



News Release

15 June 2017

** Immediate release**

Confidence building cycling course for Simon Community Scotland

Pedal for Scotland and the Simon Community Scotland team up to deliver a confidence-boosting cycling course.

People supported by Glasgow-based homeless charity, Simon Community Scotland, were given a skills and confidence boost by taking part in an Essential Cycling Skills course from Cycling Scotland today.

Ten people who receive support from Simon Community Scotland took part in the course at the Charity's Ballater Street centre in Glasgow.

Many of those taking part in the Essential Cycling Skills course will go on to take part in Pedal for Scotland's 45 mile Classic Challenge from Glasgow to Edinburgh on 10th September 2017.

William Wright from Cycling Scotland, said, "The Essential Cycling Skills course is for adults who are new to cycling, or who haven't ridden a bike for a long time. As well as covering many of the technical and safety aspects of riding a bike, the course also serves to boost confidence and self-esteem of those who take part – something that can benefit everyone across many areas of life. Going on to take part in Pedal for Scotland is a great achievement for anyone, and we're delighted Simon Community Scotland have entered a team to take part in the Classic Gold Challenge on 10 September."

Hugh Hill, Director of Services and Development at Simon Community Scotland, said, "There's nothing good about being homeless. It's particularly bad for your physical and mental health and has an average life expectancy of almost half that of the general population. Cycling on the other hand is proven to improve your health and your wellbeing which is why at Simon Community Scotland we've been promoting cycling within the homeless community and with our staff. It's good for your health, your happiness, your purse and the environment! What's not to like?"

Entry for Pedal for Scotland on 10th September is now open. An adult place on the Classic Challenge is £28 (£19 concession), while the Big Belter is priced at £48 per adult. Enter online at www.pedalforscotland.org.

- ENDS -



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NOTES TO EDITORS:

Pedal for Scotland

1. Pedal for Scotland is organised by Cycling Scotland, the lead organisation for cycling promotion in Scotland. Cycling Scotland is the national cycle training, promotion, events and engineering organisation for Scotland. With grant funding from Transport Scotland we are working to establish cycling as an acceptable, attractive and practical lifestyle option.

www.cycling.scot.

Cycling Scotland is a recognised Scottish Charity no. SC 029760

2. Transport Scotland is the national transport agency for Scotland, delivering the Scottish Government's vision for transport.

www.transport.gov.scot

3. Pedal for Scotland was established in 1999 as a way to encourage more people to cycle. Cycling 50 miles in a day demonstrates the considerable distances it is possible to achieve by bike, and encourages people to leave the car at home for short journeys.

4. Pedal for Scotland event is delivered in partnership with eight local authorities and support services such as Police Scotland, Scottish Fire & Rescue Service, Scottish Ambulance Service and the St Andrews Ambulance Association.

pedalforscotland.org/

Simon Community Scotland

Founded in 1966, Simon Community Scotland is a charity that works to combat the causes and effects of homelessness. Its vision is that everyone should have a safe place to live and access to the support they need.



It operates a 'street team' from premises near Glasgow's High Street. It also provides accommodation, including emergency accommodation in 12 locations across Glasgow, in North Lanarkshire and North Ayrshire.

Its 'street team' sees around 150 people on the streets of Glasgow every month, with up to 40 new cases each month.

It is estimated that people who are long-term rough sleeping have a life expectancy of 47 (age 43 specifically for women). Rough sleepers are 13 times more likely than the general public to experience violence, 47 times more likely to be the victim of theft and three times more likely to have been a victim of a road traffic accident. One in ten rough sleepers are estimated to have been a victim of sexual violence within the previous 12 months.

Simon Community Scotland has entered a team in the Pedal for Scotland event. Anyone can join "Team Simon Community" when booking their place to enter this event.

Visit www.simonscotland.org @SimonCommScot

Telephone: 0141 418 6980. Its street team can be contacted on freephone: 0800 027 7466.

STV Children's Appeal

STV Children's Appeal is the official charity partner of Pedal for Scotland. The STV Children's Appeal is committed to helping children and young people affected by poverty in Scotland. The money raised by the STV Children's Appeal helps make a real difference in the lives of Scotland's children and young people by providing practical help like food and warm clothes; creating opportunities for training and employability; and enabling social and emotional support for those who need it most.

In its first six years the Appeal has raised over £13.7 million. This has allowed us to make 722 big and small awards to projects across all 32 local authority areas in Scotland, providing much needed support to over 62,000 children. The charity was launched in 2011 by The Hunter Foundation and STV. In 2013, The Wood Foundation pledged its support to the Appeal for projects in the North East.

Every single penny raised by the STV Children's Appeal stays in Scotland and 100% of donations are spent on the children who need it most, as all overheads are met by STV and The Hunter Foundation. In 2015, the Scottish Government once again committed to match fund the first £1m raised.

www.stv.tv/appeal/

STV Appeal SCIO SC042429

Sustrans Scotland

Sustrans Scotland is sponsoring Pedal for Scotland 2017. Sustrans is the charity making it easier for people to walk and cycle. We connect people and places, create liveable neighbourhoods, transform the school run and deliver a happier, healthier commute.



www.sustrans.org.uk

Sustrans is a registered charity no. SCO39263 (Scotland) and 326550 (England and Wales)

Heart

Heart is the UK's biggest commercial radio network with nine million listeners. Under the strapline 'more music variety', Heart plays familiar feel good music that listeners love, from artists like Bruno Mars, Olly Murs, Pharrell, Madonna, Michael Jackson, Robbie Williams and Take That.

Heart is available on 96-107 FM, DAB digital radio, at heart.co.uk, on the Heart app, on Sky channel 0111, Freesat channel 733 and Freeview channel 728. Source: RAJAR / Ipsos-MORI / RSMB, period ending 3rd April 2016.

Daily Record

The Daily Record and Sunday Mail joined forces with Scottish and Universal Newspapers in late 2011 to create the nation's biggest publishing business: Media Scotland.

Together with our commercial websites, including Road Record and ScotCareers, we command a digital audience of 3.4million unique users online a month (figure for May, 2012).

Media Scotland's newspapers and websites are read by two out of three Scots.

The Daily Record and Sunday Mail are published by Scottish Daily Record and Sunday Mail Ltd and are part of Trinity Mirror plc, the UK's largest newspaper publisher.

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