

News Release

Chance to Cycle from Camberley to Coast for Parity

Local charity Parity for Disability is looking for hardy cyclists to take on a Camberley to Coast Bike Ride on Saturday 17 September.

The ride will follow a varying 125-mile route taking in the Test Valley and New Forest before finishing at Lulworth Cove in Dorset.

“The major challenge for recreational cyclists is the distance to be achieved in a single day – 125 miles,” said Donald Ashton of the Farnborough and Camberley Cycling Club, who is helping organise the event. “There are no big climbs on the route, but the riders will have to show significant endurance.”

Setting off from Parity’s Camberley day centre at St Martin’s Church in the Old Dean shortly after sunrise, the group will arrive before sunset, where there will be a chance to shower and enjoy a celebratory meal.

Each participant is asked to pay a £25 deposit and pledge to raise £175 in sponsorship for Parity for Disability, which provides vital services for children and adults with multiple disabilities living in the community. Parity runs two day centres in Farnborough and Camberley, and the charity must raise £150,000 each year to keep going.

“I love cycling and this is going to be a fantastic challenge,” said Camberley resident Kit Abbiss who has already signed up for the event. “I also want to raise awareness about Parity.”

In October, Parity will begin its 20th year of providing day services to the community. When people with multiple disabilities reach school-leaving age, the services they received as children end and they are left with little or no support, threatening their quality of life. Parity’s day services work to fill the gap, providing one-to-one support for the profoundly disabled people who use them.

For recreational cyclists who fancy taking on a serious challenge, a training guide will be available. It’s also a unique opportunity for more experienced cyclists to attempt one of the Audax distances. (Audax oversees long distance cycling in the UK.)

Information packs are available to download from www.parityfordisability.org.uk or by contacting Helene on 01252 375581 or helene@parityfordisability.org.uk.

ENDS

Picture Information:

ParityBikeRide1: Kit Abbiss (left) and Donald Ashton in the Parity Camberley Day Centre garden.

ParityBikeRide2: Kit Abbiss(centre left) and Donald Ashton (centre right) with Parity staff and students at St Martin’s Church.

ParityBikeRide3: Left to right: Kit Abbiss, Donald Ashton, Parity keyworker Sam Saunders and Parity student James Richens.

ParityBikeRide4: Left to right: Kit Abbiss, Donald Ashton, Parity keyworker Sam Saunders and Parity student James Richens.

ParityBikeRide5: Kit Abbiss (left) and Donald Ashton

ParityBikeRide6: Kit Abbiss (left) and Donald Ashton

About Parity

Parity for Disability is a local charity providing vital services, information and support for children and young adults with multiple disabilities, their families and carers throughout Hampshire, Berkshire and Surrey. The charity is dedicated to ensuring that profoundly disabled people have access to a quality of life that everyone has a right to expect. Parity runs two day centres in Farnborough and Camberley, teenage activity schemes, and a music therapy service that operates both on-site and in homes, schools and other locations throughout the area. Parity is currently running a campaign to raise £2 million for its own dedicated building. It is a registered charity no 1071571. To learn more, please visit: www.parityfordisability.org.uk.

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