

"RIDE SAFE - LIVE SAFE"

2010 Chelsea & Fulham HOG Lighthouse Challenge In aid of Suzy Lamplugh Trust



**LIVE
LIFE
SAFE**
suzy lamplugh
trust



suzy lamplugh trust

We exist to enable people to avoid becoming victims of violence and aggression.

Men are twice as likely to become a victim of violent crime than women - FACT.



We are delighted to be partnering with Chelsea & Fulham HOG for the "RIDE SAFE - LIVE SAFE" Challenge!

Read on for how you can help us help more men - and everyone for that matter - stay safe.

"RIDE SAFE - LIVE SAFE"

- As a Harley Rider, you know how important it is to ride safely when on your bike. But **what about your personal safety** at work, when out and about or walking home late at night?
- **"RIDE SAFE - LIVE SAFE"** will raise money so that **Suzy Lamplugh Trust** can target extra resources towards young men, who are the group most at risk from violence and aggression in our society
- The challenge is for **C&F HOG Riders** to visit as many **Trinity House lighthouses** as possible in 2010
- For every lighthouse you visit, just **take a picture** of yourself — and your rider number* — outside and **email** to events@suzylamplugh.org
- When you visit a **set of two lighthouses**, and raise **£25**, you will be awarded with a certificate and an **exclusive bronze pin badge** — then silver for the five, gold for a total of eight or go for fifteen and get a **platinum** badge!



*You should have received a **rider number** as part of your registration pack—if not please contact **Dan** on **020 7091 0014**

RAISING MONEY...

Riding is the enjoyable part, **now for the harder part** - raising money for **Suzy Lamplugh Trust!**

Fundraising is simpler now than ever before, so you might want to set up a Just Giving page — www.justgiving.com — which will really help boost your fundraising efforts to help us with our work. Just follow these simple steps...

- **Input** your details, write a message, add a photo and your page is done
- **Share** your page with your friends by email, on Facebook or wherever you like
- **Donations** can be taken by credit or debit card, or through PayPal

For each pin badge, you'll need to raise £25. If you'd like to pay the amount yourself, instead of fundraising, you can pay by cheque - payable to 'Suzy Lamplugh Trust' - and send it to us at:

Suzy Lamplugh Trust, 218 Strand, London WC2R 1AT

...TO HELP MEN AVOID VIOLENCE AND AGGRESSION

75% of donations will go into a fund for helping young men stay safe — which Suzy Lamplugh Trust will use for resources and advice specifically aimed at young men aged 16 to 25. The money you raise will help us to make a difference to the personal safety of young men in the UK.

25% will go towards the Trust's ongoing work in keeping everyone safe. We help thousands of people each year learn more about personal safety, whether in their workplace, community, school or home. The money you raise will help us reach even more people with our personal safety advice and resources.

LIGHTHOUSES

Here's the fun part - visiting Trinity House lighthouses across England and Wales! The first thing to do is to find out about where they all are - see the Trinity House website for full details and interactive maps:

[WWW.TRINITYHOUSE.CO.UK](http://www.trinityhouse.co.uk)

You will have the chance to visit Dungeness lighthouse in Kent, Portland Bill on the south coast and also Lizard lighthouse in the far south west of England. There are also many lighthouses dotting the coastline of Wales such as Strumble Head, Mumbles, St Tudwals and South Stack.

Further up the north west coast of England we reach the lighthouses of St Bees and Maryport, whilst the north eastern coastline is home to lighthouses such as Bamburgh, Farne and Whitby.

Down the eastern coast of England there are lighthouses at Cromer, Lowestoft and Southwold, and as we travel back into Kent we reach the lighthouse at North Foreland.

You can find out more about some of the more popular lighthouses by visiting the following websites:

The Eddystone Lighthouse - www.polperro.org/eddystone.html

Lizard Lighthouse - www.lizardlighthouse.co.uk/heritage_centre/

South Stack - www.attractionnorthwales.co.uk/attractions/south-stack-lighthouse-ynys-lawd



GETTING IN TOUCH

Our contact details

Send your photos, along with your name and rider number to:

harley@suzylamplugh.org

If you have any queries regarding the Challenge, contact Daniel Houghton in our Fundraising Department, at the above or on this number:

020 7091 0014

