



PRESS RELEASE

17/08/2012 - for immediate release

Local Priest raising money for Help Line

Event: Sikh Helpline Bike Ride from Scotland, Edinburgh to London about 500 miles

Giani Sukha Singh of Dudley will be raising money for Sikh Helpline in the UK by participating in an organised **Cycle Ride from Scotland to London** (about 500 miles) for the Sikh Helpline Charitable originsations on the 18th 19th 20th 21st of August 2012

Mr. Singh who is a Priest by profession and also a member of Dudley Borough Interfaith Network, is hoping to raise £5,000 for Sikh Helpline:

www.Sikhhelpline.com is a confidential telephone counselling and email inquiry service where you can get help and obtain information on Sikhism and cultural issues. It is run by people who are conversant in both English and Punjabi. Young Sikhs contact the Helpline about a wide range of issues - especially, but not isolated to, those mentioned in section A below

A) SCHOOL & OTHER ISSUES

- Issues regarding Sikhism (the "5 K's")
- Bullying and Racism
- Depression
- Abuse
- Addictions (smoking / drinking)
- Problems at school or problems at home

B) INFORMATION CENTRE

- Sikh events (important dates)
- Access to internet/e-mail (global connection)
- School projects on Sikhism (R.E.)
- School/private visits to the Gurdwara (temple)

Lines are open 24 hours a day. All calls are strictly confidential.

CALL US: 0845 644 0704 (UK) For Mobile : 07999 004 363 (UK) Email us: info@sikhhelpline.com

*We are available, day or night, to help those in need. Any time, any concern, we want to hear from you if you are hurting, anxious, fearful, or have no one you can talk to. **Sikh HelpLine** We are here to help you find ways to sort things out.*

Your call is strictly confidential and will be taken seriously. We will not trace your call or ask you to reveal your name. You can hang-up at any time during the conversation if you so wish.

Mr. Singh is looking forward to the event and working hard to make sure it is a success. As well as holding a full time job, commitment to his spiritual duties and contributing his time and energy to community organisations and projects, he is busy getting support from as many people in the area as possible.

If you would like to support Giani Sukha Singh contact him on 07956938737 or email sukhasingh@sna.org.uk and to Donate go to <http://www.everydayhero.co.uk/gianisukhasingh>