



BREAK THE CYCLE

Homestays Newsletter Notice

On May 7th, Cycle Against Suicide is coming to Derry /Londonderry and we would like your help in accommodating cyclists for the night.

Cycle Against Suicide seeks to encourage those who need to help to seek it out, through promotion of its core message that 'It's OK not to feel OK, and it's absolutely OK to ask for help.' This year's Cycle is expected to attract up to 7,000 participants, each standing, shoulder to shoulder, to break the cycle of suicide on the island of Ireland.

The Cycle takes place over two weeks and takes in the entire island of Ireland.

The Homestays Programme sees homeowners all over Ireland provide a warm meal, a chance to freshen up and a bed to cyclists that are passing through their town. Feedback from last year's Cycle has shown that the experience proves to be just as rewarding for the hosts as it is the guests.

If you would like to host one or more cyclists as part of this year's **Cycle Against Suicide**, please contact **Deirdre McColgan on 07736717334 / 0866076024**. You can also find out more about this event by logging on to www.cycleagainstsucide.com.

Together, shoulder to shoulder, we can break the cycle of suicide on the island of Ireland.

WWW.CYCLEAGAINSTSUCIDE.COM INFO@CYCLEAGAINSTSUCIDE.COM

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