

# Mental Health Motorbike MHFA

## Ride to Recruit Press Pack

### *About Mental Health Motorbike*



The Mental Health Motorbike exists to create meaningful opportunities so that together we grow the wellbeing of the motorbike community. Our aim is to reduce the suicide rates amongst bikers in the UK.

Following the suicide of a friend in October 2019 Paul Oxborough and Jay Lucas cofounded the Mental Health Motorbike. The initial idea was to create a support network for male bikers who were experiencing mental health problems. After conducting research that was sponsored by MCN at the Carol Nash bike show, Paul & Jay quickly realised the MHM support network should be open to all bikers, not just men.

Mental Health Motorbike was officially launched in March 2020 just as Covid-19 started. Due to Covid-19 restrictions and to alleviate social isolation, the decision was made to take the MHM's services online and grow a huge network of bikers through a Facebook page and members only group. This group has been successful in offering 100's of members peer support in a moderated safe space. The MHM team consists of experienced Mental Health First Aiders and volunteers from the network. In September the MHM launched its Ambassador outreach programme, which now has 30 members promoting our work all across the UK.

The big event in 2021 is the MHM Ride to Recruit, Baton Relay. The purpose of the Relay is to recruit and then train mental health first aiders\* in every town and city across the UK. By increasing the number of mental health first aiders, suicides in the biker community will be reduced and vital support for bikers in crisis will be increased. The MHM is very proud to create the first national network of support aimed at the biker community. MHM welcomes bikes of all shapes and sizes.

\* Mental Health Motorbike uses approved and accredited MHFA England instructors to deliver the MHFA course

### The Event – Ride to Recruit – Baton Relay 2020

- Launch day Friday May 2021 – Media City (BBC One Show) – 7pm
- 3000+ Miles taking in all aspects of the UK (Northern Ireland covered in Phase 2)
- 12 Baton stages across the whole of the UK (*stages tbc*)
- Starts and ends at Media City UK approximately 2 weeks later
- Consists of 2 outriders, one official sponsored baton bike and then 1000's of bikers at various stages of the ride.



In association with MHFA England 



**12 BATON STAGES ACROSS WHOLE OF UK**  
**Starting at MediaCity UK** Friday 7th May 2021

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Stage Sponsors include



Main Sponsors



Mental Health Motorbike's Ride to Recruit relay aims to recruit and train mental health first aiders in every town and city across the UK. By increasing the number of mental health first aiders we can reduce the number of suicides in our community and provide support for bikers in crisis

Mental Health Motorbike uses approved MHFA England instructors to deliver MHFA



## The Route

The route has been drafted to pass through most regions of the UK (Northern Ireland will be covered in Phase 2) picking up popular motorcycle café's and clubs and points of interest. With the initial support of Bennetts Insurance and hopefully Triumph we want to find eight more strategic sponsors who would like to get involved in the project and feature on the route. We are aiming to remove barriers for bikers to get involved so have setup a bursary scheme to support bikers in hardship participate in this event. More details will be available [www.mhfmotorbike.com/relay](http://www.mhfmotorbike.com/relay)



provisional route

## The Baton

Supported by two out riders, a sponsored individual will carry a GPS tracked baton to the end destination where MHM will meet with journalists and other media to talk about the MHM's aim and to create awareness to mental health issues. Bikers can sign up to escort the baton bike throughout different stages/legs of the journey. A support team will be registering organisations, individuals, clubs and shops to sign up for a MHFA course.

Registration for this will be open after 10<sup>th</sup> October 2020



## *The MHM Relay Team*



**Paul Oxborough (mhfa)**

For years I've work as a Youth & Community worker developing international education programmes using the amazing EU Erasmus+ programme. I am driven by making society a better place for all. A biker of 30+ years who is never happier when I'm out of the road or walking my dog Buzz.



**Jay Lucas (mhfa)**

I work in the innovation and creative sector, unravelling complex problems and designing solutions to solve those problems. A keen traveller who champions meaningful connection with others and nature.

I believe in making the most of our one amazing life and always keen to help others do the same.



**Andy Elwood (mhfa)**

My background was shaped through working as a medic for the search and rescue teams (known as the dope on a rope)! More recently I can be found travelling the UK with my old Land Rover Series 3. I am a qualified MHFA trainer and will add value to the MHM be supporting the training of new MHFA's.



**Martin Smith (mhfa training pending)**

After championing motorcycle travel in my book "Are We Doing the Stelvio Today?" I turned my attention to supporting Mental Health Motorbike. I bring a wide range of skills with me after a varied career in industrial instrumentation and control, graphic design and IT management, not least my ability to create and lead epic motorcycle tours.



## *Frequently Asked Questions*

### **How do you get trained as an MHFA?**

Applications are made via the Mental Health Motorbike website

### **Who delivers the training?**

Mental Health Motorbike uses approved and accredited MHFA England instructors to deliver the MHFA course

### **What ongoing commitment does an MHFA have?**

Participation is optional on a case by case basis and is entirely voluntary. Cases are referred to the nearest Mental Health Motorbike hub for triage before being allocated to the next available MHFA support representative

## *Contact Information*

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