
Kinross-shire Trishaws and Community Cycling

Trustees' Annual Report

24th June 2024 to 31st March 2025



Charity contact information



Kinross-shire Trishaws and Community Cycling

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(www.facebook.com/KinrossTrishaws)

Charity Trustees – Meet Our Board



Hannah Collins (secretary)
Joined 11/2/25



Kirsteen Ross (chair)



Anthony Drew (treasurer)
Joined 17/11/25



Kieran Fowley
Joined 20/1/25



Brian McGill)

Other trustees during this annual report period were Janet Kerr (resigned 19/11/25, Neil Robertson resigned 20/4/25 and Dawn Adams resigned 10/11/25
Fergus Douds (resigned 28/10/2024), Jean Campbell (resigned 29/10/2024)

Our Beginnings

Through personal experiences, our chair and founder, Kirsteen Ross, identified that a significant number of older adults in our community experience loneliness and social isolation, which increases with age and leads to the exclusion of older people. To tackle this, Kirsteen investigated ways to create social links and interactions, widen social networks and change social attitudes so that older people would become more valued and visible in society.

Having heard of the wider Cycling Without Age global movement, Kirsteen set about creating a charity in Kinross-shire utilising adapted bicycles (initially trishaws) that would support older people to remain a central part of society, reduce social isolation, increase social connections, and support intergenerational contact. Quickly this idea expanded to include people of any age and to include a variety of adaptive bicycles, tricycles and e-bikes providing cycling opportunities to improve physical and mental wellbeing making sure that everyone is included regardless of ability or disability.



The Benefits of Cycling

The beneficial effects of the activity of cycling are well known and being active outside in the fresh air improves mental health, increases physical fitness, and helps build relationships with others. The endorphins released by the body during cycling can positively change mood, make participants feel less stressed and better able to manage anxiety and depression. Cycling can bring about feelings of greater self-esteem, more self-control and feeling good about yourself and the world around you. It's one the easiest ways to exercise all year round and being a low-impact activity, it's kinder on joints than some other activities.

Using the conceptual framework of “developing a community with, and through sport”, our projects aim to bring people together, foster a sense of belonging, drive social change, build local skills and knowledge, develop leadership, and improve confidence, esteem, and resilience together with improving mental and physical health. Essentially, we are not aiming to develop “cyclists”, but rather, to use the medium of cycling in its various forms to increase social capital.





Our Activities

The Trishaws

Our flagship and highest profile program in this period was “The Trishaws” - using adapted bikes and taking elderly people or those unable to cycle themselves due to age, poor health or any other reason out for rides in our beautiful local countryside.

All of our rides are free. The voluntary work we deliver enriches and enhances lives and enables older people to once again be an active and visible part of their communities. We sing songs, we tell and listen to stories, we make friends and rekindle old friendships. Our passengers love to feel the freedom our trishaw rides bring and they enjoy feeling the wind in their hair.

We are proud to be a registered and authorised chapter of Cycling Without Age Scotland.

Our Activities

Community Cycling



Significant time was spent shaping the vision and planning the delivery of a community cycling program. We carried out a community consultation which elicited 125 responses. This enabled us to better understand local needs. We applied for and successfully secured funding for a variety of programs and capital funding for bikes and equipment which were purchased in the subsequent year. We commenced delivery of a weekly women's cycling program with an average of 8 riders per week. Part of this process included designing and testing routes to ensure safety and suitability, carrying out risk assessments and promoting opportunities to the community. We arranged a free Dr Bike session for the community which was attended by 30 people and at Christmas time we enjoyed a fun Santa ride.

Bike Bus to >>>

Milnathort Primary School

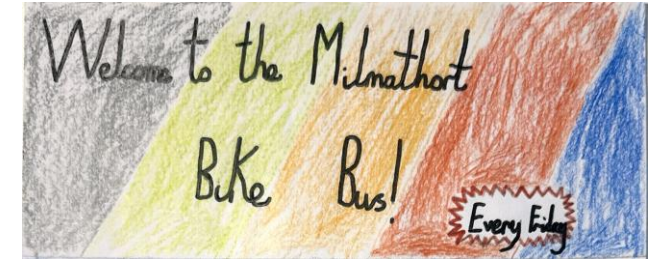
Pick up points and departure times

Every Friday Morning During Termtime



Our Activities

The Bike Bus



A Bike Bus is a fantastic way to encourage primary-school aged children to cycle to school giving them the experience of cycling on roads, with the safety of being directed by adults and surrounded by others cycling. Adults ride on the front and at the back of the bike bus and alongside the children. The aim is to travel in a group, have fun, and get to school in an active and safe way. Some of the many benefits include fewer emissions, reduced congestion, safety in numbers, highlighting infrastructure improvements needed and children arriving at school refreshed and ready to learn.

Early in the academic year, we began discussions with Milnathort Primary School to understand the need, and potential support for the development of a 'bike bus'. We worked with the children in P5 who were given a remit for Active Travel and Road Safety and carried out a consultation with families. We ensured that all the bike bus development work was incorporated into the children's academic curriculum such as persuasive writing, route planning, geography, poster making, and time. The bike bus began in April 2025.



Our Activities

All Ability Cycling

With this being our first year of operation, we have spent considerable time understanding the local need for adaptive cycling and looking at various models across the country. We carried out research and consultation with a variety of stakeholders, governing bodies, leisure trusts, charities and community groups, and people with disabilities. This included site visits to adaptive cycling clubs and groups to identify and understand best practices and services currently on offer elsewhere which enabled us to draw up plans for our own 'All Ability' cycling program. We have also tried out several makes and models of tricycles to enable us to cost up plans to purchase a small fleet of bikes in the next year.

Our Activities

Advocacy

We have engaged with local housebuilders and other partners to explore the possibility of upgrading a newly developed Country Park area to make this accessible for bikes, trikes, trishaws and other wheelers. Currently this land has been developed with a mixture of trodden paths interspersed with whin dust paths making it inaccessible for many potential users. We have engaged with Sustrans (now the Walk Wheel Cycle Trust) to highlight the potential to improve the National Cycle Network (NCN775) locally by upgrading the country park paths to divert the current NCN through this site creating a traffic free route between Kinross and Milnathort to increase active travel.

This process stimulated the need for advocacy with Perth and Kinross Council to ensure that facilities developed in future have accessibility incorporated into the decision-making process.





Our Activities

Cycle Tourism

As a charity, we understand the need to develop sustainable income generating programs. We have spent time understanding tourism in the local area and how those already working in that sector in Kinross-shire collaborate and support each other. It is important that we can identify potential partners and local businesses we can work with and identify potential opportunities and gaps in the market.

We have increased our knowledge relating to tourism and begun to identify the infrastructure required to deliver activities to generate tourism successfully. Our aim is to develop Kinross-shire as a leading destination in Scotland for cycling tourism for people of all ages. We have undertaken a pilot project to gain some experience with a cycling group visiting from England.

Our Impacts



We successfully set up systems, operating procedures, initial governance, file management and general administration for the charity to enable us to function more effectively and efficiently.

We set up new social media channels which increased awareness of our work.

In 2024, we offered four rides per week on our two trishaws, with two pilots (volunteer cyclists) and four passengers each session. We recruited 11 new pilots and increased our voluntary workforce to 50 qualified pilots. This enabled us to launch a bigger program of 5/6 rides each week starting in spring 2025 - a 37.5% increase in service delivery.

We have written and submitted a variety of funding applications for capital and revenue projects which have resulted in securing match funding for the employment of a project co-ordinator, the purchase of a new storage container for our community bikes and trikes, and funding for our Positive Spin (“cycling for mental health” project). Several applications remain outstanding awaiting decisions. We received a steady flow of donations throughout the year

The first nine months of the charity have been very busy and productive, and the vision is very clear for the future.