

# Join us on the HOPE HIKE & the HOPE BIKE

## Cape Town

**Fight depression!  
Break the silence!**

### When and where:

**Sunday, 15 October**, Blaauwklippen, R44, Stellenbosch (S 33°58' 23.3" E 018°50' 51.0")

A comfortable 3, 5 or 10 km hike/trail run.

An exhilarating 25 km mountain bike family fun ride.

Only a limited number of entries can be accommodated – enter in time to avoid disappointment.

**Registration:** 06:30 – 08:15

**Starting times: Bike: 25 km:** 07:45

**Hike: 10 km:** 08:00, **5 km:** 08:30 & **3 km:** 08:40

### Entry fee:

MTB fun ride: R100

3 km: R40; 5 km: R60; 10 km: R100; Children under 12: R40

Enter now by going to [www.iqela-events.co.za](http://www.iqela-events.co.za)

Afterwards, enjoy the eats and treats of the famous Blaauwklippen Sunday Market.



## The Hope Hike and the Hope Bike

Depression is not about “feeling down” and will not disappear by “just pulling yourself together”. It is an illness, and as with other medical conditions, it requires treatment.

As with other illnesses, awareness campaigns should also help to break the silence around mental illnesses. YOU can make a difference by joining us on the HOPE HIKE and the HOPE BIKE and wear something blue to show your care. Funds raised go towards the Ithemba Foundation (ithemba means hope) to support research about depression.

For information on depression and anxiety, go to [www.ithembafoundation.org.za](http://www.ithembafoundation.org.za), [www.safmh.org.za](http://www.safmh.org.za), [www.mentalhealthsa.org.za](http://www.mentalhealthsa.org.za), [www.cpmh.org.za](http://www.cpmh.org.za), [www.capementalhealth.co.za](http://www.capementalhealth.co.za) and [www.sadag.org](http://www.sadag.org).



## World Mental Health Awareness Month

October is the World Health Organization’s World Mental Health Awareness Month and 10 October is World Mental Health Day. Raise awareness around mental health, specifically depression – the illness without a face – by wearing a depression awareness ribbon.

The colour of the ribbon is sky-blue – the colour of optimism, peace, positivity, tranquillity, calmness, of HOPE. Beaded “Sky-blue for Hope” ribbons can be ordered at R30 each from Ithemba’s website ([www.ithembafoundation.org.za](http://www.ithembafoundation.org.za)), with your full R30 going towards research about depression.

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YOU

Cipla

ADVANCING  
HEALTHCARE  
FOR ALL