

Birmingham to Leamington Spa (loop)

50 Mile Bike Ride



Charity fundraiser
3rd October 2021

#sikhhelpline
#mentalhealth
#suicideprevention
#everycallmatters



Start / finish



To register 18+

www.sikhhelpline.com/bikeride

0845 644 0704 / 07999 00 4363

This year, the funds raised from the 50mile Bikeride will be dedicated to resourcing additional support for Suicide Prevention and Mental Health Awareness

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.



Welcome onboard to the Sikh Help Line 50 Miles Bike Ride.

Dear Rider,

Thank you so much for registering for this year 50 mile bike ride, and we look forward to meeting you in person on the 3rd Oct 2021.

This year, the funds raised from the 50mile Bike ride will be dedicated to resourcing additional support for **Suicide Prevention** and **Mental Health Awareness**. The Sikh Helpline is dedicated to helping people of all backgrounds with issues such as mental health, abuse, alcohol and drug abuse, domestic violence, bullying, racism, hate crimes, relationship issues, and much more!

A Message from the CEO and founder of Sikh Help Line Giani Sukha Singh

A Message from the CEO and founder of Sikh Help Line Mr Gianni Sukha Singh

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. The Sikh Helpline handles hundreds of calls each month on issues ranging from grooming, domestic abuse through to racism and substance addiction. Due to cultural barriers and protection of ‘honour’ within the local 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.” The Sikh Helpline has also built connections with a number of agencies to ensure callers are signposted to receive the right help. Sikh Helpline handles hundreds of calls each month on issues ranging from grooming, domestic abuse through to racism and substance addiction. Due to cultural barriers and protection of ‘honour’ within the local 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.” With a team of volunteers, the charity



covers a range of area such as Birmingham, the Black Country, Leicester, London, Ilford, Bradford, Manchester and Leeds.

The Sikh Helpline charity based in Sandwell, offers free and confidential support to anyone in need. Thriving on providing a support platform to help community members without judgement, the Sikh Helpline has been serving the local and national community for over 30 years. The first annual bike ride began in 2014, covering 14 miles around Birmingham and the Black Country, and then expanded to include Leicester in 2018. In 2019 and 2020 we arranged a mammoth bike ride, cycling from Scotland to Birmingham this was a huge success which raised vital funds and awareness of the charity.

I thank you for your support and hope you thoroughly enjoy this ride, as I will also be cycling on the day, I'll ensure I can meet everyone personally.

Best Regards
Gianni Sukha Singh
CEO and Founder of the SikhHelpLine

Important Covid-19 Guidelines.

Please note in days before the ride if you have any of the following symptoms please do not attempt to join the bike ride.

If you or any individuals from your social bubble are self-isolating please do not attend.

Your registration fee will be refunded however any sponsorship you raise will still be collected.

The main symptoms of coronavirus (COVID-19) are a high temperature, a new, continuous cough and a loss or change to your sense of smell or taste.

The main symptoms of coronavirus (COVID-19) are:



a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)

a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)

a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

If you experience any symptoms during the ride – you must inform the ride leader of your group and we will provide you with further assistance / direction.

Start Times / Registration

In order for us to maintain social distancing both at the start/finish and out on the road, please try and set off **ONLY** at your allotted as communicated by the Sikh Help Line.

Guru Nanak Gurdwara, 629-631 Stratford Rd, Birmingham. B11 4LS

7:00am - Arrival of riders – (Group leaders will carry our basic bike checks – and Bike T-shirt, Wrist band and bike TAG pickup) and Registration: (This will be to ensure we have emergency contact details and also mark of rider attendance)

8:00 – Safety briefing by Ride Leaders (Any hazards or safety concerns will be communicated)

8:30 – Ride will commence in groups

If you arrive early there will be basic refreshments and hot tea available at Sikh Gurdwara. Please note if you wish to enter the temple, head coverings will be required and the gurdwara has all Covid-19 precautions in place. Please note in line guideline for places of worship a face covering is require as mandatory.



Medical Emergencies

This event does not cover any medical cover on route, basic first aid will be provided with a first aid kit travelling with us. For any medical emergencies ALWAYS call **999** as soon as possible. For any less serious injuries the nearest hospitals will be known by your ride leaders.

There will be 3 numbers printed on the back of your Bike ID card – these will be:

Bikers Repair: **DR Bike 07759262293**

Minor First Aid: **Parbinder Kaur 07956149668** / **Call 999** for emergency Help
Pick Up or Bike Pick UP on the Bikeride: **Inderjit Singh 07830973259**

IF you are lost : **Nav 07845546362**

Any other General Enquiries: **Gurpreet 07516142932**

Travel

START line address:

Rear Car Park off Stratford Rd

Guru Nanak Gurdwara, 629-631 Stratford Rd, Birmingham. B11 4LS

Gurdwara Sahib, Leamington & Warwick (Half way point) rest/lunch address:

Tachbrook Park Dr, Leamington Spa CV34 6RH



Car Parking

There will be parking available at the start, please use the car park at the Park behind of the Police station or you can park at the OLD gurdwara building Showell Green Lane, Birmingham, B11 4JP. There will be no charge for parking including the half way point

Toilets / Water

There will be toilets at all start / finish and all rest points. For water filling during the bike ride we recommend everyone bring at least two water bottles, however our support vehicle will have supply when required. Please adhere to social distancing rules at all times when queuing.

Please ensure you use hand sanitizer provided before and after using these facilities and wash your hands thoroughly for 20 seconds where available.

Food & Beverages

We recommend you have an adequate breakfast before the ride;

Please note there will be no feed stations on this ride with exception at the half way point, so please make well prepared for your ride.

Our rest stops have been chosen specifically to give you the opportunity to buy their local produce if required.

Stop 1 (Towards Leamington) – **Oaklands Farm Shop** - 357 Birmingham Rd, Budbrooke, Warwick CV35 7DZ

Stop 2 (Back towards Birmingham) Fleur de lys - Lapworth St, Lowsonford, Henley-in-Arden B95 5HJ



When we reach Leamington Spa Gurdwara one of our sponsor **“Mr Singhs”** will spoil you will a selection of their freshly made Pizzas

Social Distancing

Keeping our riders, staff and visitors safe is of paramount importance to us. Therefore, can we please ask that everyone plays their part in adhering to precautions put in place during the event, social distancing will be accounted for in all spaces. Luckily, we will be using the grounds of all stops so we have a huge amount of space to ensure we can all enjoy the day together, responsibly.

Insurance

It is recommended each rider has provisions in place for their own insurance. We the Sikh Help Line hold no responsibility for injury or damage to bikes.

Kit List

We've put together the following kit list to help prepare for this ride:

1. Helmet / Dastar / Pagg
2. Lights (rear and front) just in case of delays
3. Spare innertube or puncture kit (Tube would be preferable)
4. Small bike pump or CO2 cartridge – however a larger pump will be available on the support vehicle
5. Waterproof/rain Jacket (please check weather forecast beforehand)
6. Water bottles
7. Cycle GPS (Optional)



Regarding clothing, ideally if you have cycling clothing that would be great, remember you will be receiving a cycling jersey. Ideally no loose/baggy clothes.

The Sikh Help Line will ensure we have a basic tool kit and spare tubes in the support vehicle if or when required.

Route/group riding

We will upload a **GPX** file on the

<https://www.sikhhelpline.com/download/2021-50-miles-sikh-helpline-challenger-bikeride/> page, please ensure you have studied this carefully and

familiarised yourself with the route.

Each group will be lead by a group leader and also have a tail rider. Both Lead and tail will have bike GPS to ensure the route is adhered to.

We ask that all riders keep within the nominated group. Nobody will be dropped from the group and will reassemble if needed, to help riders catchup. Please note the route will not be sign posted so its key to remain in the same group for the entire ride.

Stats:

50 miles (approx.)

1913 ft elevation gain

551 ft Max Elevation



The Finish

As this will be a leisure ride there will be no timing available. However, you will have your bespoke designer Tshirt for you to rock and keep. If you are on strava you can join the **SIKH HELP LINE** cycling club to view your times.

Event Control

Any Problems, queries, accident/road reports, comments, or complaints we are here to listen and help

Email: Info@sikhhelpline.com

Mobile: 07999 004363

Photos

We will have a film crew and photographer around the route, so remember to smile and look your best on the hills!.

Please note some photos and or films will be used on social media and video platforms, when signing up you provided consent for the Sikh Help Line to use these. If you would not like your images used in such ways please send an email to: Info@sikhhelpline.com

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 Just Giving page. Go to make your fundraising page <http://www.justgiving.com/fundraising-page/creation/?cid=252105&eid=6969816>

To donate : <https://www.justgiving.com/sikhhelpline>

Collecting Your Sponsorships & Donations

You should ensure that all sponsorships and donations that you raise are collected and sent to The Sikh Helpline by **7th November 2021**.

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:
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** / **07956938737** 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 £100.00** sponsorship.

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

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

Covid-19 Guidelines

<https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers>

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.

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

Thank You