## **Scotland to Birmingham**

## Bike Ride 29th July- 1st August 2021



The *Sikh Helpline* continues to receive a high volume of nationwide calls. The highest number of calls received are from victims of abuse, domestic violence and more recently an increase in calls relating to the suicides of young members of the community. Due to cultural taboo, many families choose to stay silent and remain reluctant to speak out and get help before it is too late. We need the support of the local communities to help us keep up with the increasing demand of calls. *Every call matters* and a missed call may be the only attempt someone makes for help. *It is crucial that every call is answered*.

Thurs 29th July 2021 - Edinburgh to Newcastle (approx 120 miles)

Fri 30th July 2021 - Newcastle to Leeds (approx 100 miles)

Sat 31st July 2021 - Newcastle to Derby (approx 80 miles)

Sun 1st August 2021 - Derby to Birmingham (approx 50 miles)

Finishing Line - Sun 1st August 2021 Gurdwara Guru Har Rai Sahib Ji West Bromwich B70 6JW

**350 Miles** 

#everycallmatters #sikhhelpline

to raise money for

www.sikhhelpline.com/bikeride 0845 644 0704 / 07999 00 4363