

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.**



to raise money for

www.sikhhelpline.com/bikeride

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