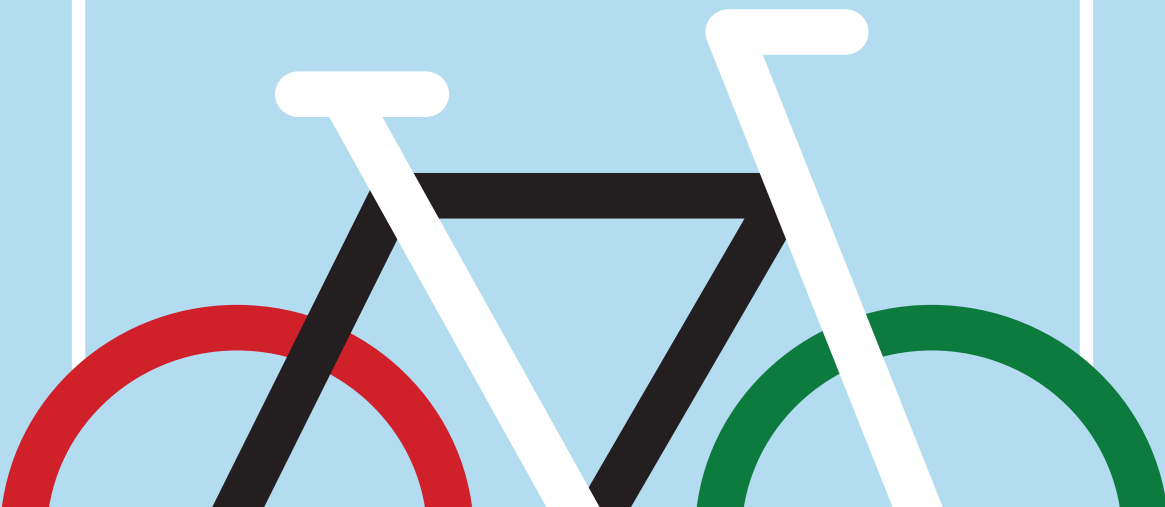


CYCLE

for *Palestine*

CHALLENGE

WHEN: Saturday 19th &
Sunday 20th June 2021



ISLAMIC RELIEF IN THE OCCUPIED PALESTINIAN TERRITORIES

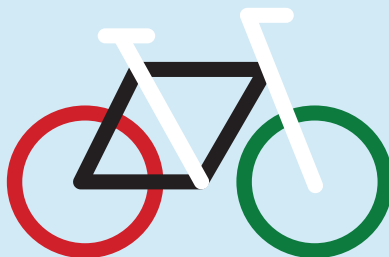
Islamic Relief is a faith-inspired humanitarian and development agency working to save and transform the lives of some of the world's most vulnerable people. Established in the UK in 1984, we work in over 40 countries, assist people according to need and do not discriminate in any way.

Since 1997 we have been providing humanitarian relief in the Occupied Palestinian Territories as the communities we serve have struggled with the devastating effects of occupation, blockade and recurring conflict. Wherever possible we work through local partners as part of our efforts to strengthen civil society, concentrating on inclusion of all ages and abilities.

Our Gaza team are among the first to respond to emergencies with lifesaving aid. To reduce suffering, we empower local people to prepare for emergencies and respond effectively when they happen.

Many Palestinian families depend on external aid for day- to-day survival. We provide them with food, clean water, safer homes and support for vulnerable children, while our integrated approach to all these different areas of support helps families break out of aid dependency. Islamic Relief empowers people to achieve sustainable livelihoods, supports education, and engages young people in trying to build a future free from poverty.

Since 1997 Islamic Relief has invested almost £109 million in humanitarian and development programmes to support the Palestinian people.



T I M E L I N E

1997:

Islamic Relief begins providing Palestinian families with small business loans so they can earn a living amidst increasing instability in the region.

1998:

With funding from the UK Department for International Development (DFID), we set up two educational centres in Rafah and Deir Balah, Gaza, serving vulnerable children including those with disabilities.

2008:

Within hours of the start of the devastating 22-day conflict in Gaza, Islamic Relief begins distributing desperately needed aid and is one of the few agencies to remain on the ground throughout the crisis.

2012:

As part of our emergency response to the escalation of another conflict, we deliver £1 million worth of medical supplies to hospitals which allows them to treat incoming casualties.

2014:

In response to conflict once again, we reach over 15,000 displaced Palestinians with emergency aid including food and water, provide medical equipment to hospitals and help children get back to school.

2015:

Another round of conflict pushes an estimated 30,000 families into poverty. In response we launch a £1 million recovery project to help rebuild shattered lives providing access to food, education and healthcare as well as building resilience to face future conflicts.

2018:

Over 50 Palestinians are killed by gunfire, including an eight-month-old baby, and more than 2,700 people are injured in largely peaceful protests. Islamic Relief provides lifesaving medical supplies to support hospitals in Gaza as they struggle to treat survivors.

2019:

Islamic Relief responds to increased hostilities in Gaza with urgent support for civilian casualties and infrastructure. We provide urgent medical supplies that allow hospitals to treat the sick and wounded, help children go to school and ensure people can continue to earn a living.

2020:

Islamic Relief responds to the Covid-19 outbreak in Gaza by working to prevent its spread and providing additional support to families at greater risk. We deliver food vouchers to tens of thousands of people losing out on paid work due to the pandemic. Hospitals, health centres and quarantine centres receive essential equipment and our teams disinfect schools and hospitals to reduce the risk of infection.

“From day one of this brutal conflict, Islamic Relief has been supporting hospitals and families uprooted by the fighting, providing clean drinking water and food to help people break their Ramadan fasts,” Mohammed, Islamic Relief aid worker on the ground in Gaza, July 2014.

CHALLENGE TIPS

So you've signed up for a charity bike ride and are worried about what lies ahead, here's a handy guide to help you achieve your goal.

Too many people turn up at the start line of a charity bike ride not ready for what lies ahead. In order not to disappoint all the people who have sponsored you, you need to be prepared. Preparation is the key to rising to the challenge, achieving your goal and, most importantly, enjoying your charity bike ride. If you need inspiration, don't forget you are raising vital funds for a great cause and your bike ride will be helping others.

If you are taking part in an organised charity ride then there is not a lot of organising to do other than prepare physically and make sure your bicycle is road worthy.



READY OR NOT ?

If you have long enough before your charity ride, it's a great idea to cover the distance at least once prior to it - that way you will know that you can complete that distance and you can gauge how much nutrition you require.

If you are new to cycling, slowly build up to the distance. Speed is not important, but distance is. Start off riding for 30 minutes, and increase the time each week to what you can manage. Don't do too much too soon. As your ride time increases, remember to drink and eat during the ride and immediately afterwards.

If the charity ride you have planned is hilly, be sure to ride a hilly route in training as riding uphill can use a lot more energy than riding on flat roads. Developing your own personal style of climbing hills - be they short or long - is good to do in advance of the event.



“Preparation is the Key
**TO RISING TO THE
CHALLENGE, ACHIEVING
YOUR GOAL AND,
MOST IMPORTANTLY,
ENJOYING YOUR FIRST
CHARITY BIKE RIDE”.**

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