



For the Wellbeing of Bikers

www.mhmotorbike.com





“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”



Objectives

We have a number of objectives, the first is to get qualified mental health first aiders in a bike shop or club in every town and city across the UK. This will create a strong backbone to our network. The mental health first aid course is a recognised and approved scheme (see <https://mhfaengland.org>). We have a member of our team who is an official accredited trainer able to deliver these courses. The network has over 20 trained mental health first aiders, this will raise massively in 2021 through the **Baton Relay project**.



3000 MILES MAY 2021





The second thing we want to achieve is the Mental Health Motorbike **Foundation**. This will provide opportunities for people to apply for support in a project, training course or activity that will help with their mental health recovery and longer term well-being.

One in four adults in the UK have been diagnosed with mental illness, 75% of people with diagnosed mental health illnesses receive no treatment, suicide is the most common cause of death of men aged 20-49 and 75% of suicides are males. The biking community are a very high risk group receiving very little or no support.

Finally, we want to be attending a minimum of 25 events per year, reaching out to the biker community directly. Our branded motorbike, pop up tent and Ambassadors will attend these events. With a visible presence we will encourage people to come and talk to us and join the network. Many of our volunteers are people recovering from mental health issues and they will be representing Mental Health Motorbike brand at events. We are arranging MHMotorbike ride outs and meetings which will allow people from all over the country to meet up and explore how they are feeling. This will build on the sense of feeling part of a meaningful community and network.



A GROWING SUPPORT BASE



figures since March 2020

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Objectives

**Qualified mental health first aiders
in a bike shop or club in every town
and city across the UK.**

**Help with mental health recovery
and longer term well-being.**

**Building a meaningful community
and network for bikers.**



Our baton relay event



3000 MILES MAY 2021



MENTAL HEALTH ENGLAND

Get Involved ➡

Twelve Baton Stages Across Whole of UK

Our big event in 2021 is the Baton Relay. Mental Health Motorbike's Ride to Recruit relay aims 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 we can reduce the number of suicides in our country and provide support for bikers in crisis. This is the first national network of support aimed at the bike community. We welcome bikes of all shapes and sizes.

www.mhmotorbike.com/relay

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



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 cafe'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.mhmotorbike.com/relay



- 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.



Supported by two outriders a sponsored individual will carry a GPS tracked baton to the end destination where we will meet with journalists and other media to talk about our aim and to bring 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.

The Baton

WWW.MHMOTORBIKE.COM



*A free mental health support
service for the biker community*

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