



Hamilton & Burlington Chapter 2023

Annual Impact Report

Summary

2023 was the third year of operation for this Ontario, Canada CWA chapter. We added a third trishaw thanks to the receipt of a New Horizons for Seniors Federal Gov't Grant. Our third trishaw is a [VeloPlus](#) model that allows passengers to ride in their own wheelchairs. We added new regular weekly rides at 2 seniors' centre locations, bringing our regular ride locations up to 9. Our ten- person advisory team met monthly which ensured we were able to adapt procedures as the summer progressed. We expanded our passenger base from seniors to include passengers physical and intellectual challenges. We were able to use [Our Videos](#) that BrokerTeam Insurance prepared in 2023 to share our stories with potential passengers, care centres, donors and pilots. We attended some joint events with three other Ontario chapters, Mississauga, Markham and Brockville, and we met with some Brantford citizens working on their chapter. In short, we had a lot of fun and are looking forward to starting up in 2024 once again.

Organizational Information

Our chapter is structured as a program hosted by the charitable organization New Hope Community Bikes. <https://www.newhopecommunitybikes.com/>.

New Hope provides the legal structure including liability and property insurance, administration, grant management, tax receipting for donations, trishaw transportation, and maintenance to name a few of the functions.

Statistics

- Pilot Info and Indoor Training Sessions – 6
- Pilot Outdoor New Pilot and Refresher Training Sessions -13
- Number of cities served – 2
- Number of trishaws – 2 Van Raam Chats, 1 Van Raam Velo Plus
- Number of Partner Centres – 9 (6 seniors' residence/ltc homes, 3 day programs)
- Number of Special events attended/offered -8
- Number of volunteer social/fundraising events – 2 (karaoke, volunteer appreciation)
- Number of active pilots – 65 (32 male/33 female)
- Approximate pilot age – 65 (and retired)
- Number of bike buddies - 65
- Number of inactive pilots – 3
- Newsletters – 5

Location	Rides	Passengers
Welcome Inn Community Centre	69	86
Martha's Landing Retirement Home	51	102
Wednesdays at Williams	92	169
Shalom Village Seniors' Apartments	97	138
Maple Villa Long Term Care Home	36	72
Idlewyld Long Term Care Home	65	75
Wellington Square Church-HUB	65	100
St. Peter's at Chedoke LTC	65	70
Christopher Terrace Retirement Home	59	112
Total	599	924
Event	Rides	Passengers
Walk your Way Cancer Assistance Program	3	4
Java Time for Retired Teachers	2	3
Mac Kids Hospital Walk'n'Wheel	3	5
Open Streets Hamilton	12	19
Cactus Parade Dundas	2	4
New Brantford Chapter- Heart's Content Fair	10	19
Bronte Village BIA Block Party	15	30
Ability Walk'n'Roll	19	35
Total	66	119
Grand totals - 2023 CWA Ham/Bur	665	1043

Communication channels utilized

Facebook: <https://www.facebook.com/Hamilton-Burlington-Cycling-Without-Age>

Instagram: <https://www.instagram.com/cwahamilton/>

Website: <https://cyclingwithoutage.ca/hamilton-burlington/>

Email: cwahamilton@gmail.com

Special thanks to our Supporters

[New Hope Community Bikes](#) - (Tammy Heidbuurt and her staff) – for continuing the opportunity to give seniors the ‘wind in their hair’ and functioning as the charitable organization under which Cycling Without Age can operate and grow

<https://hamiltontrike.com/> (Cora Muis) – our local Van Raam dealer, who is always ready to come to our rescue with needed parts and even a loaner Velo Plus this year when ours needed repairs

[New Horizons for Seniors Program](#) – which provided a grant to purchase our 3rd trishaw

[Simore Transportation](#) – a local trucking company that stepped up to provide trailering of our trishaws

City of Hamilton Cycling Committee – for donating funds to support our chapter

Our web master – Heather Chapman, and our Social Media guru – Sheri Ojero

Tracie England and Irene Peters for their 50/50 Draws at [Tracie's Place](#)

[Café Domestique](#) – our local coffee shop for donating the proceeds of its GIANT bicycle raffle

Our partner agencies and centres (Welcome Inn Community Centre, Shalom Village Seniors' Apartments, City Housing Hamilton, Burlington Seniors' Centre, Maple Villa Long Term Care, Chartwell's Christopher Terrace and Martha's Landing Retirement Homes, Wellington Square United Church HUB/ Friday Meal Bag Program, Good Shepherd's HOMES and Seniors Assisted Living Programs, SAM Day Program, L'Arche, Salvation Army's Lawson Ministries, St. Peter's Residence at Chedoke and Idlewyld Manor) who organized their clients to participate in the program.

And all our volunteers, especially our pilot trainers, site coordinators, pilots and bike buddies who made it possible for 1043 passengers to 'feel the wind in their hair'.

Finances– as of December 2023

We received financial donations, fees and grants of approximately \$37,400, \$20,200 of which was a grant from the federal New Horizons Seniors Program which enabled us to purchase our third trishaw. Fundraising raffles, fees for service from private facilities, summer student grants, donations from volunteers and the city cycling committee accounted for the balance of our income this year. In addition to the purchase of the trishaw, we were able to buy a storage container for \$3300. Our operating expenses included liability and property insurance (\$7300), summer student help (\$6300), contribution to NHCB professional fees (\$4500), and other expenditures of \$3800. In total we spent \$8000 more than we rec'd this year, which we financed from prior year's surpluses. For more information on our financial results please email cwahamilton@gmail.com.

Testimonials

James Vandenburg, Executive Director of the Welcome Inn Community Centre in Hamilton wrote *"Our seniors deeply value the program, because it gives them the chance to get out of the house and enjoy the waterfront. It also means that they get to enjoy thoughtful conversations with the volunteer drivers and spend time outdoors"*.

Sandra McGuire, Office Manager at Christopher Terrace Retirement Home in Burlington wrote – *"Once this program was up and running, I was truly amazed at how successful this partnership was. My seniors absolutely loved this program, and we ended up having waitlists for the signup sheets as many of my residents wanted to participate. My residents loved to be able to see the area they live in from a new and fun perspective, got to socialize with the pilots/volunteers and other residents, and were able to experience fresh air and sunshine. As many of my residents have physical impairments, getting*

outside can be challenging. This program allowed the seniors a stress and pain free outdoor experience.”

And passenger Ronald Berenbaum from the Shalom Village Seniors’ Apartments wrote a very kind letter to the Hamilton Spectator Newspaper – *“I would like to thank Cycling Without Age (CWA) for the pleasant experiences they provide me and my fellow seniors residents at Shalom Village in Westdale.Once per week, seniors are treated to a delightful ride from Princess Point to and around Bayfront Park (50 minutes). ...Trishaw riders of all ages receive a scenic experience that would not otherwise be available to them. Thank you, CWA.”*

Planning ahead for 2024

In December 2023, our Advisory Team met and reviewed the 2023 season. We developed a 2024 workplan to ensure our 4th year is as successful our 3rd year. Our goals for 2024 include:

- Strengthening our fundraising and public relations initiatives to ensure financial sustainability
- Expanding transportation for our trishaws so we can have more than one trishaw at the same place and move the Velo Plus around to additional long- term care homes
- Refining our safety procedures
- Developing and implementing a regular bike maintenance program for our 3 trishaws

Pictured below: two of our regular pilots (John and Alan), after giving rides to a couple of regular passengers at one of our sites. The ladies invited them in for a picture. And on the right, our two VeloChats in the community Cactus Parade ferrying the parade marshals in nearby Dundas.

