



Sikh Helpline CHARITY BIKE RIDE

2018

Birmingham - Wolverhampton EVERY CALL MATTERS

24 miles | 13 Stops Sunday 9th September

or join us half way from West Brom

or join us Optional Start Point (Leicester)

Guru Tegh Bahadur Gurdwara - Leicester
60 Miles route (limited riders)



For more information and to join visit

www.sikhhelpline.com/bikeride

APPLICATIONS CLOSE ON 2ND SEPTEMBER 2018



16+

Contact : Giani Sukha Singh 07956938737

Terms and conditions at www.sikhhelpline.com/bikeride
Registered Charity: 115 4449

Donate now!
Text GURU13 £10 to 70070

100% of donations go directly to The Sikh Helpline



The Sikh Helpline

The **Sikh Helpline** continues to receive a high volume of nationwide calls, issues ranging from grooming, domestic abuse through to racism and substance addiction and more recently an increase in call relating to suicide of young members of the community. Due to **cultural barriers** and protection of “honour” within the community, such victims **suffer in silence**. With an understanding of these cultural issues and barriers, The Sikh Helpline offers a support network for these victims.

Last year’s Sikh Helpline bike ride raised just over £30,000. Your selfless seva and generous donations have allowed the Sikh Helpline to employ a new Admin and Outreach worker, Permjit Kaur. Permjit Kaur has been working on new project initiatives and the recruitment of volunteers for these projects. She had also been working with external stakeholders to broaden and strengthen collaborations with specialist services.

For the 2018 Sikh Helpline bike ride, cyclists will be crossing the finish line at the final Gurdwara in Wolverhampton after pedaling up to 24miles! Cyclists will be raising money towards this year’s £50,000 target, for the Sikh Helpline because **"Every Call Matters; that missed call may have been their only chance to make a call"**

We need you!



New Member of Staff

The Sikh Helpline would like to welcome our new member of staff Permjit Kaur.

Permjit Kaur's Statement

“Waheguru ji ka khalsa Waheguru ji ke fateh.

I would like to begin by introducing myself my name is Permjit Kaur I started this year with the grace of god I hope to meet you all in the near future and look forward to working with you all.

Just a little bit about myself I have a degree in Applied Social Sciences I have worked as an Asian Women's Worker for Mid- Warwickshire Mind where I developed groups for Asian women suffering from mental illness. I have also worked as Health Promotion Specialist on Diabetes and Hypertension in the NHS where I organised workshops and a conference on Diabetes working within an multi agency setting. I have worked freelance providing sexual health education training for young people too. For a few years I worked from home in a small business setting for myself. Now I'm looking forward to working for the community again which is where my passion lies - doing seva for the community.....



Bike Safety & Maintenance

The bike ride route from start to finish will cover 24 miles and Optional expert route Leicester to Wolverhampton (60 miles). Please ensure you put in the training you need before the big day. If you are not confident at cycling on roads, we recommend that you book onto one of the Bike Right FREE adult cycling skills and confidence tuition courses. Further details can be found at:

<http://www.bikeright.co.uk/westmidlands/cycletraining>

It is your responsibility to ensure that your bike has been checked to make sure it's in full working order.

****NOTE****

If your bike is not roadworthy you will **NOT** be allowed to ride.

Immediate Care Medical and first aiders will be on hand throughout the ride.

Please note: You may drop your bike off at Stratford Road Gurdwara on Saturday 8th September 2018 between 13:00 and 15:00 hrs and bikes will be locked away; however, we do not accept any responsibility for damage or theft.

Sponsorship

Money raised from the ride will go towards Sikh Helpline's fundraising campaign.

Every Call Matters

There are 2 ways that you can collect your sponsorship:

1. Get your friends, family and colleagues to sponsor you for completing this challenge! Record all agreed sponsorship on the sponsorship form included with your e-pack.
2. Set up your own personal online sponsorship page on the Sikh Helpline Everyday Hero page. Further details can be found at:

<https://www.everydayhero.co.uk/event/SikhHelplineBikeride2018>





The Bike Ride

The ride will start from Guru Nanak Gurdwara, Stratford Road, Sparkhill, Birmingham. B11 4LS and for Leicester bikeride ones you register you will received a call for further information for the Ride

You must arrive at the Gurdwara by 6.45am. On arrival please make your way to the upstairs Darbar Hall 3 where registration and the safety briefing will begin. You will also be provided with your t-shirt, bike security tag and rider's wrist band.

**** If you do not attend the registration and safety briefing you will NOT be allowed to ride ****

It is your responsibility to ensure your bike is road worthy. If the organizers feel your bike is not road worthy, they have the right to refuse your entry and no refunds will be offered.

Ride Schedule

- 6.45am** - Registration
- 7.30am** - Safety briefing
- 8.00am** - Group photographs, radio and TV interviews
- 8.30am** - The ride begins!
- 16:30pm** - Expected arrival at end point in Wolverhampton

Drinks & refreshments will be served en-route at each Gurdwara.

The Route

Guru Nanak Gurdwara Stratford Road	08:30
Guru Gobind Singh Gudwara 221 Mary St, Birmingham B12 9RN	08.45
Ramgharia Sikh Temple, Graham Street	09.45
GNNSJ, Soho Road	10.30
Gudwara Pita Kalu Sahib – Cherry Orchard Road, Stop at Mr Singh	11.00
Bebe Nanaki Gurdwara, Rookery Road	11.30
Guru Nanak Gurdwara, Smethwick	12:00
Guru Har Rai Gurdwara, West Bromwich (Lunch) (Second Starting Point)	12:30
Guru Nanak Gurdwara, Walsall	14:15
Nanaksar Gudwara, Pleck Walsall	15:00
Guru Nanak Gurdwara, Willenhall	15:45
Guru Nanak Gudwara Sedgley Street	16:30



All timings are approximate.

Drinks & refreshments will be served en-route at each Gurdwara. Immediate Care Medical and first aiders will be on hand throughout the ride.

Transport

At the end of the ride we will be providing transport from Guru Nanak Gurdwara, Sedgley Street back to :

1. Guru Har Rai Gurdwara, West Bromwich or
2. Guru Nanak Gurdwara, South Birmingham

If your return method of transport since registration has changed, please contact us ASAP at info@sikhhelpline.com

We advise you to wrap your bike frames with bubble wrap to avoid any scratches on your bike during loading and transportation.



Useful Links

For further information and to help you prepare for your bike ride, we recommend the following websites.

Sikh Helpline website:

www.sikhhelpline.com

The Highway Code for cyclists:

www.gov.uk/rules-for-cyclists-59-to-82

Cycling for beginners:

www.nhs.uk/Livewell/getting-started-guides/Pages/getting-started-cycling.aspx

Cycling insurance (highly recommended):

www.ctc.org.uk/insurance

Dr Bike courses and training:

www.bikeright.co.uk/westmidlands/cycletraining/

Hiring bike facilities for the day

www.onyourbike.com

You can also find out more information by joining our Facebook page, Twitter page and YouTube channel.

Terms and Conditions

Getting ready for the ride:

- Your bike must be roadworthy and checked by a competent bike technician.
- Wear appropriate clothing for cycling. Avoid clothes which may get tangled in the chain or wheel.
- Wear suitable clothing for the weather on the day. Avoid jeans.
- Mandatory to wear a cycle helmet which conforms to current regulations, is the correct size and securely fastened. The only exception to this is if you are wearing a dastar (not a patka).
- Have a bottle of water and if possible a puncture repair kit with you.

During the ride

- This is NOT a race. Ride safely and for FUN.
- If there are any problems during the ride please make a marshal / sevadar aware.
- You MUST Know the Highway Code for cyclists. You can read the up-to-date rules and regulations here:

<https://www.gov.uk/rules-for-cyclists-59-to-82>

- Obey all traffic signs and traffic light signals.
- Keep both hands on the handlebars except when signaling or changing gear.
- Keep both feet on the pedals.
- Ride in single file on narrow or busy roads and when riding around bends.
- Follow the instructions of the marshals.
- Be considerate of each other and other road users.
- Look all around before moving away from the kerb, turning or maneuvering to make sure it is safe to do so. Give a clear signal to show other road users what you intend to do.
- Look well ahead for obstructions in the road such as drains, potholes and parked vehicles so that you do not have to swerve suddenly to avoid them.
- Leave plenty of room when passing parked vehicles and watch out for doors being opened or pedestrians stepping into your path.
- Be aware of traffic coming up behind you.
- Take extra care near road humps and other traffic calming measures.
- Take care when overtaking.
- Ensure you pay particular attention to your braking and slippery surfaces in wet conditions.

You MUST NOT...

- Carry a passenger.
- Use a mobile phone or mp3 player or headphones whilst riding.
- Hold onto a moving vehicle or trailer. Ride close behind another vehicle.
- Ride in a dangerous, careless or inconsiderate manner.
- Ride when under the influence of alcohol or drugs (including medicine).
- Cross the stop line when the traffic lights are red.
- Undertake vehicles or other cyclists.

BY REGISTERING ONTO THE RIDE YOU ARE ACCEPTING ALL LIABILITY AND RESPONSIBILITY FOR YOURSELF DURING THE RIDE. NO FORMAL SIGNATURE OF ACCEPTANCE WILL BE REQUIRED AS YOUR REGISTRATION WILL BE DEEMED AS AUTHORISATION.

IMPORTANT

Riders ride at their own risk. The Sikh Helpline and the organizing / assisting individuals on the day do not accept any liability for injury or damage.



Collecting Your Sponsorships & Donations

You should ensure that all sponsorships and donations that you raise are collected and sent to The Sikh Helpline by 30th October 2018.

You can send us your sponsorships and donations in three ways:

1. Write a cheque for the total amount to Sikh Helpline and post to:
The Sikh Helpline,
86 Birmingham Street, Oldbury, B69 4EB.
2. Pay the funds directly into The Sikh Helpline **NatWest bank** account:
Account Name: **Sikh Helpline**
Account Number: **38178877**
Sort code: **56-00-69**
3. Online or at your bank.
Include your name in the reference.
4. Pay in person by calling the Sikh Helpline on 07999 004363 and we can arrange to collect the funds from you.



Be sure that you send a copy of your sponsorship form and details of your method of payback to allow us ensure that we have received your payment and that you have raised the minimum £75.00 sponsorship.

Please note that all donations given via Everyday Hero will go directly to the Sikh Helpline.



Final Thoughts...

Please read carefully through the included rules and regulations.

Make sure you spend time training for the ride. We hope you will develop a genuine love of cycling just like many of us have.

Did you know regular cycling:

- Can help you lose weight, reduce stress and improve your fitness?
- Can reduce the risk of chronic illnesses such as heart disease, type 2 diabetes and stroke.
- Is the third most popular recreational activity in the UK - an estimated 3.1 million people ride a bicycle each month.



Thank You