

Trishaw by the Seashore



Age UK Sunderland's Trishaw is a way of transporting older people who enjoy the wind in their hair!

Our volunteer drivers provide people aged 50+ in Sunderland 'trishaw' cycle rides. A trishaw is a three-wheel cycle with a passenger cab out front and is motor assisted.

Our rides are comfortable, fun and free. They enable older people to explore Sunderland's amazing sites close-up from the bicycle. It also helps regain vital social contact.

Our volunteers and passengers enjoy the physical and emotional advantage of the great outdoors.



We can support you by:

- Providing a fun experience
- Help to combat loneliness and isolation
- Support you to access social activities
- Ensuring access to wider support if required





For more information about Age UK Sunderland's Trishaw rides contact Age UK Sunderland at **frontdooradmin@ageuksunderland.org.uk** or call our Community Support Club Coordinator on **0191 514 8338**

Age UK Sunderland

Bradbury Centre
Stockton Road
Sunderland SR2 7AQ

www.ageuksunderland.org.uk

Follow us on Twitter:



[@AgeUKSunderland](https://twitter.com/AgeUKSunderland)

Follow us on Instagram:



[ageuksunderland](https://www.instagram.com/ageuksunderland)