

## Join our Mandela Sponsored Cycle Ride

to raise money for solar lamps in South Africa

## Sunday 20 July \* 10am Start from Walthamstow Choose to ride 10 to 40 miles

Up to 40% of South Africans still use kerosene for heating, lighting and cooking – a highlyflammable and toxic fuel. Others rely on torches with expensive batteries for emergencies.

Now a new generation of cheap, high-performing solar lights can provide clean, safe lighting and phone charging – and require no specialist installation or maintenance.

Thuso has launched a new appeal to provide solar lamps to children at Lobethal primary school in rural Limpopo Province – because children without light can't study!

Join our bike ride and enjoy a great day out, keep fit, and raise money to buy solar lamps for school children in rural South Africa

> For more information contact Gerard on: gerardomastamilsom@yahoo.co.uk or 07931 337202