



# Hopeful Routes Hopeful Routes

**A sponsored bicycle ride to raise  
awareness of suicide prevention**

Come and join us on

**Saturday 13th September 2014**

to complete a bicycle ride walk from Princess  
Royal Trust (Borders) Carers Centre, finishing at  
SAMH office in Galashiels.

We will be meeting at Princes Royal Trust (Borders)  
Carers Centre, Brewerybrig, Low Buckholmside,  
Galashiels at 9.30am ready to set off at 10am

Finishing at SAMH Fresh Start, 50—52 Island Street,  
Galashiels.

For more information or to register/obtain sponsor-  
ship form please **contact Health Improvement** at  
**[health.improvement@borders.scot.nhs.uk](mailto:health.improvement@borders.scot.nhs.uk)** or tel  
**01835 825 970**

