

Ride London 100 mile cycle

Sunday 29th May 2022



Please support Paul May and the charity St Giles Trust



Registered charity: 801355

<https://www.stgilestrust.org.uk/>

[St Giles Trust: paul may \(enthuse.com\)](https://www.stgilestrust.org.uk/)

Dear Friends,

On the 29th May 2022 I will be fundraising for St Giles Trust by cycling 100 miles through the heart of London and Essex along with 25,000 other cyclists.

I have been supporting the charity St Giles Trust now for over 20 years by running marathons and cycling to raise awareness and fundraise. I am also a mentor to staff.

Creating a Positive Future

St Giles is a national social justice charity fighting for everybody to receive an equal chance at a positive future.

St Giles uses expertise and real-life past experiences to empower people who are not getting the help they need; people who are hard to engage with because they have been failed time and time again – held back by poverty, exploited, abused, dealing with addiction or mental health problems, caught up in crime or a combination of these issues and others.

“We want to see a society where everybody – no matter what their background – has a positive future.”

Every year St Giles helps over 15,000 people through services in schools, prisons, hospitals and communities across the UK. They support people who are being held back by poverty and extreme disadvantage across a range of issues, including unemployment, exploitation, abuse, mental health issues, cycles of crime, addiction, or a combination of these and others.

St Giles is a lived experience charity – this means that over 40% of their team have direct lived experience of the issues they support their clients with.

For every £1 invested in St Giles services £8.54 is saved to the tax payer.

Combatting County Lines drug networks

There are an estimated 1,000 county lines in Britain.

Some lines exploit up to 50 children and the risk of exploitation heightens in summer.

There was a 53% increase in the number of young people supported through St Giles' Trust youth violence, gangs and CCE services.

St Giles' Trust ensure children's safe return home and provide ongoing support to them and their whole family, ensuring no one is left behind.

They support children as young as 11 to safely exit the grip of gangs nationwide, and last year they helped over 4,500 under 25's.

Knife Crime

There were around 46,000 offences involving a knife or bladed instrument in the year ending March 2020.

Knife crime is the most high-profile form of serious youth violence. Despite tough enforcement measures designed to tackle it – including mandatory 5 year prison sentences for people who carry weapons - knife crime persists with often tragic consequences.

Overwhelmingly, young people have told St Giles' Trust that they carry knives as they believe it affords them protection. However, the evidence does not back this up. In fact, carrying a weapon makes someone more vulnerable as it is likely to be used against them.

Contrary to what is often believed, there is no safe place to stab someone – any wound is potentially fatal despite where it is located on the body.

You can follow my progress via the free Ride London app [The Official RideLondon App - RideLondon](#). My rider number is 121691.

Thank you for any contribution you may be able to make at:

[St Giles Trust: paul may \(enthuse.com\)](#)

With all best wishes

Paul

paul.may@concordiaconsultancy.com