”

“Their approach and performance here is always inviting and comfortable.”

“Their volunteers are not only friendly but also well trained and highly skilled.”

*“Their service is free – but it is **absolutely priceless** to us”*

“Compassion, care and reliability are hallmarks of their service.”

“Thank you for all you do - expanding horizons”

★★★★★ (5/5 stars)

Reflecting the impact of Cycling Without Age has had on our clients who rarely join other directed group activities - Greendale Residential Care:

- Excellent one-to-one engagement and individual time.
- Improves wellbeing as the outdoor activity promotes sense of achievement of “getting out there”.
- Strong sense of inclusion & community connection as people have begun to recognise our residents from their regular rides.

COMMUNITY PARTNERSHIPS AND GROUP EVENT RIDE DAYS

Cycling Without Age isn't just about bike rides; it's about fostering community connections & improving health & happiness. We treasure the special moments shared on our trishaws, the laughter, the stories, the gentle connection with nature, & the pure joy that unfolds when generations come together. None of it would be possible without our incredible volunteers who make every ride feel seamless, safe, & full of heart.

We began the year by welcoming Bryant House (now **Ascot Park**) to our regular schedule & Summerset in the Bay Care Home in September.

While distance limits prevented weekly visits to **Princess Alexandra Care Home**, we were pleased to support their residents through special outings at Anderson Park, combining their lunch with rides in the triobikes.

Alongside our regular care home visits & providing **individual rides** to Napier citizens from their homes, we delivered a range of community events along Marine Parade & in Anderson Park. Highlights included hosting **DTS Epic Pathway & Otatara Care Home**.

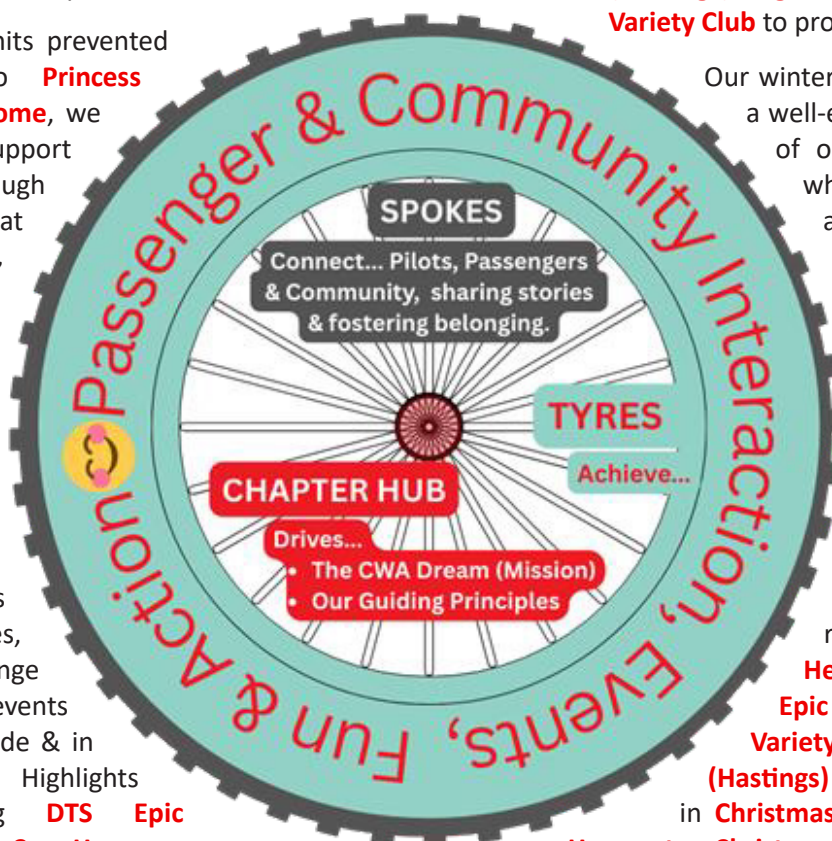
In March we participated in **The Big Bike Film Night** when it screened in Napier & featured a movie on the San Diego USA chapter of Cycling Without Age. The Curator Brett Cotter asked us to display a Triobike for both screenings at MTG & speak about CWA at the intermission for the screenings. The community interest from these audiences were awesome which helped to raise awareness & resulted in several new volunteers.

Between March & May we continued to partner with community groups such as **Heretaunga Seniors, Idea Services (Hastings), Age Concern & the Tiffany Variety Club** to provide group rides.

Our winter recess gave volunteers a well-earned rest, while some of our team of volunteers who remained in Napier attended **Volunteering Hawke's Bay Expo 2025**, engaging with potential new volunteers.

Activities resumed in spring, with events gaining momentum quickly including new outings with the **Red Hat Society Ladies**, & repeat partnering with **Heretaunga Seniors, DTS Epic Pathways, Tiffany Variety Club, Idea Services (Hastings)** & festive participation in **Christmas In Taradale & Napier Harcourts Christmas Parade**, where we showcased our trishaws adorned with decorations provided by the Trust winning the 'entry competition' set up by NZME & Hits Hawkes Bay.

Overall, 2025 was a year of consolidation, continued growth in demand & meaningful community connection.



Dear CWA Team,

Thank you again for your wonderful initiative. Our clients absolutely loved every minute of the freedom they experienced on the bikes. Some have lived in Napier their entire lives and had never experienced Anderson Park in the way they did on the bikes, which made the day even more special.

Everything was very well organised, the pilots were fantastic, and everyone was highly professional in supporting the clients safely on and off the bikes.

Thank you again for providing such a meaningful and memorable experience for all involved.

Kind regards

Enliven Day Programme team



WHY I VOLUNTEER WITH CWA NAPIER



BARBARA

Barbara has enjoyed cycling for many years and through cycling, thought it would be great to bring pleasure to others and not just benefit herself. She also likes to support others in many other ways including driving for the Napier St John Health Shuttle.



TONY

Tony says *"Cycling is more than a leisure activity; it is the way I commute and stay active. I use my bike to get to work, get to the supermarket, get into town, head to the local café or visit family and friends. (Who needs a car?) CWA adds to that mix and it's been great providing that service so that others can enjoy the feeling of being out and about on a bike"*.



PHIL

Phil is looking forward to meeting passengers from all walks of life and *hearing their stories as they enjoy Napier together on our trishaws*. Phil's motto *"No matter how slow you go; you are still lapping everyone on the couch"* may need a small revision as we often call our triobike, "our couch on wheels"!



VALERIE

Valerie was attracted to volunteer with CWA Napier as it combined her love of cycling with the opportunity to provide a positive outdoor experience for the elderly and others with limited physical abilities.



DEREK

"I first learnt about CWA when I went to a film evening in Napier where Alan & Liz did a presentation on CWA in the Hawkes Bay which got me interested in the idea of doing volunteering and what better way to do it than to do it with something I really enjoy, interacting with people, see the pleasure that people get on these rides, listen to their stories & experiences in their younger days."





HARRY

"I saw an ad in café news saying CWA need cyclists, and I was interested to find out more. I think it is a great idea and important to me to build community, culture and respect for elders that is so missing today."



ROD

Rod joined CWA Napier after learning about us from a Rest Home Activity Coordinator who knew that he had ridden tandems with his wife for many years. He says *it's been a great "come back"* as he had not been on a bike in recent years. He is very happy & satisfied to be piloting passengers & enjoys it a lot.



JOHN

John found CWA after his daughter and her family attended a presentation by the Trustees and gave him a brochure with the thought that this might be good idea for him to explore further. John loves regular cycling with a group in Hawke's Bay. CWA gives John opportunities to share the experience of cycling with others. He identified the best thing about piloting is *"being able to share cycling and being in the open air with people who might otherwise be unable to enjoy such experiences."*



CHARLIE

Charlie became a volunteer pilot because, in addition to the pleasure that riding brings & the sense of freedom, he also has a good friend who had a trike built so he could take his wife out for rides.



BRETT

Brett is enjoying introducing biking to his two young daughters, who along with his wife now join him, riding at many of the race events. After attending the Big Bike Night film night and seeing a film about CWA, Brett was inspired to become a part of the organisation, knowing the joy biking brings to him. Being able to provide this experience to others is extremely rewarding.



ASHLEIGH

"What appealed to me was how many boxes I could tick in one activity!
1. Connection with the beautiful passengers, not having any grandparents left, I miss connecting with people who have experienced much more of the world than I have!
2. Outside time and exercise (especially on a bike!)
3. "Volunteer time, this is something that really gives me purpose."
"The best thing about CWA is really slowing down and taking time to just enjoy and be in the moment".



VOLUNTEERING WITH CYCLING WITHOUT AGE NAPIER

We extend our heartfelt thanks to our dedicated volunteers for generously giving their time to share bike rides with elderly & disabled members of our community. Through their kindness & commitment, they spread the joy that is at the heart of every ride, enriching lives & fostering connection. Our Pilots do far more than pedal, they connect, listen & create moments that matter on every journey.

In 2025, our volunteers gave 773 passenger rides, a significant increase from 421 the previous year. This achievement would not have been possible without the amazing individuals who take to the saddle, spark conversations, share laughter & ensure every ride is safe, welcoming & memorable.

We are truly fortunate to have such compassionate volunteers. Their willingness, empathy & genuine care creates happiness. Without you, the Trust could not exist. The rides you provide are deeply valued by both your passengers & the wider community and your ongoing dedication continues to bring joy to so many lives.

This year, our spotlight is on "Our Volunteers" We hope that by sharing some of your stories, others may feel inspired to reach out & discover how rewarding this volunteer experience can be.

Thank you from us both -
Trustees Alan White and Elizabeth Barrett.



Join us!
If you've ever thought about volunteering,
this could be the perfect opportunity.
It's flexible, meaningful, & deeply rewarding.

Volunteering can seem like something that requires lots of free time, long-term commitment, or skills you may not feel you have. In reality, it often just takes a simple first step that fits naturally with someone's time, interests, & abilities. The challenge isn't getting people to care; it's making it easy & welcoming for them to get involved.

We make it easy....

Connection is at the heart of what we do

Volunteering with CWA is all about connection. It's the conversations between pilot & passenger, the shared moments with people along the way, that make each ride special. Founder Ole Kassow says, *"this is a simple idea with a powerful impact."* A trishaw ride offers something many people miss; fresh air, conversation & a real sense of belonging.

Simple to join, rewarding to do

All volunteers receive structured training, including time to become confident on the trishaw before becoming a pilot. Once trained, pilots & companion riders choose when they ride.

We ask for a minimum of 3 hours per month, but many choose to ride more often. The bikes are electric-assist, making them easy to ride, no high level of fitness required. This allows our pilots to focus on what matters most: connection, conversation & creating joyful experiences

Meaningful moments & lasting friendships

Rides typically last 20 to 40 minutes & often lead to special friendships. Many passengers enjoy seeing the same pilot regularly, building trust, familiarity, & deeper connection.

Our routes are 'naturally' engaging & have evolved over time, creating the sharing of local stories & prompting memories. We take in Napier parks, local neighbourhoods & Marine Parade, creating opportunities for conversation, memory sharing & community interaction. These moments, simple as they seem, are powerful.

The impact of volunteering

Being part of Cycling Without Age gives volunteers the opportunity to make a real difference. Every ride creates smiles, laughter & a renewed sense of connection.

Our passengers feel valued, included & seen. Our volunteers experience the reward of knowing they've made a positive impact



Something You'd Probably Never Consider¹

Every time a trishaw rolls out for a ride, something invisible has happened, something many people would never think about. Before the first smile, before the first pedal stroke, before the first story, a volunteer has already charged the batteries, checked the tyres, tested brakes, lights & seatbelts, cleaned the seats, recorded the Odometer & submitted their completed Pre-Trip Checklist as a record of their Health & Safety check.

It's the kind of care no one sees.

The kind of care that doesn't make photos. The kind of care that keeps our passengers safe & our rides full of joy. And here's the part no one expects, our volunteers say these quiet moments, these early-morning checks, the gentle routines, the simple act of preparing something for someone else, brings enjoyment. It's not glamorous or seen, but it's love in motion. So the next time you see a trishaw glide past, remember there's a whole world of unseen kindness making that moment possible.

Volunteering Truism's

President Bill Clinton said: *"Volunteering is an act of heroism on a grand scale. And it matters profoundly. **It does more than help people beat the odds; it changes the odds.**"*

Tom Brokaw of NBC News once said *"**It's easy to make a buck. It's a lot tougher to make a difference.**"*

And I think we all know of Oscar Wilde, for his wit & flamboyance, yet he said, *"**The smallest act of kindness is worth more than the grandest intention.**"*

And as upheld in The Tales of Aesop's 'The Lion & the Mouse', *"**No act of kindness, no matter how small, is ever wasted.**"*

Ole Kassow's small act of kindness offering a trishaw bike ride to his local care home created Cycling Without Age, which is now in more than 41 countries & over 3,500 Chapters!

Together, we are building kinder, more connected communities, one ride at a time. Every day our trishaws carry more than passengers, they carry memories, love, and the spirit of the community.

Liz Barrett, Trustee

♥ Poem from a volunteer² ♥

Arrive prompt, check the tyres
And the brakes and the wires
People arrive, say hello
I wonder where we shall go.
Along the prom, to the boats
Maybe we should have worn more coats
Looking out to the tide
Or take a left to the bird hides
Laughter, sea air, friendships made
Stories shared, foundations laid
For the next time we shall meet
We won't be strangers on the street

Geese dodged up the river
'Let's go back', said no one ever!
Jokes told, songs sung
Strangers waving to everyone
Tales of working in the mill
Or playing football, dreaming still
Favourite dogs, and travel stories
No-one with any worries
That's the magic of the ride
This chapter makes me burst with pride!

Triobike rides bring joy³

Letter to the Editor Hawkes Bay News
on 12 November 2025:

Triobike rides bring joy

Hey ho and away we go... what better way to spend a couple of hours than being piloted around beautiful Anderson Park by cheerful volunteers on triobikes?

The weather couldn't have been better, much to the relief of hostess Jeanette, and Spring flowers still adorned large trees.

By the lakes swans, ducks and geese waddled round, spoonbills sunned themselves, and Australasian coots kept themselves busy between the grass and the water.

Pilot Harry started us off on a song or two, mostly The Beatles, though he claimed to be too young for "A bicycle made for two."

Sandy Harrison
Napier

¹ Adapted and abridged for CWA Napier from original content by Cycling Without Age Australia

² Reproduced with permission from CWA Volunteer Pilot Lorraine, Cycling Without Age Scotland, Musselburgh Chapter

³ Reproduced with permission from The Red Hat Society, Napier NZ.

CYCLING WITHOUT AGE FOR SUSTAINABILITY



The 2030 Agenda for Sustainable Development, adopted by all 193 United Nations Member States in 2015, is a shared blueprint for peace & prosperity for people & the planet, now & into the future. **At its heart are the 17 Sustainable Development Goals (SDGs) as seen above**, which are an urgent call for action by all countries - developed & developing – in a global partnership.

The SDGs recognize that ending poverty & other deprivations must go hand-in-hand with strategies that improve health & education, reduce inequality, & spur economic growth – all while tackling climate change & working to preserve our oceans & forests.

CWA Napier fully & enthusiastically supports the United Nations SDGs

We believe that CWA can & does directly & positively impact 4 of the 17 goals:



SDG 3 - Good health & well-being aims to achieve well-being for all, regardless of age.

It focuses on key issues such as maternal & child health, & the prevention & treatment of all forms of disease.



SDG 10 - Reduced inequalities between individuals & nations. It advocates policies that boost the incomes of the poorest 40% & combat wage discrimination. It would like to see developing countries better represented in global forums, guarantee equal opportunities, strengthen financial regulation, control migration & minimise the cost of remittances.



SDG 11- Sustainable towns & cities aims to guarantee housing, essential services, safe transport & green spaces for all. The focus is on reducing urban environmental impacts, protecting heritage & building resilience to disasters.



SDG 17 Promotes strong partnerships between governments, the private sector & civil society to achieve the SDGs. It focuses on resource mobilisation, improved trade, economic stability & the importance of accurate data to measure progress. Sustainable Cities & Communities can only be made possible through the inclusion of everyone

Cycling Without Age for Sustainability

By encouraging slow cycling in natural environments conducive to relationship building, Cycling Without Age provides a low-cost & sustainable means for a range of generations to enjoy their community.

Backed by hundreds of studies over several decades, research suggests that connecting to nature is one of the best things you can do to improve your health.

Our vision says it all, **“Every person has the right to feel the wind in their hair”**. Many people with mobility impairments feel disconnected, marginalized & alone. The act of a single bike ride changes all of those feelings.

CYCLING WITHOUT AGE CHANGES LIVES - ONE RIDE AT A TIME, BUT CAN A TRISHAW RIDE MAKE THE WORLD A BETTER PLACE?

Progress toward these goals requires participation from local organisations, institutions & citizens, united by shared interests to mobilise communities into action.






Equality begins with empathy.

CWA pilots foster social interaction and connection with every passenger. A trishaw ride creates a meaningful and lasting impact for both passenger and pilot.

As part of a global movement of more than 3,500 chapters, CWA promotes social inclusion for all & does not discriminate. This reflects our guiding principle and ethos of *“without age”*.

Everyone has *“the right to wind in their hair”*.

The Table below demonstrates how CWA Napier & CWA’s 5 Guiding Principles, contribute to SDGs.

 <p>CYCLING WITHOUT AGE NAPIER</p> <p>CWA GUIDING PRINCIPLES</p>	 <p>3 GOOD HEALTH AND WELL-BEING</p>	 <p>10 REDUCED INEQUALITIES</p>	 <p>11 SUSTAINABLE CITIES AND COMMUNITIES</p>	 <p>17 PARTNERSHIPS FOR THE GOALS</p>
<p>GENEROSITY Generosity is the heart of CWA. Kindness & shared experiences connect generations.</p>	<p>CWA rides improve all participants wellbeing & engenders positive mental health.</p>	<p>We reduce isolation by reconnecting older & disabled people with their communities.</p>	<p>Pilots give free, safe, accessible rides for our elderly & those living with disability using trishaws.</p>	<p>CWA highlights the value of older people & those living with disability to leaders & decision-makers.</p>
<p>SLOWNESS CWA embraces slowness, encouraging people to pause, connect & be ‘present in the moment’</p>	<p>Slow rides allow passengers to relax & engage, thereby improving their wellbeing.</p>	<p>Shared cycling experiences bring people together regardless of age or ability.</p>	<p>CWA trishaws give slow, relaxing rides in green & public spaces for older & disabled passengers.</p>	<p>We advocate & demonstrate how inclusive initiatives strengthen healthier communities.</p>
<p>STORYTELLING CWA storytelling connects people and bridges generations and cultures.</p>	<p>Sharing stories improves wellbeing & strengthens community belonging.</p>	<p>Passengers reconnect socially, sharing memories & experiences with others.</p>	<p>Safe, slow, accessible rides in green spaces create opportunities for conversation & shared experiences.</p>	<p>Sharing stories globally through CWA platforms, highlights value of age friendly communities.</p>
<p>RELATIONSHIPS Relationships are central to the CWA dream, building stronger & more connected communities.</p>	<p>Rides create meaningful social connections that support emotional wellbeing.</p>	<p>Pilots & passengers meet new people which strengthen social & community connections.</p>	<p>By creating spaces where relationships can flourish, we strengthen local connectivity.</p>	<p>Each CWA chapter throughout the world networks & builds strong partnerships.</p>
<p>WITHOUT AGE ‘Without Age’ is the inspiration behind our dream. It removes social limits of ageing.</p>	<p>Older people are less lonely when feeling valued, which improves mental health.</p>	<p>The CWA initiative welcomes all ages, abilities & everyone is equal.</p>	<p>Specially designed trishaws provide safe, accessible, free rides in green & public spaces.</p>	<p>Promoting greater inclusion of older people’s needs in communities.</p>

Shared trishaw rides create opportunity for intergenerational connections & meaningful relationships to grow. CWA offers a unique way to include people isolated in the community, using a **sustainable** form of transport.

**CWA is absolutely making the world a better place - one ride at a time.
Each ride is community building on wheels, where social connection meets sustainability.**

BEHIND THE SCENES - TREASURER'S NOTES

December marks the close of our financial year & time for reflection & gratitude. Volunteer Week in June & International Volunteer Day in December remind us that every contribution matters & the strength of "weaving the people together". In NZ volunteering is strong, with half the population contributing some time. The way people volunteer is changing, but the impact remains profound¹.

To our CWA volunteers, we say thank you. ***"You create joy & connection, for every passenger. The magic bubble you create on each ride reflects your kindness, enthusiasm, & commitment. Quite simply, we could not do this without you"***. Our Volunteers bring knowledge, skills & enthusiasm to our chapter, their hearts & minds to our passengers. Our rides are free, 'nobody pays; nobody get paid' & as the saying goes ***"Volunteers don't get paid, not because they're worthless, but because they're priceless."***, so **this Annual Report is dedicated to our Volunteers.**

To our individual donors thank you. We are humbled by the way so many of you support us. Every donation helps bring the simple joy of feeling the wind in your hair to more people. It truly takes a team & together we are achieving something special.

Thank you to both Pub Charity for \$11,625 & to Steadfast NZ Foundation for \$10,000 towards our 'mobile unit' initiative. With these grants & donations received, we have a total of \$51,625 towards the goal of \$85,318 for the transporter van (at a cost around \$30,000 for a used model) along with the 2 new triobikes (\$55,318).

We thank too Napier City Council granting \$3,500, for new pilots to attend Essential First Aid training & a contribution toward our public liability insurance.

Christopher Candy at Coffee News continues to run our "Cyclists Wanted" ad pro bono, which is well read by cyclists when they stop for coffee & we have found it to be very successful in attracting volunteers.

We won \$1,000 in the 'entry competition' for Harcourts Christmas Parade set up by NZME & Hits Hawkes Bay. We also received a \$500 award for achieving the "Highly Commended" Tier 4 Award Chartered Accountants of NZ & Australia for our 2023 Annual Report.

The Future

We are progressing well towards our goal of establishing a 'mobile unit'. Our Trishaws are kept within close proximity of their point of service, which keeps logistics simple & allows for easier volunteer engagement. However, there are many care homes that we cannot reach & which are impossible for our Volunteers to ride

the trishaws there. It is also entirely impractical to hire trailers & tow them to different locations. This initiative in 2025 for a 'Mobile Unit' will enable us to:

- 🚗 Improve accessibility & equity by removing distance and transport barriers
- 🚗 Enhance volunteer wellbeing & safety by reducing non-passenger travel time
- 🚗 Extend the lifespan of triobikes by reducing battery wear and maintenance
- 🚗 Enable inclusion of smaller care & disability support homes, including IDEA Services homes
- 🚗 Allow our group events to be delivered alongside uninterrupted weekday care home visits
- 🚗 Substantially increase service capacity & deepen engagement with community agencies
- 🚗 Deliver greater health & wellbeing benefits to more Napier residents. In addition, a corporate sponsor has generously offered storage for the Mobile Unit in a centrally located, secure & monitored facility.

Our phone rings a lot these days & it's very exciting seeing CWA Chapters pop up in NZ. We are pleased to have helped, as establishing a chapter takes real effort. We're delighted to welcome new Chapters in Central Otago, Westport, Nelson, Taupō & Te Anau, alongside established chapters in the Bay of Plenty & Lower Hutt.

"Never doubt that a small group of thoughtful, committed citizens can change the world: indeed, it's the only thing that ever has." Said by Margaret Mead, anthropologist, humanitarian & echoed by the Sustainable Development Goals, which we hope you enjoy reading about here in our Annual Report. Together, we are changing lives—one ride at a time & making the World a more sustainable & better place.

Thank you to our volunteers, donors, & supporters, for being part of this journey. We value your backing as we look forward to another year of providing safe, slow, fun rides to our Napier community

For me, all the benefits of volunteering are encapsulated by Winston Churchill: ***"You make a living by what you get; you make a life by what you give."***

Volunteering is the ultimate exercise in democracy. We vote in elections every 3 years, but when you volunteer, you vote every day about the kind of community you want to live in'.

Those who can, do. Those who can do more, volunteer.

Liz Barrett
Treasurer and Trustee



OUR 2026 GOAL & OPERATIONAL COSTS FOR 2025

OUR GOAL

2 new triobikes +
1 transport van =
1 Mobile Unit.

- Greater reach, Less trishaw wear, Better volunteer support

GOAL: \$85,318

Donations & Grants received towards our **Mobile Unit**
\$51,625

\$3,207

Trishaw safety accessories, pull up banner & new laptop in 2025

\$6,349

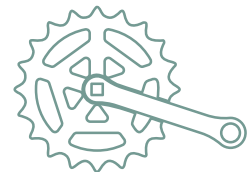
delivery cost of our trishaw rides, such as trishaw servicing, insurances & our magic database

\$82,407
significant assets

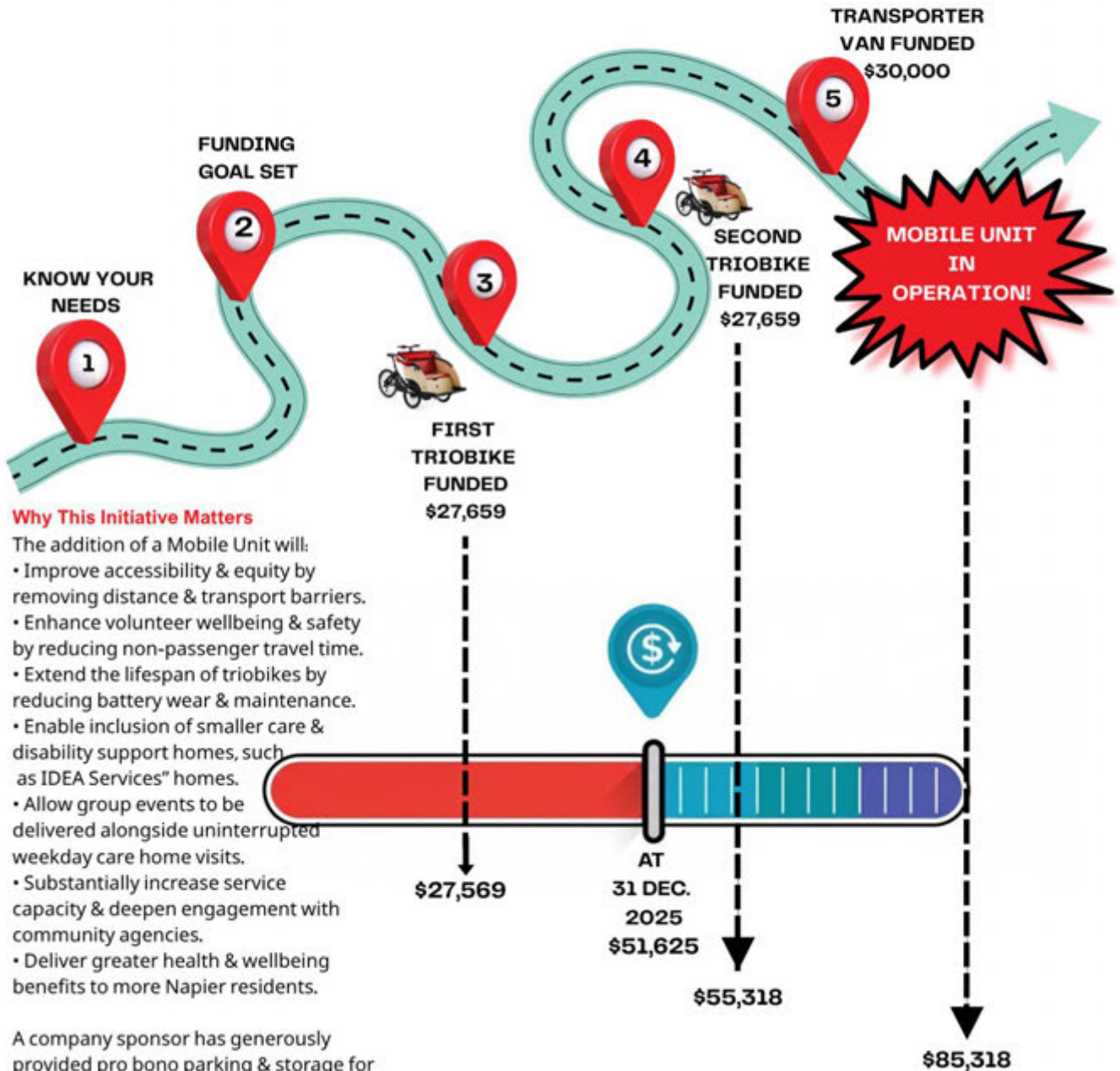
\$3,326

invested in our volunteers, keeping them visible, safe & first aid trained in 2025

\$0 cost to charge batteries, trishaw storage, office & wage costs
Thanks to our Trustees !



OUR MOBILE UNIT (2 TRIOBIKES & TRANSPORTER VAN) FUNDING ROADMAP



**PLEASE HELP US
ACHIEVE OUR GOAL!**



What we do now, with heartfelt THANKS to TRADE TOWAGE



What our volunteers could do in the future with a 'Mobile Unit'



**THANK YOU TO OUR FUNDERS,
DONORS & SUPPORTERS**

YOU have enabled us to achieve **3,747** ‘pleasure measure’ kilometres for **773** passenger rides in **2025** which accumulate to a total of **1,675** passengers over **9,688** kms since we began in 2022.



Eastern & Central Community Trust for assistance with funding our first Triobike – **Maggie**, & then continuing to support us to obtain our second Triobike **Nola**



The Lion Foundation for contributing to towards **Nola**



Higgins Bequest Trust for contributing towards **Nola** & funding our **Hi-Viz vests** keeping our pilots & passengers safe.



Lottery Grants Board For contributing towards the purchase cost of **Joy**, our wheelchair carrying bike.



Rotary Greenmeadows For also contributing towards **Joy**, and ongoing member donations in 2025

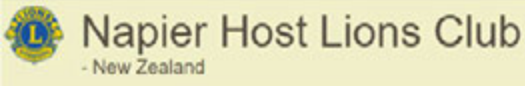


HAWKE'S BAY FOUNDATION

Hawke's Bay Foundation For also contributing to **Joy** & for fully funding our **CWA Napier website**: www.cwanapier.nz



Pub Charity
for contributing towards **Nola, Joy, the marquee & our 'Mobile Unit' Initiative in 2025**



Napier Host Lions
for contributing towards our **marquee** which provides excellent shelter to our passengers on our group ride event days.



Steadfast NZ Foundation
for contributing in **2025** towards our **'Mobile Unit' Initiative.**



Napier City Council
for funding all the **First Aid courses** provided to our pilots over the past 3 years and **again in 2025**. In addition contributing towards our ongoing operating costs of public liability insurance.



ASB for choosing CWA Napier as one of their local Charities to be supported in 2024.



Electrify Hawkes Bay & My Ride Taradale.
The safety & reliability of our trishaws are due to your experience & support for our cause. **Every dollar we spend with you ensures we provide safe rides to our passengers.**



True North Supply Chains for finding us on Facebook & donating a cargo bike to us, now named **"Carrie"**.



Wilsigns for gifting their exceptional **signwriting work** they have done for us, on **Carrie, Maggie & Nola**



ANNOUNCES THE WINNERS OF THE NEW ZEALAND
FOR PURPOSE REPORTING AWARDS 2025 27/05/2025

- The Awards have been recognising excellence in not-for-profit reporting organisations that are innovative in their communication with stakeholders, since 2018.
- They celebrate best practice in adopting accounting standards which provide greater transparency and consistency in reporting across the sector and are sponsored by chartered accounting firms BDO, RSM, Baker Tilly Staples Rodway, William Buck and PKF.

Peter Vial FCA, New Zealand Country Head at CA ANZ, said

“It is a rewarding process for both the entities themselves - the award winners will undoubtedly be happy to receive recognition for their hard work - and for us, as promoters of good reporting and witnesses to the progress of charities and other for-purpose entities over the years.”

“New Zealand is a very philanthropic country, with over 29,000 charities with more than \$27 billion in annual income, supported by over 170,000 volunteers working 1.4 million hours weekly and more than 100,000 employees . They have a big responsibility to be accountable for that; CA ANZ is proud to support the sector.”



Highly Commended, sponsored by PKF:
Awarded to: **Cycling without Age Napier Trust**



“The Award is very special because it means that not only have we met the reporting requirements but that more people will get to know and understand what Cycling Without Age is all about. ‘Without Age’ refers to CWA positioning aging in a positive context. The Award also enables our thanks to all our funders, donors and supporters to be broadcast more widely, without whom we could not have funded our 3 trishaws.

CWA provides the essence of bike rides by focusing on health and surrounding effects of riding a bike. These are connection with nature, feeling the wind in your hair, and experiencing various scents, sounds and sights. All without the constricting boundaries of age and the physical exercise required to ride a bike.

Our team of volunteer pilots are priceless, and they were already delighted just to have been selected for the shortlist.”

— Elizabeth Barrett, Trustee



ANNUAL PERFORMANCE REPORT

Organisation name CYCLING WITHOUT AGE NAPIER TRUST (CWA Napier)

For the year ended 31 December 2025

Entity Information

Name of entity CYCLING WITHOUT AGE NAPIER TRUST

Type of entity Charitable Trust & Registered Charity CC59805

Statement of Service Performance

Our Key Pleasure Measures	CWA Napier Trishaw Enjoyment Indices		
	2025	2024	
Passenger rides with smiles	773	421	of up to an hour duration
"Wind in your hair" trishaw kms	3,747	2807	enjoyment & re-connection
Cumulative Pleasure Measures in kms	9,688	5941	since arrival of Maggie in May 2022
Volunteer Hours given to Community	2,225	2066	with great care & commitment
Our Volunteer Crew of	30	20	are priceless
Social Agency & other Group Events held	13	3	commenced Sept 2024
Group event passenger rides	243	89	of smiles, laughter & fun
Care & Retirement Homes Serviced	8	6	91+ residents enjoying ride days
Trishaws Operating	3	3	Maggie, Nola & Joy

Thank you to our Donors, Funders, Supporters and Volunteers

who enabled us to achieve 3,747 'wind in your hair' kilometres for 773 passenger rides in 2025 and which have now accumulated to a total of 1,675 passenger rides over 9,688 kms since we began in May 2022.

Small acts can have a big impact.

What started as a simple idea in Copenhagen, Denmark has blossomed into a global phenomenon. It's a reminder that even the smallest acts of kindness and generosity can ripple outwards, creating waves of positive change, the butterfly effect.

We at Cycling Without Age Napier Trust do not underestimate the power of our actions, every act of kindness counts and at its core, Cycling Without Age Napier Trust is about serving others.

By prioritising the well-being and happiness of those less able to be physically in the community, we can inspire others to join us in making the world a better place, one ride at a time.

Together, we continue the legacy of 'Cycling Without Age' and create a world where everyone, regardless of age or circumstance, feels valued, connected, and empowered.

This performance report has been approved by those charged with governance.

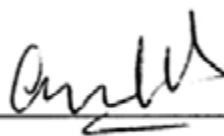
Date

22-2-26

Date

22 Feb 2026

Signature



Signature



Name

Alan White

Name

Elizabeth Barrett

Position

Chair

Position

Treasurer and Secretary

ANNUAL PERFORMANCE REPORT

Organisation name CYCLING WITHOUT AGE NAPIER TRUST (CWA Napier)

For the year ended 31 December 2025

Statement of Cash Received and Cash Paid

	Current year*	Last year
	\$	\$
Opening balance in bank account(s) and any cash on hand	32,822	13,956
Plus: Cash received from operating activities		
Donations	11,415	28,433
General grants received (Napier City Council Grant & Steadfast Foundation)	13,500	11,362
Pub Charity Grant for purchase of new triobike only	11,625	-
Membership fees or subscriptions	-	-
Sale of goods and services (commercial activities)	-	-
Interest or dividends received	730	1,016
Other cash received	-	-
Total cash received from operating activities	37,270	40,811
Less: Cash paid for operating activities		
Employee remuneration and other employee related costs	-	-
Volunteer related costs Note 3	3,326	947
Costs related to sale of goods or services (commercial activities)	-	-
Purchase of Trishaws, accessories and other operating assets Note 3	3,207	12,808
Other costs related to delivery of Trishaw rides Note 3	6,349	8,190
Other cash paid	-	-
Total cash paid for operating activities	12,882	21,945
Total GST (paid) or refunded in the financial year	-	-
Cash surplus or (deficit) from operating activities	24,388	18,866
Cash surplus or (deficit) from other activities		
Income tax (paid) or refunded (if applicable)	-	-
Increase or (decrease) in cash for the financial year	24,388	18,866
Closing balance in bank account(s) and any cash on hand	57,210	32,822
Represented by:		
Closing balance of bank account(s)	57,210	32,822
Balance invested in term deposit(s)	-	-
Undeposited cash held by the entity	-	-
Total cash balances held	57,210	32,822

ANNUAL PERFORMANCE REPORT

Organisation name CYCLING WITHOUT AGE NAPIER TRUST (CWA Napier)

For the year ended 31 December 2025

Notes

Note 1 - Accounting Policies

Basis of preparation

The organisation is permitted by law to apply the Tier 4 (NFP) Standard issued by the External Reporting Board (XRB) and the organisation has elected to use this Standard. All transactions included in the Statement of Cash Received and Cash Paid and related notes to the Performance Report have been reported on a cash basis.

Treatment of GST

The organisation is not registered for GST and all amounts are recorded inclusive of GST (if any).

Note 2 - Analysis of cash received from operating activities - NIL

Note 3 - Analysis cash paid for operating activities

Category	Analysis	Current year	Last year
Volunteer related costs	Red Cross Courses	2,016	350
	Pilot Badges	83	182
	Subscriptions	99	99
	Hi Viz Pilot Vests	420	316
	Pilot refreshments, Christmas Decorations and CWA Film Night	708	
	Total	3,326	947
Category	Analysis	Current year	Last year
Purchase of Trishaws and other operating assets	Purchase of VeloPlus (Rest of import duties & GST paid in 2024)		3,417
	Purchase of Trishaw accessories	964	100
	Purchase of Pull UP Banners	403	
	Purchase of Wind Blade		293
	Purchase of Triobike Window and 2 stabilisers		642
	Purchase of Marquee and accessories		5,878
	Website Development and Domain rights		2,478
	Purchase of Laptop & accessories	1,840	
Total	3,207	12,808	
Category	Analysis	Current year	Last year
Other costs related to delivery of entity objectives	Public Liability Insurance	1,685	1,489
	Damage/Loss Insurance - 3 trishaws*	1,910	4,294
	Infoodle Database	617	511
	Trishaw Service and Maintenance costs	643	737
	Marketing Brochures	995	1,058
	Website	408	
	Other	91	101
	Total	6,349	8,190

Note 4 - Analysis of cash received from other activities

NIL (Last year NIL)

Note 5 - Analysis of cash paid for other activities

NIL (Last year NIL)

Note 6 - Significant assets valued at cost

Description of asset	Current year	Last year
3 Trishaws and 1 Cargo bike	70,497	70,497
Marquee	5,878	5,878
Trishaw equipment and safety accessories	3,554	2,590
CWA Napier Website	2,478	2,478
Total Significant assets valued at Cost	82,407	81,443

