

HOMESTAY Tuesday, May 5th

Name:

Address:

.....

.....

E-mail:

Phone no.:

Number of cyclists:

Number of double beds:

Number of single beds:

*I wish to offer my home as part of the
Cycle Against Suicide Homestay
Programme*

Signed



***TOGETHER, SHOULDER TO SHOULDER,
WE CAN BREAK THE CYCLE OF SUICIDE
ON THE ISLAND OF IRELAND***
www.cycleagainstsucide.com

 @casuicide

 find us on facebook

Skibbereen Homestay co-ordinator

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c/o St. Fachtna's de la Salle North Street
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BREAK THE CYCLE

***TOGETHER, SHOULDER TO SHOULDER,
WE CAN BREAK THE CYCLE OF SUICIDE***



www.cycleagainstsucide.com

CYCLE AGAINST SUICIDE

Cycle Against Suicide is an initiative started by Irish entrepreneur, Jim Breen. The main objective of the cycle is to raise awareness of the considerable help and supports that are available for anyone battling depression, self-harm, at risk of suicide or those bereaved by suicide. The Cycle Against Suicide community is determined to let people in every corner of the island of Ireland know that.

'it's OK not to feel OK and it's absolutely OK to ask for help'.

Cycle against suicide is a voluntary organisation. The intention is not to reinvent the wheel and duplicate what many are already doing. The intention is to work towards more cohesion between, and awareness of, the various organisations working to prevent suicide, and provide bereavement support in Ireland.

Together, shoulder to shoulder, we can Break the Cycle of Suicide on the island of Ireland.

WHY ARE WE DOING IT

Everyone has some connection with suicide, self-harm or depression. We believe the best way to help fight the battle against suicide is to do it together. Our mental health is something we have to be mindful of and from time to time we have to ask for help and that's OK. Exercise helps. Talking helps. We believe by cycling together, around Ireland this powerful message will be delivered.

THE CYCLE

The 1,400 km cycle over 14 days will begin this year Monday April 27th in Belfast. It will finish in Dublin Sunday May 10th. On the way the cycle will go to Malin Head, Mizen Head and many towns and cities in between.

SCHOOLS EVENT

Each year Cycle Against Suicide partners with a number of schools along the route and co-host an amazing mental health event. Led by the students the event will comprise of presentations, videos, celebrity speakers, entertainment and exhibitions from local mental health services.

OVERNIGHT STOP

This year Skibbereen has been chosen as one of the fourteen overnight stops!! This gives everyone the opportunity to be a part of this fantastic awareness raising event.

HOMESTAY

Central to the success of Cycle Against Suicide is the Homestay Programme. People from across the island of Ireland open up their homes to the participants, provide them with a warm meal, a chance to freshen up and a bed for the night.

Our feedback has shown that this has been as rewarding for the hosts as it has been for the guests. It's a chance to lend your support in a very tangible way without having to get on a bike.

If you would like to offer homestay accommodation for **Tuesday night May 5th**, during the 2015 cycle, please fill in the form overleaf and return it as soon as possible to the Homestay co-ordinator. Alternatively contact the co-ordinator directly (details overleaf).