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Please join “The Hampton” Charity Bike Ride (in the gym!) on 15/16 May

Ride a gym bike for just 1 hour for The Cameron Grant Memorial Fund

Our son Cameron died in November, aged just 21. He chose to hide the fact that he was suffering from depression from us, and everyone who knew him.

Unfortunately, Evan and I have learnt a lot about suicide since November. The statistics are frightening. It's the biggest cause of death for males aged between 15 and 45. ¾ of suicides are male. In 2012, there were 1754 road fatalities in the UK (roughly 5 a day), but more shockingly 5980 suicides (16 a day). There are many thousands more suffering from depression, self-harm and eating disorders.

To mark Cameron's life, we have established a Memorial Fund in his name. The Fund will be used to raise awareness of young suicide; to urge all who are suffering in silence to speak up and ask for help, and to support young people who are fighting to overcome poor mental health, especially where this can be done through outdoor activities like exercise, hill walking and the Duke of Edinburgh's Award which Cameron enjoyed so much.

The Hampton Health and Fitness Club have very kindly organised a 24 hour cycleathon to raise money for Cameron's Fund. There will be 19 gym bikes available from 12 noon on the 15th May till 12 noon on the 16th May. Please could you help us raise money by riding a bike for an hour and getting sponsored for it? In the spirit of the sports club, maybe you could organise a competition to see which team member or team can cycle the furthest in an hour? It would be fantastic for us if all sections of the club took part. There are 19 x 24 slots to fill. Please have a go, whether it's energetic or leisurely cycling, and encourage all family members and friends to also have a go. You do not have to be a member of the gym. Full details are on the next page. To take part, please collect a sponsorship form and book your hour on the bike by visiting the gym in Old Station Road, or request a form and a time by email to: 24hourcycle@thehampton.co.uk.

The cycleathon will be followed by a dinner at the Fentham Hall to celebrate The 10th Anniversary of The Hampton with a charity auction and raffle to raise money for Cameron's Fund. Please buy your tickets at the gym and, if anyone has anything they can donate to the charity auction or a raffle, please let us know.

Why Cameron didn't ask for help, we'll never know, but we so wish he had. We do hope that you'll help us so we can encourage others to speak out.

Very many thanks

Carol, Evan & Alastair Grant

24 **HOUR** charity bike ride



In aid of **The Cameron Grant**
Memorial Fund 

Invitation

15th and 16th of May 2015
12pm to 12pm

The Hampton Health and Fitness Club invite you to
take part in their fun-tastic 24h charity bike ride



Pick a slot

Choose a 1 hour cycle slot (morning, afternoon, evening or through the night).
There are 24 x 1 hour slots with a maximum 19 participants for each hour up for grabs!
This event is suitable for all ages and fitness levels as you simply go at your desired speed and intensity.

Sponsorship

Get sponsored by friends, family and work colleagues...
Suggested minimum sponsorship of £30 per person.

Enjoy the day

Everybody is welcome to come and enjoy the event with friends and family.
You do not have to be a member of the club to take part.
Therapists will be available at different times over the 24 hour event to provide 15 minute sports massage and physiotherapy slots to assist fundraising.

For more information on taking part, sponsorship forms, our facilities or what's happening on the day, please send an email to 24hourcycle@thehampton.co.uk or alternatively pop into the club reception and ask for Paul. For more information about the Cameron Grant Memorial Fund please see <http://tiny.cc/cam-grant-memorial>