

SCRATCH BIKE RIDE - Sat 27 Apr 2013

After enduring a long cold winter, April is the time to dig out your bike, get it serviced and you on board to enjoy some spring sunshine around the corner. Should you need a further incentive, sign up to join **SCRATCH's ninth sponsored BIKE RIDE on Sat 27 April 2013** with beach barbecue at finish.

Organised by local charity *Southampton City and Region Action to Combat Hardship*, the Sponsored Cycle Ride aims to raise much needed funds to relieve the effects of poverty for families and individuals with needs recognised by approved referral agencies in the Southampton area and to support the work of its sister charity SOUTHAMPTON CITY MISSION, whose project *Basics Bank* is in urgent need of food supplies to meet increased demands.

Ride Participants will depart and be encouraged to stay in small groups leaving St Andrews Church in Dibden Purlieu from 10am, riding towards Beaulieu and through Exbury and Lepe to their destination Calshot beach. The ride is open to all abilities and ages but participants will take responsibility for themselves and come suitably prepared particularly with drinking water.

Participants may start from any location so long as they inform the organisers before the day not to wait for them at the start. A small contingent intends to depart from Southampton Common at 9am should you wish to join them for more of a challenge.

For those who don't want to cycle home again, by prior arrangement the organisers can arrange for bikes only to be transported back to Dibden Purlieu.

Registration costs just £5. per person which includes a barbecue on Calshot beach. Add family and friends wishing to join the barbecue for the same cost. Parking charges apply at Calshot.

Register by 24 April and download a Sponsorship Form for your friends to support your challenge at www.scratchcharity.co.uk click *Sponsored Bike Ride*. Once your registration is received, you will be sent further details.

Queries or further information contact: annette@scratchcharity.co.uk 023 8077 3132.

SCRATCH and SCM were founded over twenty years ago by locals Chris and Annette Davis, as an outreach of their Christian faith. Their various projects now employ seven staff and up to eighty volunteers, while Chris' work in bringing help to those in greatest need has been recognised by Her Majesty the Queen with an MBE award.

SPONSORED CYCLE RIDE 2013 – REGISTRATION FORM

I wish to participate in the bike ride

Name:

Address:

Phone No.:

E-mail:

No of friends/ family wishing to join us for the BBQ at £5 each (please enclose appropriate payment) _____

No of people who require vegetarian food _____

Total payment enclosed (cheque payable to SCRATCH) £ _____

Signed:

Date:

Return to SCRATCH, Unit 3, Hollybrook Road, Shirley, Southampton, SO16 6RB

by 24 April 2013