

## OUR HEADLINE CHARITIES

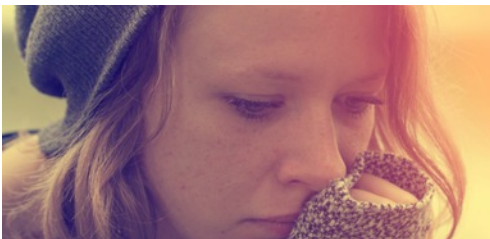


**Herts Action on Disability** is a charity helping older and disabled people to lead an independent life. Two equipment centres provide a wide range of products for disabled people, and a six-strong fleet of adapted, wheelchair-friendly vehicles provide transport 24-hours a day. Our driving assessments can help those with a physical disability find suitable vehicles and adaptations. We also offer a variety of therapies and a friendly information and advice service.

**Home Start** volunteers help families with young children deal with the challenges they face. We support parents as they learn to cope, improve their confidence and build better lives for their children. Families struggling with post-natal depression, isolation, physical health problems, bereavement and many other issues receive the support of a volunteer who will spend around two hours a week in a family's home. We also support families in groups and help with access to local services



**Youth Talk** in Spencer Street is a free and confidential counselling service for young people between the ages of 13 and 25 who live, work or attend school/college in the District of St Albans. We work on a self-referral only basis, so promoting personal responsibility. We provide a secure, warm and non-stigmatising environment. All our counsellors are qualified therapists and highly experienced in working with young people. Youth Talk has a National award for innovation and an award for services to the community.



# Rotary

## ST ALBANS CHARITY CYCLE RIDE

Sunday  
14 May



[saccr.co.uk](http://saccr.co.uk)



# SACCCR

2017



**Herts Tool Co.**  
Fixings | Tools | Plant & Tool Hire

...helping Rotary to promote this event

0300  
3852260

Every year 100's of cyclists enjoy this fun ride through beautiful Hertfordshire countryside.

With a choice of increasingly challenging routes (10, 20, 30 and 40 miles), the event is suitable for everyone from families to cycling fanatics!



The fully-signposted and marshaled routes all start and end at Oaklands College, and are mainly on quiet country lanes.



Drinks and refreshments are available at regular checkpoints and all riders who pre-register will receive a free T shirt.



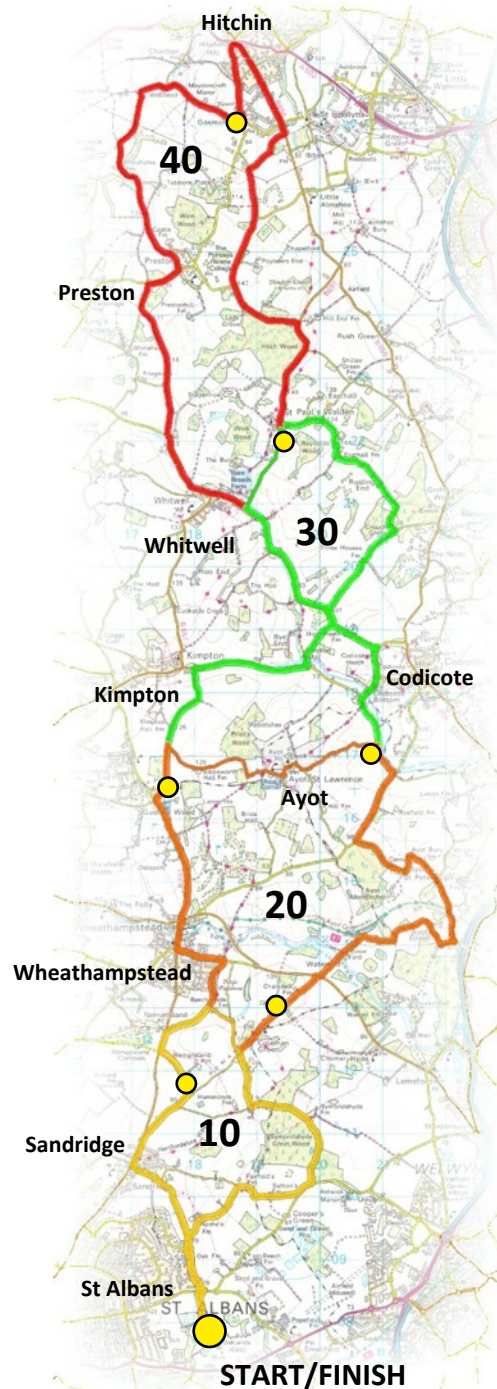
Everyone completing a course will be given a medal and certificate.

SACCR 2017 is organised by the three Rotary Clubs of St Albans to raise money for the clubs' chosen charities, including Herts Action on Disability, Youth Talk and Home Start.

The event is not a race, but there is serious competition to see who can raise the most money for our charities. Trophies will be awarded to the participants who raise the most sponsorship in the following categories: Under 16, 16 and over, Over 60, Family Teams, Private Teams, Company Teams, Youth Teams and Pub/Club Teams.

Also, everyone who raises at least £25 in sponsorship or donations for Rotary charities will receive an entry in the **FREE DRAW** for one of our great prizes. Sponsorship forms can be downloaded from our website. You can also collect sponsorship online - follow the 'JustGiving' link on our website.

Why not get together with friends and colleagues to enter as a team. Enter online at [www.saccr.co.uk](http://www.saccr.co.uk), where you can find out more.



## The Start

The ride starts at Oaklands College Campus, Hatfield Road, St Albans.

Riders start between 08:45 and 09:45. You will be given your individual start time when you enter.

The start is very busy - we strongly recommend that you check at least 30 minutes before your start time.

Check-in closes promptly at 10:30

## On the Course

Cruise through some of Hertfordshire's prettiest villages and most beautiful countryside, but watch out for a few challenging hills!

All of our riders are fully supported with a mobile breakdown service and radio links to St. John Ambulance.

## The Finish

To celebrate your achievement, relax and soak up the friendly atmosphere back at Oaklands College, where well-earned refreshments (burgers, hot & cold drinks, cakes and ice creams) will be available.

Routes will close at 2:30pm