

The directors at Simmons Services continue their annual support for worthwhile charities, this year by participating in the Dulux Revolution during May 2016 to raise money for the Outward Bound Trust.

The Dulux Trade London Revolution is the largest multi-day sportive in the UK. Riders of all abilities will take on the iconic 185-mile loop around the capital and will be staying in an overnight camp at the halfway point. View the route here <http://www.london-revolution.com/london-cycle-routes/>.

Up to 93 miles each day with very little sleep in between in support of the Outward Bound Trust, a very worthwhile educational charity that uses the outdoors to help develop young people from all walks of life, Through the generosity of donors, the charity is able to run adventurous and challenging outdoor learning programmes that equip young people with valuable skills for education, work and life and help them become more confident, more effective and more capable at school, college and in the workplace.

The charity also delivers apprentice and graduate development programmes with large companies as well as leadership and team development courses. All programmes inspire and motivate people and take place in the natural environment, away from distractions or modern amenities. Participants learn a deep appreciation of the balance between risk, reward and responsibility and leave the programmes with transferrable, essential life skills, including:

- Setting and achieving goals
- Listening and communicating effectively
- Facing a challenge with determination
- Cooperation and collaboration
- Maintaining a positive outlook, even when things get tough
- Effective leadership skills

These skills have been shown to have a profound impact on the future success of individuals in both education and employment, and on their overall wellbeing.

To sponsor our managing directors please click on the Dulux Trade London Revolution logo below and to learn more about the Outward Bound Trust and their great work click on their logo. Thank you in anticipation of your generosity.



