

Media Release



UK charity Football Gambia volunteers cycle 85 miles to help develop communities in The Gambia

In preparation for the 24 January 2014 annual trip, 15 dedicated Football Gambia supporters will cycle 85 miles from Stevenage (Herts) to Felixstowe (Suffolk) on 7 September.

The cyclist will set off at 7:30am and are expected to arrive at Felixstowe Docks at 3:30pm.

Felixstowe Docks was chosen as the final destination as that is where the Football Gambia container is located.

The 40 ft container was kindly donated to the charity, the first time this has happened, by Pentalver Transport Ltd. Once the container is filled, it will be shipped over to The Gambia by the company, DB Schenker LTD, and delivered to the final destination in December.

Filled with items such as football kits/boots, footballs, educational books, stationary and children's toys, this would not have been possible without the support of Sam Baggley from Pentalver Transport Ltd, Felixstowe Docks, Steve Rattle, Brian Curle, Simon Boon and Katie Brown from DB Schenker LTD and Jason Thompson.

The Gambia, 24 January 2014: Over 50 dedicated supporters from UK registered charity, Football Gambia, will arrive in The Gambia to help provide a sustainable future for the people of Sittanunku – a village in the Northbank of the country.

Running between 17-31 January 2014, the supporters will spend this time helping to develop Sittanunku and its neighbouring villages and empower its people to live a more sustainable lifestyle. The objectives of the trip includes the following:

- Distributing educational/sports equipment to Schools in the Northbank
- Install a solar power system to generate electricity for the medical centre.
- Implement a water irrigation system to support grassroots' football club Sittanunku FC's vegetable garden.
- Open the first ever Football Gambia nursery school in Cheesay, Northbank
- Run a range of courses including football, child protection and first aid to 100+ teachers, youth workers and grassroots' football coaches in Lamin and Sittanunku.