

Rotary Ride for Prostate Cancer



Prostate Scotland

Information and Fundraising Pack about cycling, prostate cancer, Prostate Scotland and also fundraising for clubs organising and taking part in the Rotary Ride on or around Father's Day, Sunday 17 June 2018



Dear Rotarian,

Thank you for looking to take part in the Rotary Ride 2018 on or around Father's day weekend 16/17th June 2018 to raise awareness of prostate cancer and in aid of Prostate Scotland. Your support and involvement is much appreciated. This will be the third Rotary Ride dedicated to tackling prostate cancer. The Rotary Ride, organised by Rotary Great Britain and Ireland, in support of prostate cancer charities, has an important role in helping change the face of awareness of prostate cancer and to raise significant sums to help tackle the most common cancer in men. Many thanks indeed to all the many Rotary clubs across Scotland who contributed to the Prostate Scotland Blue Horizon Appeal and through it helped to introduce robot assisted prostate cancer surgery to men in the East, South and West of Scotland.

We produced a large number of awareness guides carrying Rotary of Great Britain and Ireland branding which were widely distributed across Scotland further raising awareness of prostate cancer; these will be available again this year.

Prostate cancer is the most common cancer in men in Scotland, with one in ten men in Scotland likely to develop it, and nearly a thousand men in Scotland die of it every year. Prostate cancer despite being so common is not well known and too seldom talked about. Too few people know about the prostate, nor about the symptoms. Encouragingly though the survival rate is improving. There is a need to encourage further early diagnosis - as early diagnosis can often lead to more likely successful treatment. Unfortunately projections by NHS Scotland show that there is likely to be an increase of nearly 35% in the incidence of prostate cancer in Scotland over the decade to 2027. So there is a real need to redouble efforts to increase awareness of prostate cancer and its treatment, as well as funding more research. There is probably not a club within Rotary that has not been affected by this disease.

This is not only an opportunity to get on your bike and support a great cause, the Rotary Ride also has huge potential to help increase awareness of the disease and Rotary's great work in communities.

The aims of the rides are to raise funds and awareness for prostate cancer, and there will be three types of events that you could organise:

Fun ride – this is for all ages and abilities. This is an ideal way for amateurs, families and youngsters to get involved through an event that is fun for all.

Enthusiasts – for the more established riders, give yourself a challenge by taking part in a long distance or cross-country ride.

Static ride – you don't have to cycle the length of breadth of the country to take part, in fact you don't even need to go anywhere. A static ride involves jumping on an exercise bike and is a great way to work as part of a team by taking turns riding to a goal distance.

Register your ride, find an event and get more information by visiting the [Rotary Ride registration area](https://rideentry.rotarygbi.org) rideentry.rotarygbi.org. You will need the login details from the [Rotary Ride Guidance Pack](#) in order to register your event. Make sure you register your event on the RGBI website

Login details are: Username: club (the actual word club, not your club name!)
Password: 1liketocycle.

There is also very helpful information on to be found in the RGBI information

https://www.rotarygbi.org/media/2017/11/Rotary-Ride-Guidance-Pack-2018_Final.pdf

including a press release template and a ride poster template to help you maximise the exposure of your ride.

A key part of running an event is ensuring that everyone can do so in a safe and enjoyable manner. Do undertake risk assessment to spot any potential hazards and ensure you have appropriate measures in place should any injury or safety concern arise. Please make sure you use the same name on the registration form as you are using for the title for Rotary insurance purposes as you are required to have a recognised event to differentiate your event from others for the limits of 2000 people taking part at your event for the cover. This will differentiate your event from others taking part on the same day. In order to be covered by this insurance, you MUST carry out a risk assessment using the form on page 12 of the RGBI pack

https://www.rotarygbi.org/media/2017/11/Rotary-Ride-Guidance-Pack-2018_Final.pdf

For full details of the insurance cover please see the following guide: bit.ly/rotaryinsuranceguide or get in touch with info@rotarygbi.org

We hope this pack gives you helpful information to assist with your fundraising and having an enjoyable, fun and safe cycling experience. There is a wee registration form at the end of the pack that we encourage you to fill out and return to us- so that we know who is fundraising in aid of us.

We look forward to working with Rotary and the clubs in this major event. Should you require any further information about the day please do not hesitate to contact your District Co-ordinator, or if you would like further about fundraising or about prostate cancer please check the Prostate Scotland website

www.prostatescotland.org.uk, or contact Prostate Scotland at info@prostatescotland.org.uk or telephone 0131-603 8660.

Our thanks to RoSPA for allowing the Rotary Ride to use safety information for this guidance pack. We wish everyone a safe and happy Rotary Ride event.

One final thing, keep up to date with all the latest Rotary Ride news by visiting:

[Facebook.com/RotaryinGBI](https://www.facebook.com/RotaryinGBI)
[@RotaryGBI](https://www.instagram.com/RotaryGBI) www.rotarygbi.org

Thank you so much for your continued support.

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Prostate Scotland
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Keith Hopkins MBE
Rotary Ride 2018 Co-ordinator

Iain Jameson 1020
District Coordinator
Rotary District 1010
jamson@uwclub.net



About Prostate cancer

Prostate cancer is the most common cancer in men in Scotland.

It can develop slowly and there might not be any immediate signs. Symptoms can present themselves when the prostate has enlarged and affects the urethra which carries urine from the bladder. When this happens, sufferers may notice an increased need to pass urine, straining and feeling as though the bladder is not completely empty.

While the symptoms should not be ignored, they do not mean it is definitely prostate cancer. It could be something else such as prostate enlargement, called prostatic hyperplasia (BPH) or an infection in the prostate called prostatitis.

The chances of developing prostate cancer increase with age with many cases developing in men aged 50 or older. It is also more common in the majority of men of African-Caribbean or African descent and less common in men of Asian descent. Men with male relatives such as a father or brother who have or had prostate cancer, especially at a younger age are also at an increased risk.

Prostate cancer can be effectively treated and potentially cured if diagnosed when it is still inside the prostate. Treatments may include surgery to remove the prostate, radiotherapy and hormone therapy. Some cases are only diagnosed when the cancer has spread and other symptoms have surfaced. It can spread to other parts of the body, typically the bones, and, sadly, may not be curable. Treatment is then focused on extending life and easing the symptoms.

Through fundraising, the Rotary Ride aims to support vital life-saving research into this cancer and its impacts and the excellent care and support provided by the charities.

About Prostate Scotland

Prostate Scotland was set up in 2006 as a Scottish charity to develop awareness of prostate disease, to support men and their families/ partners with the disease through providing advice and information and to advance treatment and research into prostate disease.

- Prostate disease is likely to affect one man in two at some stage in their lives;
- less than 30% of men in Scotland are aware of the main function of their prostate
- One in ten men is likely to get prostate cancer;
- Prostate cancer is the most common cancer in men in Scotland
- Over the past 20 years the number of men surviving prostate cancer has doubled and we want to see that further improve

We are delighted to have your support in helping us reach out across Scotland to create greater awareness amongst men and their families/ partners about prostate disease and to advance treatment.

Our Board of trustees is made up of people with personal knowledge and experience of prostate disease, as well as some of the leading medical experts on prostate disease and on cancer in Scotland.



We have developed

- An award winning website in Scotland providing information for men and their families about the full range of prostate diseases including prostate cancer which is to be found at www.prostatescotland.org.uk.
- A comprehensive range of information about prostate disease and its treatments including a series of 'Simple Guides' to the disease and a series of the first Scotland specific Explanatory Guides to prostate disease and its treatments;
- An awareness initiative across Scotland with targeted information including awareness videos and awareness adverts in community centres, buses, taxis and sports centres
- The successful Blue Horizon Robot Appeal which raised £2.86m toward the introduction of robot assisted prostate cancer surgery in the East, South and West of Scotland.
- A Workplace Initiative to reach men and their partners through the workplace
- A special research project into the future services and treatment needs of men with prostate cancer

The vast majority of our funding comes from voluntary sources, either in the form of donations from individuals, from fundraising events or from trust and foundations or community groups. We aim to spend as much of our income directly on our core work of combating the affects of prostate cancer and disease. Last year 6% of our income was spent on support and governance costs. In 2017 the Prostate Scotland was awarded health charity of the year in the Charity Champions Awards.

Fundraising

Thank you for looking to fundraise in aid of prostate cancer through taking part in the Rotary Ride 2018. We realise with most of you being Rotary members you will be very used to and experienced in fundraising. However for those of you who may want some further information, as well as information as to how to set up a Justgiving page to assist your fundraising some hints and tips are set out below.

There are two ways in which you can raise money through your Rotary Ride event. The first is by charging riders to take part. The amount charged will be very dependent on the type of event you wish to put on. It is recommended limiting the fee to a maximum of £20.

The second way is for riders to obtain sponsorship. This can be a great way of maximising the money raised however please make sure you encourage your participants to share their sponsorship total so you can keep track. Please use the Sponsorship Form which we have provided to maximise the income which you raise.

JustGiving

One of the key methods for people to support the day through fundraising is through the setting up of a JustGiving page. This is a very straightforward and free way of setting up an electronic page which enables people to sponsor you and donate, with the administration of the funds being done by an organisation called Justgiving who pass the money raised straight to Prostate Scotland. Prostate Scotland have worked for a while now with JustGiving. Setting up a page/site with JustGiving with your own details is very straightforward. It will enable you to see who has sponsored you, and even for you to have a special automatic thank you facility to any donors who sponsor you, and a means for them to leave you a message. This site enables people to donate there and then and also add any Gift Aid (see below) directly. It also allows for team pages. Click on the sponsorship page of the Rotary Ride website <https://ride.rotarygbi.org/> for more information. JustGiving can be found at <http://www.justgiving.com/prostatescotland/>

Tips and ideas for Fundraising

Whilst it may sound daunting fundraising, just like cycling, can be fun but requires a little time! Here are a few tips:

Set yourself a target - this can help as it can be fun to see how you move towards that target- think of it like a long cycle ride – every stage is getting you that bit closer to where you want to get to. You will find your supporters/donors people will also like to feel that they are contributing towards a tangible target – hence why it can be useful to ask people to sponsor you per mile or kilometre.

People like to give - one of the important things to remember about fundraising is that it is actually more straightforward than you think - many people are usually very pleased to be asked - and whilst not everybody can afford to make large donations, supporting you for a few pence/pounds per mile soon adds up - and by sponsoring you they feel part of what you are doing. It can make people proud to think they have contributed!

Tell them why you are doing it - Tell them why you are doing it – it can be worth remembering also to tell them why you are doing it – people often like to know about the good cause they giving to, and often they will mention it to someone else, who might just sponsor you as well. Also it can be worth remembering just a few key facts as to why the cause is worth supporting - we have included a sheet and some leaflets with a few facts about prostate disease and Prostate Scotland to help you.

Leaflets - we have free leaflets available to order in case you wish to hand them to any of your supporters or make them available in your workplace or community centre, or place of worship. Don't forget if you are placing them somewhere to attach a form or a note to say that you are cycling in the Rotary Ride so that they can sponsor you.

Mention it to your colleagues and boss - if you are working you may find it useful to mention it to your boss- some firms can be really supportive and understanding, as they recognise the hard work that it takes to undertake a such a task as cycling many miles and there are some employers who have matched giving schemes, whereby they match the funding that you raise - ask your manager or community affairs team if your organisation has one, or if not try your personnel department if your manager doesn't know. Even if they don't have a matching scheme they may be happy to give a donation. Also does your organisation have a community affairs section on its intranet – if so could you get your fundraising efforts mentioned on this?

Make it easy to give - another key tip is to ensure that you make it easy for people to sponsor you - it may not always be the quite the right moment for them to fill in your sponsor sheet - but they might do so online later on- so it is worth setting up an on-line process whereby people can sponsor you. It also has the added advantage that it makes it easier for friends or family who are far away to also support you. The best such systems enable people to donate directly online saving you the hassle of having to collect in all that cash.

Justgiving - A very simple and free way of doing this is through an organisation called Justgiving - which is straightforward, and saves you a lot of time and with whom we at Prostate Scotland have worked for a while now. Justgiving enables you very quickly to set up your own site and with your own details, enabling you to see who has sponsored you, and even for you to have a special automatic thank you facility to any donors who sponsor you, and a means for them to leave you a message. This site enables people to donate there and then and also add any Gift Aid (see below) directly. Justgiving can be found at <http://www.justgiving.com/prostatescotland/>

Gift Aid - did you know that the taxman can add an extra 25% onto a donation, if the person is a UK resident and taxpayer and will be paying at least as much tax as they are likely to reclaim from their donation. All they need to do is to confirm that they are a taxpayer and agree that they wish their donation to be eligible for Gift Aid and contribute their name and home address and tick to acknowledge that they agree to Gift Aid applying to their donation. In return the amount they have sponsored you for goes up by a quarter. To help you we have included a sample declaration on the sponsorship form we are providing in this pack. It would be helpful in reclaiming the tax if you would return the completed forms to us.

Sponsored events - Sometimes direct sponsorship may not always be the best way or the most fun way to get people to support your efforts – you could try a sponsored evening or quiz night with the proceeds going towards supporting your cycle ride. For instance some people organise a meal themselves or ask a friend or partner to do so at which everyone makes a contribution towards the cyclist's cause and fundraising target, or some cyclists organise 'pasta parties' with friends before the big day, as pasta is often eaten the day before a big ride in order to store up carbohydrates to assist in energy output during the ride. Think up your own theme that fits your circumstances best, as if it has your imprint on it - it will feel more personal and more fun.

Lastly - do remember once you have completed your ride to tell your sponsors of your achievement – they will be pleased to know and gently ask them, if they haven't already, to give you their sponsorship donations. Once you have collected in all of the money raised, the funds can be sent directly to the charity of your choice. Do keep your District Coordinator, Prostate Scotland and the Rotary Support Centre updated with your final total.

Thank you - good luck - and we look forward to sending you your Prostate Scotland fundraising Certificate of Appreciation.

Health and Safety and insurance

A key part of running an event is ensuring that everyone can do so in a safe and enjoyable manner. Do undertake risk assessments to spot any potential hazards and ensure you have appropriate measures in place should any injury or safety concern arise. Consider also having first aiders available. Prostate Scotland asks anyone riding in aid of us to wear a helmet.

The Rotary Ride events will be covered by the standard Rotary insurance as long as there are fewer than 2000 riders taking part. In order to be covered by this insurance, you MUST carry out a risk assessment using the form on page 8 on the RGBI pack <http://www.rotarygbi.org/media/2015/11/Rotary-ride-club-participation-pack.pdf> and example of the form is set out below. For full details of the insurance cover please see the following guide: bit.ly/rotaryinsuranceguide or get in touch with pr@rotarygbi.org (please note that as the rides are Rotary Rides and in aid of the charity Prostate Scotland cannot be responsible for insurance arrangements or liability for the rides).

Please make sure you use the same name on the registration form as you are using for the title for Rotary insurance purposes as you are required to have a recognised event to differentiate your event from others for the limits of 2000 people taking part at your event for the cover. This will differentiate your event from others taking part on the same day.

Rotary District - Health and Safety Risk Assessment Form

Club name: _____ Ref No: _____

Event: _____ Location: _____

Risk Assessor: _____ Date: _____

Persons at risk: _____

Hazard (What might cause harm?)	Risk(s) (What harm might be Caused?)	Current Control Measures and/or Action to Reduce/Eliminate Risk (Including action by whom and by when)

Important Notes to be completed:

1. Are the activities of this event covered by the standard RIBI Insurance Policy? Yes ___ No ___
(see current "Insurance Guide" and current "Confirmation of Insurance - Public Liability", both documents are available on the RIBI website in the "Downloads Library").

If No, take action to ensure appropriate cover, i.e. consult RIBI Insurance Brokers, Bartlett & Co Ltd.

2. Is a Disclosure Scotland check required for any aspect of the activities? Yes ___ No ___
(see current "RIBI Safeguarding Policy" available on the RIBI website in the "Downloads Library".)

Signed: _____ Signed: _____

Risk Assessor

Event Organiser

Print Name: _____ Print Name: _____

Date: _____ Date: _____

Review Date: _____

Useful Information for Cyclists

- Sustrans produce a helpful set of maps of key cycleways and cycle routes <http://www.sustrans.org.uk/sustrans-near-you/scotland>
- Helpful information is also available from the Cyclist Touring Club <http://www.ctc.org.uk/> who have a number of routes and maps (some information is only available to members – and a small joining fee is required)
- Ordnance survey also produce high quality maps, and have an online route development service. <http://www.ordnancesurvey.co.uk/oswebsite/getamap/>
- Via Michelin have a handy electronic mapping service that calculates distance by bicycle as well as by car and enables on road cycle routes be saved <http://www.viamichelin.co.uk/>
- Cycle route.com is a cycle route planning website, which also has a handy forum with posts from other cyclists who have undertaken specific routes <http://www.cycle-route.com/routes/Scotland-Cycle-Routes-1.html>. They also have some specific Lands End to John O'Groats routes which can be found at http://www.cycle-route.com/routes/John_O_Groats_to_Lands_End_Full_Route-Cycle-Route-334.html
- A number of cyclists use GPS mapping information and portable handlebar mounted devices.
- A lot of practical information about bike trips can be found on the Sunday Times website in the information section from the Bicycle Guy.
- There a number of cycling organisations that provide useful information including Spokes Edinburgh www.spokes.org.uk/, the CTC as above <http://www.ctc.org.uk/>.
- Insurance – a number of organisations can provide insurance , third party and personal insurance for cyclists whilst Prostate Scotland cannot endorse any particular policy - organisations providing such insurance include the CTC and also Scottish cycling <http://www.britishcycling.org.uk/scotland>
- We suggest that before embarking on a major cycle ride that you fully check your bike to make sure it is road worthy – many bike shops will undertake a check for you, and in some town and cities there are local clubs and centres such as the Bike Station www.thebikestation.org.uk/ where you can join a bike maintenance course.
- We would also suggest that you ensure that you have a set of tools and puncture repair kit and pump with you, as well as ensuring that you have some supplies of food/energy bars and water to sustain you.
- Also for safety if you are riding long distances on your own it is worth ensuring that someone knows the routes that you are taking and has contact details.
- **Please note that Rotary International in Great Britain and Ireland requires each event to have its own risk assessment**



accidents don't have to happen

Advice for cyclists

Cycling is a cheap, environmentally-friendly way to get about and it keeps you fit. Unfortunately, every year over 3,000 cyclists are killed or seriously injured in the UK. By taking sensible precautions such as planning routes to avoid busy roads and junctions you will help to reduce the risks and make your journey more enjoyable.

Your bike

If you're getting a new bike, go to a reputable bike shop, where they can advise on the best type of bike and make sure it's the right size for you.

If you've already got a bike, get it checked to make sure it's in a safe condition. It's best to get your bike serviced regularly at a cycle shop.

Check your bike regularly yourself, especially before taking to the road. Use the handy M-Checklist on the next page.

Here are four things to do regularly:

- Check brakes and brake blocks or discs to ensure safe stopping in wet and dry weather
- Clean and oil moving parts to keep the bike working smoothly
- Tighten nuts and bolts to prevent any parts working loose
- Make sure lights are working properly and that reflectors are clean. Replace any batteries that don't give a bright light.

Helmets

RoSPA recommends wearing a cycle helmet that meets a recognised safety standard. This will reduce the risk of receiving major head or brain injuries in an accident.

Be seen, be safe

Wear bright clothing, preferably something fluorescent and reflective, to help other road users to see you more easily. Always use lights and reflectors in the dark and in poor visibility.

Training

If you're new to cycling, or haven't cycled in a while, it's a good idea to get some cycle training. To find out what's available in your area contact your local council's Road Safety Team.

Plan your routes

Use cycle paths and quiet roads as much as possible; this will make your ride more enjoyable as well as safer. Your council may have a map of local cycle routes.

Care on the road

Take extra care at junctions and give timely, clear signals. Roundabouts are particularly dangerous for cyclists. Always obey traffic lights and signals.

Give lorries and larger vehicles plenty of space and avoid riding along the inside of them, especially near junctions – the driver may not be able to see you. Lorries turning left at a junction present a particular problem to cyclists, as they have a difficult job manoeuvring and have blind spots in their mirrors.

Cycle Safety M-Checklist



Follow the frame of the bike from the rear wheel up to the saddle, down to the pedals, up to the handlebars and down to the front wheel. This is your **M-check**.

Front wheel

If you have a quick release make sure it is firmly locked. Shake the front wheel to ensure it is not working loose. Check the **tyre** pressure. If you have a road bike use your fingers to ensure it is very firm; on an all-terrain bike use your palm to check the correct pressure. Check around the perimeter of the tyre for cracks, bulges, foreign objects and general wear. Check the **spokes** individually to ensure none have worked loose. Check the wear of the **brake pads** and ensure they are not binding as the wheel turns. Test that both the **front and rear brakes** work properly. Do this by moving the bike backwards and forwards whilst you pull the brakes on.

Tick

Chain

Make sure it is well oiled, with no visible rust and that the links are not damaged or out of place.

Tick

Seat Post

Hold the saddle firmly and rock it to ensure there is no play and that it won't work loose.

Tick

Rear Wheel

Carry out the same checks as on the front wheel.

Tick

Handlebars

Check the **stem** is correctly positioned, then go to the front of the bike. Squeeze the front wheel between your knees and gently rock the handlebars to ensure there is no play in them.

Tick

Front and rear lights

Check that they work correctly and give a good bright light.

Tick

Pedals

Rotate them to ensure they spin freely. Gently hold each one and rock to and from the frame to check there is no sign of wear in either pedal or the crank.

Tick

Bell

Check it works.

Tick

www.rosipa.com/mcheck

The Royal Society for the Prevention of Accidents

Useful Information

Some Bike Shops most of which also have repair facilities (this list is not exhaustive).

Aberdeen

Edinburgh Bicycle Cooperative
458-464 George Street
Aberdeen AB25 3XH
Telephone: 01224 632994

Holburn Cycles
198 Holburn Street
Aberdeen AB10 6DA
Telephone: 0845 094 8863

Ayrshire

Arran

Broddick Cycles
Opposite Village Hall
Broddick Isle Of Arran KA27 8DL
Telephone: 01770 302460

Also cycle hire at Arran Adventures in Broddick

Ayr

AMG Cycles
55 Dalblair Road
Ayr KA7 1UQ
Telephone: 01292 287580
– also for Irvine Cycles

Borders

Innerleithen

Alpine Bikes
Peebles Road
Innerleithen EH44 6QX
Telephone: 01896 830880

Galashiels

The Rush
1 Howegate
Galashiels TD9 0AA
Telephone: 01896 757674

Kelso

Porteous Simon
30 Bridge Street
Town Centre
Kelso TD5 7JD
Telephone: 01573 223692

Dumfries and Galloway

Dumfries

Dales Cycles Ltd
10-12 Academy Street
Dumfries DG1 1BY
Telephone: 01387 259483
email: info@cycle-centre.com

Castle Douglas

Next Level Bikes
183 King St, Castle Douglas DG7 1DZ
Telephone: 01556 504698

Alpine Bikes
64-70 Holburn Street
Aberdeen AB10 6BX
Telephone: 01224 211455
aberdeen@alpinebikes.co.uk
St Andrew Street Cyclery Ltd
34 St Andrew Street
Aberdeen AB25 1JA

Irvine

Irvine Cycles
23 Eglinton Street
Irvine KA12 8AX

Innerleithen

Icecycles
4 Traquair Road
Innerleithen EH44 6PD
Telephone: 01896 833848

Hawick

Borders Cycles
35 Market Street
Hawick TD1 3AF
Telephone: 01450 375976

Dunbar

Belhaven Bicycles
Rigg Service Station
Belhaven Road
Dunbar EH42 1DE
Telephone: 01368 860300

Castle Douglas

Castle Douglas Cycle Centre Ltd.
Church Street
Castle Douglas DG7 1EA
Telephone: 01556 504 542

Dundee

Nicholsons
2 Forfar Road
Dundee DD4 7AR
Email: nicholsons@sol.co.uk
Telephone: 01382 461212

Spokes
272 Perth Road
Dundee DD2 1AE
Telephone 01382 666644
Email: sales@spokescycles.com

Edinburgh

Edinburgh Bicycle Co-operative
8 Alvanley Terrace
Whitehouse Loan
Edinburgh EH9 1DU
Telephone: 0131 228 3565

Velo Ecosse
25-28 Bruntsfield Place
Edinburgh EH10 4HJ
Telephone: 0131 229 2777

Bike Tracks
11-13 Lochrin Place
Tollcross
Edinburgh EH3 9QX
Telephone: 0131 228 6633

Edinburgh Bicycle Cooperative
30 Rodney Street
Edinburgh EH7 4EA
Telephone: 0131 557 2801

Fife

St. Andrews

Spokes
37 South Street
St Andrews KY16 9QR
Telephone: 01334 477835

Kirkcaldy

Spokes
25-27 High Street
Kirkcaldy KY1 2SG
Telephone: 01592 646203

Forth Valley and Stirlingshire

Falkirk

G.W. Smith
High Street.
Falkirk FK1 1YD
Telephone: 01324 621227

Callander

Wheels Cycling Centre
Invertrossachs Road
Callander, Perthshire
FK17 8HW
Telephone: 01877 331100

Bridge Of Allan / Stirling

Rock and Road
6 Henderson Street
Bridge Of Allan
FK9 4HT
info@rockandroadcycles.co.uk
Telephone: 01786 835888

Lochearnhead

Adventure activities at Clachan Cottage Hotel

Glasgow

Billy Bilisland Cycles
176 Saltmarket
Glasgow G1 5LA
sales@billybilislandcycles.co.uk
Telephone: 0141 552 0841

Dales Cycles Ltd
150 Dobbies Loan
Glasgow G4 0JE
Telephone: 0141 332 2705

Gear Bikes
19 Gibson Street
West End
Glasgow G12 8NU
Telephone: 0141 339 1179
sales@gearbikes.com

Clarkston Cycle Centre
681 Clarkston Road
Netherlee
Glasgow G44 3SW
Telephone: 0141-633 1152
david@clarkstoncycles.co.uk

Lanarkshire - East Kilbride

Dales Cycles
12 St Bryde Street
The Village
East Kilbride G74 2HQ
Telephone: 01355 244 303

Perth and Kinross - Perth

Alpine bikes c/o
Perth Outdoor Experience
1 Highland Gateway
Inveralmond
Perth PH1 3EE
Telephone: 01738 634 464
Email: perth_oe@alpinebikes.co.uk

Perth City Cycles
42 Princes Street
Perth PH2 8LJT
Telephone: 01738 639 346
Email: sales@perthcitycycles.co.uk

Auchterarder

Synergy Cycles
171 High Street
Auchterarder PH3 1AD
Telephone: 01764 664251
info@synergycycles.cc

Highlands & North of Scotland

Fort William

Alpine Bikes Fort William
117 High St
Fort William
PH33 6DG
Telephone: 01397 704 008
Email: fort_william@alpinebikes.co.uk

Dingwall

Dryburgh Cycles
9 Tulloch Street
Dingwall IV15 9JY
Telephone: 01349 862163

Inverness

Nevis Bikes
2 Henderson Road
Longman Estate
Inverness IV1 1SN
Telephone: 01463 729171
Email: inverness_oe@alpinebikes.co.uk

Thurso

The Bike Shop
35 High street
Thurso
Caithness KW14 8AZ
Telephone: 01847 895385

Orkney

Tankerness Lane,
Kirkwall,
Orkney KW15 1AQ.
Telephone: 01856 875777

Hamilton

Caledonian Bicycle Company
42 Castle Street
Hamilton
South Lanarkshire ML3 6BU
Telephone: 01698 207201

J M Richards
44 George Street
Perth PH1 5JL
Telephone: 0738 626 860

Highlands & North of Scotland

Ballater

Bike Station
Station Square
Ballater AB35 5RB
Telephone: 013397 54004

Ballater

Cyclehighlands Ltd
The Pavilion,
Victoria Road
Ballater
Royal Deeside AB35 5QQ
Telephone: 013397 55864

Inverness

Bikes of Inverness
39/41 Grant Street
Inverness IV3 6BP
Telephone: 01463 225965

Nairn

Bikebug
Falconers Lane
Nairn IV12 4DS
sales@bikeandbuggy.co.uk
Telephone 01667 455416

Western Isles and Stornoway

Alex Dan Cycles
67 Kenneth Street
Stornoway HS1 2DS
Telephone: 01851 704025

Police Stations and Hospitals

Police Stations

The main non- emergency number to call police stations across Scotland is 101, and the emergency number is 999.

Hospitals

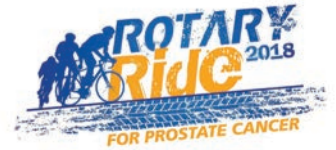
The emergency number is 999.

Dumfries and Galloway Royal infirmary	01387 246246	Dr Mackinon Memorial Hospital Broadford	01471 822 491
Royal Alexandra	0141 887 9111	Campbeltown Hospital	01586 552224
Vale of Leven	01389 754121	Lorn & the Isles Oban	01631 567500
Hairmyres	01355 585 000	Cowal community Hospital Dunoon	01369 704 341
Monklands	01236 748 748	Belfort Fort William	01397 702481
Wishaw	01698 361 100	Raigmore Inverness	01463704000
Glasgow Royal Infirmary	0141 211 4000	Nairn Town & county	01667452101
Queen Elizabeth University Hospital	0141 201 1100	Ian Charles community hospital Grantown	01479872528
Ayr Hospital	01292 610555	Dr Gray's Hospital Elgin	0345 456 6000
War Memorial Hospital Lamlash Isle of Arran	01770 600777	Aberdeen Royal Infirmary	0345 456 6000
Queen Margaret Dunfermline	01383623623	Perth Royal Infirmary	01738623311
Victoria Hospital Kirkcaldy	01592 643355	Ninewells Dundee	01382660111
Forth Valley Larbert	01324566000	Ross Memorial Hospital Dingwall	01349 863313
Stirling Community	01786434000	Thurso Hospital	01847 893263
Edinburgh Royal Infirmary	0131 536 1000	Caithness General Hospital	01955 605050
Borders General Hospital	01896 826000	Gilbert Bain Hospital, Lerwick,	01595 743000
Balfour hospital , Kirkwall	01856 888000		



Prostate Scotland
14 Torphichen Place
Edinburgh
EH3 8DU
0131 603 8660
info@prostatescotland.org.uk
www.prostatescotland.org.uk





Undertaking Sponsored Cycle Rides and Runs in aid of Prostate Scotland

Thank you for kindly taking part in cycle ride /event in aid Prostate Scotland. We look forward to sending you information and a fundraising pack and promotional literature.

Name of Event _____

Name _____

Address _____

Postcode _____

Telephone _____

Mobile _____

Email _____

Date of Birth _____

Please note we encourage cyclists who are fundraising in our aid to wear helmets for their own health and safety.

Disclaimer: I declare I will be 18 years or over on the day of the event. I declare that I will not participate in the ride unless I am medically fit on the day of the ride, and in any event I will compete at my own risk. I accept that the organisers/ sponsors/and supporting charity Prostate Scotland will not be liable for any loss, damage, action, claim, costs, expenses, which may arise in consequence of my participation in the event. I undertake not to collect funds in the street in aid of Prostate Scotland, without obtaining a local authority licence. Any reference that I make to Prostate Scotland will ensure that I state that I am raising funds in aid of Prostate Scotland. I also hereby give Prostate Scotland my permission to use my name and photographic likeness for promotional purposes for the charity. I am happy to receive information and fundraising materials from Prostate Scotland.

Signature: _____ Date: _____

Please note we encourage cyclists who are fundraising in our aid to wear helmets for their own health and safety.

Please note that young people aged between 14-18 may also cycle in aid of Prostate Scotland, however we ask that their parent/ guardian signs the following disclaimer: I declare that my son/daughter/ward
..... will be 14 years or over on the day of the event and have my permission and consent to participate in the ride. I declare that they will not participate in the ride unless they are medically fit on the day of the ride, and in any event I accept that they will compete at their own risk and with my permission to do so. I accept that the organisers/ sponsors/and supporting charity Prostate Scotland will not be liable for any loss, damage, action, claim, costs, expenses, which may arise in consequence of my child's participation in the event. I undertake they will not collect funds in the street in aid of Prostate Scotland. I also hereby do/do not give Prostate Scotland and Rotary my permission to use their photographic likeness for promotional purposes for the charity.

Signature: _____ Date: _____

Please return to Prostate Scotland, 14 Torphichen Place, Edinburgh EH3 8DU Email to info@prostatescotland.org.uk

Sponsorship and Gift Aid declaration form



Name _____
 Address _____

 Postcode _____

Please sponsor me _____ to take part in the Rotary Ride for Prostate Cancer Charity Bike ride in aid of Prostate Scotland on or around Father’s Day, June 2018

If I have ticked the box headed 'Gift Aid? ✓', I confirm that I am a UK Income or Capital Gains taxpayer. I have read this statement and want the charity named above to reclaim tax on the donation detailed below, given on the date shown. I understand that if I pay less Income/Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all of my donations to charity and Community Amateur Sports Clubs it is my responsibility to pay the difference. I understand the charity will reclaim 25p of tax on every £1 that I have given.

Full Name	Home Address (Not your work address)	Postcode	Amount £	Date Paid	GiftAid? ✓
Total Donations:					
Total Gift Aid:					