Montefiore gets moving with seniors' cycling program

Montefiore Randwick is proud to be first in the Eastern Suburbs, and only the second organisation in Sydney, to be part of Cycling Without Age, a not-for-profit pairing cyclists with people living in aged care.

Cycling Without Age's battery-assisted, custom built trishaws (three-wheeled bikes) are ridden by a pilot and hold two passengers in front. The aim is to give older people the chance to experience the freedom of riding a bike and exploring their local area, as well as helping to create social connections between younger riders and aged care residents.

Speaking at the July 24 launch of the Montefiore program, visiting co-founder Dorthe Pedersen said: "What our passengers tell us they enjoy most isn't the cycling, it's the social aspect. It's about moving slowly, seeing life at street level, interacting with neighbours and using your senses to take in the sights and sounds. The trishaw itself is a conversation starter, too, people want to know what it's all about."

The Cycling Without Age program launched in 2012 in Denmark, and now extends to 37 countries around the world, with around 20 groups now operating in Australia.

The initiative was first brought to Montefiore's attention by local cycling group BikEast, whose members went on to source a generous anonymous donor for the trishaw. BikEast will also provide a willing roster of volunteer pilots who will help to make rides through nearby Centennial Park and surrounding neighbourhood a regular part of the Montefiore Leisure & Lifestyle program.

BikEast Cycling without Age coordinator Adrian Boss says: "We've been working towards this since we first heard Dorthe speak in 2016, and our members are lining up to volunteer their time as pilots. We can't wait to get started at Montefiore, and are in talks with local councils to fund further trishaws, too."

~ENDS~

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About Montefiore
Montefiore is one of Australia's leading aged care organisations serving Sydney's Eastern Suburbs and North Shore, with unparalleled clinical and allied health services and a personal approach to care. We provide **Residential Care** (with specialist dementia care) at four Sydney campuses; in-home care through **Help at Home by Montefiore**, two seniors' Day Centres and **M by Montefiore** luxury retirement apartments, due to begin construction at Randwick in mid-2018. As a non-profit communal organisation founded on Jewish values, with a proud history spanning 130 years, we are proud to bring choice, dignity and wellbeing to the people who matter, no matter who they are.