

Help us help those helping others



In 1949, Hermann Gmeiner, together with his friends established the first **SOS Kinderdorf (Children's Villages)** in Imst, Tirol. This simple but ingenious idea received immediate acclaim, and in 1960, there were already ten SOS Children's Villages in Europe helping over 100 families. This expansion was made possible by the nearly one million friends who regularly supported the organization with donations. Before long the idea from Hermann Gmeiner began to spread around the world.

Today, there are SOS staff working in over 130 countries caring for the needs, interests and rights of children. Since its founding 70 years ago, **SOS Children's Villages** have given thousands of children in emergency situations a new home, a loving family and prospects of a better future.

Last year, **Ride for Help** raised more than 10,000 euro in donations. This money was used to spread happiness to the **SOS Kinderdorf Harksheide** in Schleswig-Holstein and the **SOS Kinderdorf Gera** in Thuringia. Such donations support the daily work of the staff while also enabling projects that benefit the children under their care.



(Donating to the **SOS Kinderdorf** in Harksheide)

With the Ride for Help in 2019, we would also like to activate as many donors as possible - every euro counts, and that money will help us support SOS Kinderdörfer to help others.



**Hunde für Handicaps e.V. (Dogs for the Handicapped)** is a charity organization that has been training assistant dogs since 1991. These dogs are also trained together with people having physical handicaps or chronic illnesses in preparation for the required Assistant Dog Team Examination.



Trained assistant dogs actually live together with 'their' people in the same household. They learn, for example, how to pick up fallen objects, open doors, operate light switches and getting undressed. Dogs are specifically trained to meet the needs of their future companions.

#### Frank & Ranos

My name is Frank, and since my birth I have been confined to a wheelchair because of spastic tetraplegia. This means that all four of my limbs are partially paralyzed and afflicted by muscle hypertonia. This makes my daily life very complicated, for example, trying to pick something up off the floor without falling out of my wheelchair is almost impossible!



In 2006, my very first dog, 'Hermes', became a welcome member of the family, completely changing my life in his charming and loving manner, let alone providing his able assistance.

My self confidence received a much needed boost, and it wasn't long before I was using public transport and able to come into contact with others.

Unfortunately, in March 2016, my loyal friend and helper suddenly and unexpectedly died. I couldn't imagine life without his tremendous support and loving friendship. He had made my life complete through his diligent companionship. In the summer of 2018, I had the good fortune to meet 'Ranos', a Golden Retriever. He has again brought sunshine into my life, and is now eager to learn all what is needed to help me.

**You can donate under <https://ride4help.de/>**



26 August – 31 August 2019  
Ride for Help Association

We need your help...



... to help those helping others





# We ride again at the end of August 2019!

Since 2005, a dedicated group of cycling enthusiasts has been following some tracks of the Tour de France and Giro d'Italia to raise money for good causes. So far, we have collected nearly €400,000 to the benefit of those in need.

We support charity organizations training assistant, service and guide dogs and are helping these integrate into the disadvantaged family. These wonderful, specially trained dogs help people with handicaps live a better life and become more independent while adding more quality and companionship to their lives.

Moreover, we support charity organizations mainly dedicated to helping children, for example, this year the SOS Kinderdorf. Each and every person and company is kindly asked to recognize our physical challenge and engagement by making a donation that will help us help others.



  

**15<sup>th</sup> charity cycle challenge** 25. aug – 31. aug **2019**

**MARS** **BCCOST** **the Bens** **AVIS** **PERFECT FIT** **CHAMPIONS TRAINING**



## I would like to help!

I support ..... Name of cyclist in "Ride for help"

and donate ..... euro to: (Please tick as appropriate)

- Dogs for the Handicapped (Frank & Ranos)
- SOS Children's Villages

You can donate at: <https://ride4help.de/> or see on right->

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