

MENTAL HEALTH MOTORBIKE

Registered Charity No. 1196406

Year End Report

2025

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Introduction

By Founder and the Chairperson Paul Oxborough, OBE

A Year of Impact and Growth

Despite the personal challenges of 2025, including significant staff illness, the Charity has not only survived - it has thrived. We successfully hit our ambitious targets for Mental Health First Aid training and returned to the heart of our community with a robust programme of face-to-face events.

A particular highlight has been our Peer Support Group. Now in its sixth year, we have introduced new structures to ensure this vital lifeline remains effective and sustainable for the long term.

F**inancial Health and Innovation**

Our financial position remains strong, thanks to the incredible generosity of our donors and record-breaking merchandise sales. This independence is a game-changer; it reduces our reliance on grant funding and gives us the freedom to innovate.

We pride ourselves on being a digitally-led, community-focused charity. By using streamlined digital tools to engage our community online and transposing that energy into face-to-face projects across the UK, we ensure maximum efficiency. Every pound raised goes directly to where it matters most: supporting our bike community.

Strategic Evolution: The Road Ahead

As we grow, so does our responsibility to scale. To support our incredible volunteer base, our next strategic priority is funding permanent leadership, starting with a CEO and an Administrator. This move will ensure our strategic vision is driven forward with professional precision, supported by the continued excellence of our Board of Trustees in governance and financial health.

Following a Trustee Strategy Day, we have defined three core pillars that will underpin everything we do moving forward:

- **Growth**: Expanding our reach and impact.
- **Greater Awareness**: Ensuring our voice is heard across the industry.
- **Effective Support**: Refining the tangible outputs of our community work.

These pillars are supported by a number of key objectives which we are excited to detail throughout this report.

A Message of Thanks

We are held in high regard within the bike industry, but we do not get there alone. As we move toward a more strategic future, I must express my deepest gratitude to those who make this possible:

- Our Individual Supporters & Donors: Your belief in us fuels our work.
- The Organisations We Partner With: Thank you for your continued collaboration.
- Our Families: For the time and patience that allows us to focus on this mission.
- Our Board of Trustees: For your steadfast commitment to our governance.

Finally, to our 100+ Volunteers:

You are the backbone of this Charity. You work diligently every day to make a difference, and your involvement is the reason we exist. Thank you.



PAUL OXBOROUGH, OBE
FOUNDER & CHAIR OF THE BOARD OF TRUSTEES

Our 2025 Values

1

CONNECTION – 'Bikes are the glue that hold us all together'

Poor mental health is common, and none of us are alone. We listen, support, and stand alongside each other with compassion and empathy.

2

BEING HUMAN – 'We're as individual as the bikes we ride'

Act without judgement, value inclusivity and individuality, and see the person - not the diagnosis or their difference.

3

INTEGRITY – 'Designed by bikers, for bikers'

ABe honest, open, and responsible at all times. We have clear policies, strong governance, and transparent decision-making.

4

HOPE – 'There's always another road ahead'

Change is possible. By sharing experiences and supporting each other, we'll help you find new ways forward and break the stigma around poor mental health.

5

MAINTENANCE & RECOVERY – 'Regularly look after yourself, like your bike'

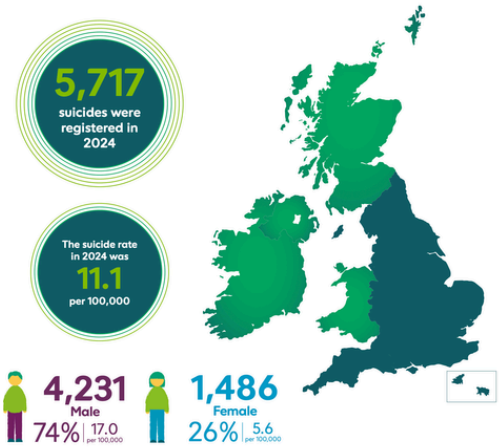
Always remember self care first but, when people are ready, those who've been supported can become the ones that support others.

WHEN LIFE GETS TOUGH WE ARE HERE TO LISTEN, TO SUPPORT, TO RIDE

Suicide National Data

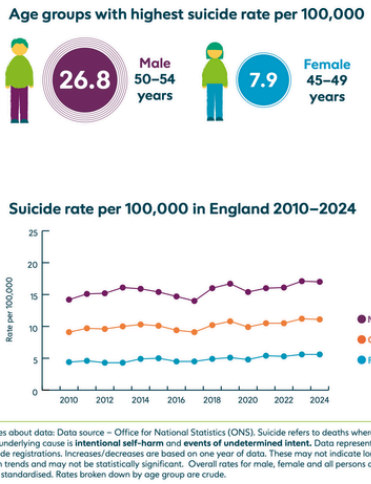
Data Source: Samaritans 2024

Suicides in England



The overall, male, and female suicide rates in England have remained relatively unchanged in 2024, compared with 2023.

Males are **3 times more likely** to die by suicide in England than females.

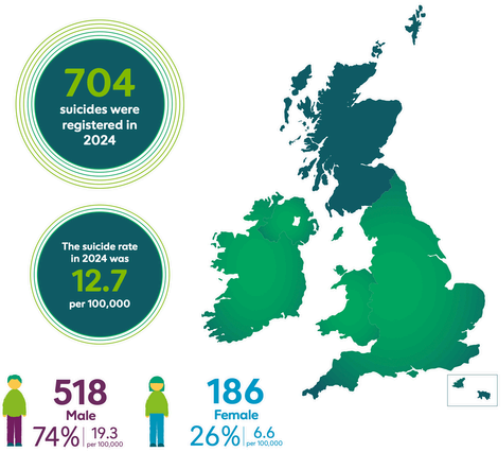


Notes about data: Data source – Office for National Statistics (ONS). Suicide refers to deaths where the underlying cause is **intentional self-harm** and **events of undetermined intent.** Data represents suicide registrations. Increases/decreases are based on one year of data. These may not indicate longer term trends and may not be statistically significant. Overall rates for male, female and all persons are age standardised. Rates broken down by age group are crude.

The ways we are making a difference?

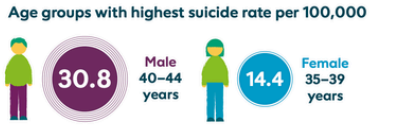
- Online peer support group currently with 5.2k users
- 300+ events where support can be given face to face
- 1200+ people trained in mental health first aid
- 100+ volunteers engaged in supporting our work
- 26 regional coordinators
- 40 area coordinators

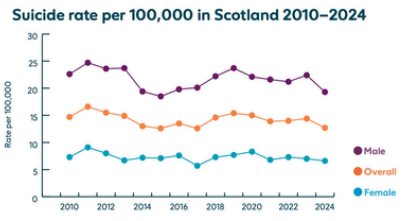
Suicides in Scotland



The overall, male and female suicide rates in Scotland decreased in 2024, compared with 2023.

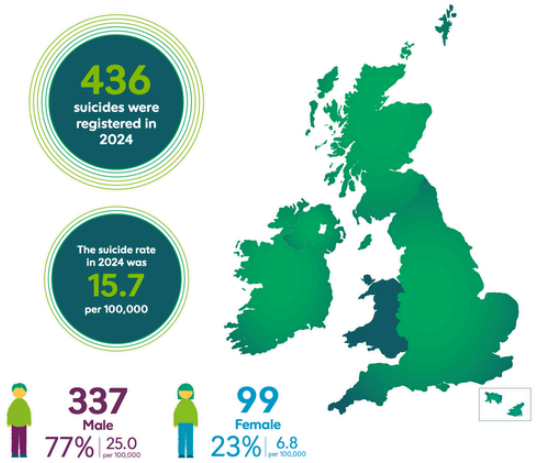
Males are **3 times more likely** to die by suicide in Scotland than females.





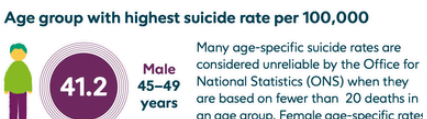
Notes about data: Data source – National Records of Scotland (NRS). Suicide refers to deaths where the underlying cause is **intentional self-harm** and **events of undetermined intent**. Data reflects suicide registrations in Scotland. Increases/decreases are based on one year of data. These may not indicate longer term trends and may not be statistically significant. Overall rates for males, females and all persons are age standardised. Rates broken down by age group are crude.

Suicides in Wales

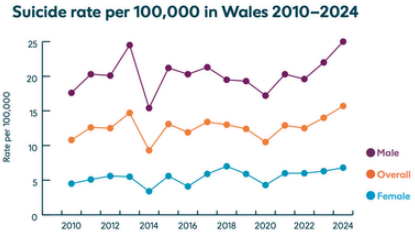


The overall, male, and female suicide rates in Wales increased in 2024, compared with 2023.

Males are **3 times more likely** to die by suicide in Wales than females.



Many age-specific suicide rates are considered unreliable by the Office for National Statistics (ONS) when they are based on fewer than 20 deaths in an age group. Female age-specific rates are not included here for this reason.



Notes about data: Data source – Office for National Statistics (ONS). Suicide refers to deaths where the underlying cause is **intentional self-harm** and **events of undetermined intent**. Data represents suicide registrations. Increases/decreases are based on one year of data. These may not indicate longer term trends and may not be statistically significant. Overall rates for male, female and all persons are age standardised. Rates broken down by age group are crude.

Note about fluctuations shown in graph: Smaller populations often produce rates that are less reliable, therefore differences in the number of suicides may have a bigger impact on the rate than in larger populations. The male and female suicide rates for Wales show a volatile pattern due to the relatively smaller number of deaths.

Our Charity Objects

To preserve and protect good mental health for the benefit of the public in particular, but not exclusively, among members of the motorbike community by providing services and events which:

- Relieve those suffering from poor mental health
- Reduce the risk of suicide
- Support and enhance good mental health

5 Ways to Wellbeing

Our charity focusses on the 5 ways to wellbeing.

- Connect with others
- Be active as a volunteer
- Keep learning
- Give something back
- Take notice in the here & now

This plays a huge part in our communities long term management of their own positive mental health wellbeing.

Suicide Data Cont...

Data Source: Nisra 2024

SUICIDES IN NORTHERN IRELAND

- Annually, numbers of registered suicides have fluctuated with 290 suicide deaths registered in Northern Ireland in 2024.
- As with previous years, suicide remains the leading cause of death in males under 50 in Northern Ireland.
- Of all male deaths registered in 2024, where the deceased was under 50 years of age (690), 151 were to suicide (21.9%). 230 (79.3 per cent) of the 290 suicide deaths in 2024 were males and 60 (20.7 per cent) were females.
- The age-standardised mortality rate for males was 28.0 per 100,000 in 2024, while for females, the equivalent rate was 7.1 per 100,000.
- The Northern Ireland 2024 age-standardised mortality rate of 17.4 suicides per 100,000 population was higher than the rate for Scotland (12.7 per 100,000 population) and England and Wales (11.4 per 100,000).

To find out more about how suicide statistics are collated, the reliability and validity of suicide data and the changes we want to see, as well as our tips on using suicide data, please visit Understanding UK & Ireland Suicide Statistics.



WHEN LIFE GETS TOUGH WE ARE HERE TO LISTEN, TO SUPPORT, TO RIDE

Progress To Date

BECOMING MORE STRATEGIC

As with any small charity, the biggest challenge is paying the bills and growing it to meet demand. From day one there has always been a demand on our services, to the extent we asked partners not to broadcast our charity until we have grown our capacity. When creating the charity, we researched one question "is there an appetite for a dedicated mental health support service for bikers" we all know, due to how busy we are, the answer to this question.

Our challenge was how to coordinate this across the 4 countries of the UK? It has taken a lot of time to get the strategy right but the last 12 months we have seen huge developments appointing the right Trustees and finding those volunteers that resonate with our objectives and values. We are confident we will be able to support more people at more locations and develop our online services as we move into 2026.

KEY MILESTONES

- We have increased our board of trustees
- We have grown our regional and area coordinator network
- We are starting to implement an audit of all policies, procedures an practices
- We have created a cloud based app giving our volunteers in the field more access to relevant information and forms
- We are streamlining our volunteer onboarding processes
- We have started monthly meetings for the area/regional coordinators and our peer support moderators
- We run monthly 'Introduction to the charity' evenings for any new potential volunteers
- We are supporting more people online and at face to face events



"6 years ago I was told by the NHS my mental health was too complex to treat. I was more or less discarded by them. I reached out to this charity as I was considering suicide. They have given me support and direction which saved my life and today I am now an area coordintor supporting others"

Area Coordinator - Jan 2025

CORE FOCUS FOR 2025

1

GROWTH

Strengthening our core foundations, network and capacity to deliver by expanding our reach across the UK, to ensure we can help more people, more often.





2

AWARENESS

Amplifying our Charity's voice, both within the motorbike community and across the wider public, so our brand and impact is recognised.

3

SUPPORT

Elevating the quality of care and support services we provide to our community, volunteers, and stakeholders.



Supporting the Charity

MENTAL HEALTH MOTORBIKE

WHEN LIFE GETS TOUGH
WE ARE HERE TO LISTEN,
TO SUPPORT, TO RIDE

Our Objectives 2025

OBJECTIVE 1 - MEDIA

- Media training for Trustees, Regional and Area Coordinators
- Media guidelines and press briefing pack created

OBJECTIVE 2 - AND SUPPORT FOR VOLUNTEERS

- Developed an annual review system (action planning for 2026)
- Setup monthly moderator meetings with external facilitation
- Structured monthly Regional & Area Coordinator meetings
- Monthly volunteer decompression sessions
- Free mental health training and refresher courses for volunteers
- Part time administrator appointed to assist with day to day tasks

OBJECTIVE 3 - MENTAL HEALTH FIRST AID TRAINING FOR RACE MARSHALS

- Support network created and free mental health first aid places offered

OBJECTIVE 4 -RESEARCH VETERAN PROJECT

- The objective is to be carried over into plans for 2026

OBJECTIVE 5 - IDENTIFY FUNDING STREAMS

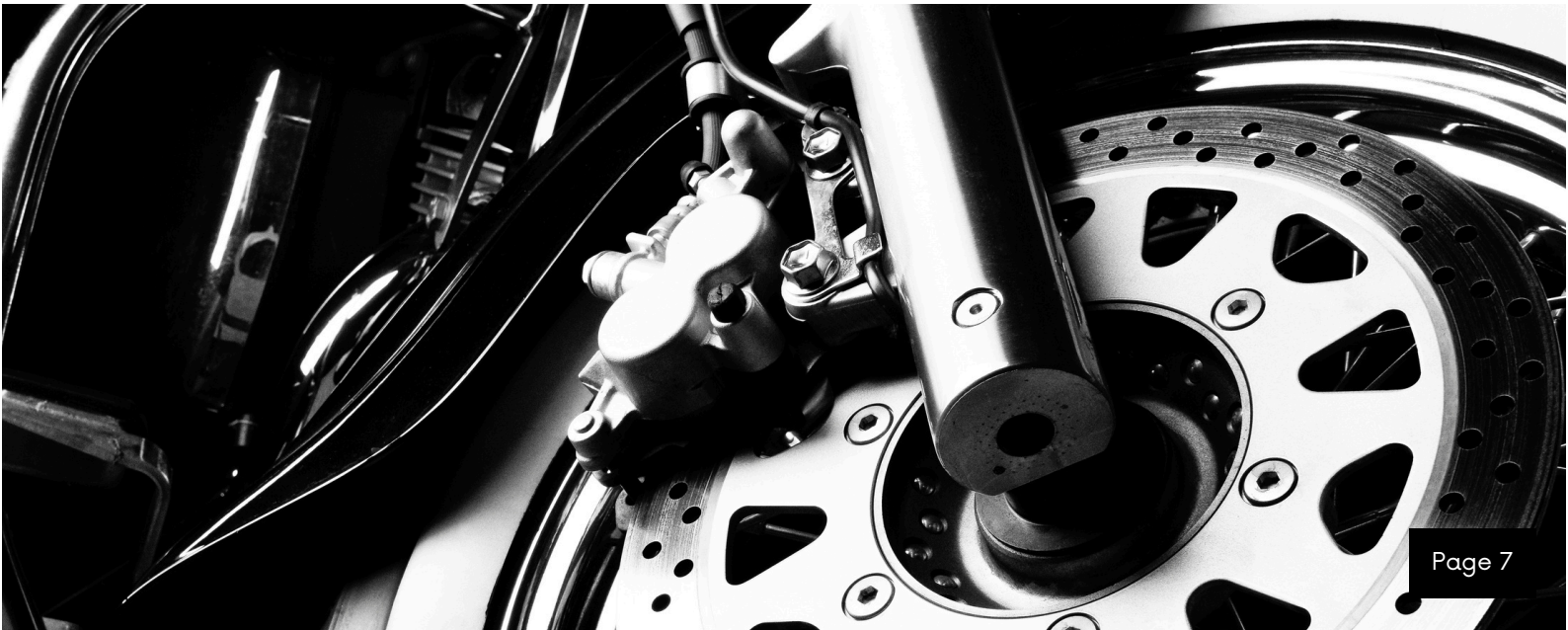
- Applied for National Lottery Awards for All, Mental Health First Aid and resource funding
- Implimented training for Trustees and applying for funding

OBJECTIVE 6 - REVIEW IT SYSTEMS

- All IT systems reviewed and plans in place for 2026 for volunteer management system and event registration system

OBJECTIVE 7 - BRAND SECURITY & COPYRIGHT

- Logo trademarked
- Brand guidelines established



IMPACT MENTAL HEALTH FIRST AID



2025 MENTAL HEALTH FIRST AID - YEAR END REPORT

- In 2025 we trained 252 people, which is 2 over our 250 target (200 in England, Scotland & Northern Ireland)
- 33% were of trainees were female
- At the end of 2025 we had 1,044 currently accredited Mental Health First Aiders within the charity
- The total number trained since we started the charity is 1,125
- We ran 23 courses and 3 refresher courses throughout 2025

We continue to develop positive links with our Welsh Trainer Ellender Wildey and English Trainer Chris Rollins and we'd like the thank them for the continued support and high quality inputs.

We were proud to reach the funding target of 120 Mental Health First Aiders in Wales which enabled us to offer over 70% of these courses for free (we ended up training 125 people).

Unlike most courses that run in the UK, our charity trains our volunteers to become welfare support on every course we run, so anyone triggered by the course content will be offered support to manage this.

IMPACT 400 + FACE TO FACE EVENTS



2025 - 400+ Events

- 2025 was a record year for events: for the first time in the charities history, we ran over 400 face to face events
- These events covered the spectrum of bike events from North to South and East to West (England, Scotland, Northern Ireland and Wales)
- We started growing the Welsh and Scotish community with the appointment of new Regional and Area Coordinators
- Our activities included presentations, fund raising events, bike shows, rallies, race meets and work with the off-road community.
- We also worked hard to engage with supporters of the charity such as IAM Roadsmart, ROSPA, Blood Bikes, Bike Safe, Biker Down, DocBike, the TRF and other vital road safety partnerships.

People visiting our events receive:

- Information about the charity
- Volunteer opportunities
- Mental health first aid support
- Invitation to join our 24 hour online peer support group
- A safe space to come and chat with a team of trained volunteers

IMPACT TEAM GROWTH



Growth of the Charity

2025 saw a huge amount of growth of volunteers within the charity with focus and emphasis being put on the development of the regional and area coordinator networks, moderation of the peer support group and welfare support on the training course.

Data at the end of 2025

- 7 Trustees
- 21 Regional Coordinators
- 34 Area Coordinators
- 13 Support Group Admin / Moderators
- 26 Mental Health First Aid Supporters
- 4 Social Media Creators

We have worked hard on the onboarding processes to make recruitment more streamlined and efficient. This includes processes for sharing our policies and procedures, safeguarding and GDPR training and financial procedures around handling cash and charity funds.

PEER SUPPORT GROUP

SOME SOCIAL MEDIA DATA

- **Members** – 4851
- Admins 8, Moderators - 7
- **Averages per month**
  - Posts – 360
  - Comments – 2706
  - Reactions – 8584
- **Genders**
  - Men 70%
  - Women 29%
  - Other 1%
- **Ages**
  - 18-24 3%
  - 25-34 12%
  - 35-44 21%
  - 45-54 26%
  - 55-64 29%
  - 64+ 9%

Top Towns/Cities and number of members

- London 64
- Bristol 41
- Birmingham 36
- Sheffield 34
- Swindon 32
- Stockport 29
- Manchester 28
- Southampton 28
- Portsmouth 26
- Derby 25

I fought back to regain my fitness and now in a job I love - sharing and my extensive work experiences and mentoring other less experienced folks and trying to boost their confidence.

I would just like to put it out there that the help and encouragement I have gained from this group gave me the enthusiasm not to give up.
I am now living 'my second life' which I may never have had the chance to.

I can't thank you all enough.❤️





SOCIAL MEDIA

DATA

The following is a summary report of our Social Media presence from the 1st January 2024 to 31st December 2025.

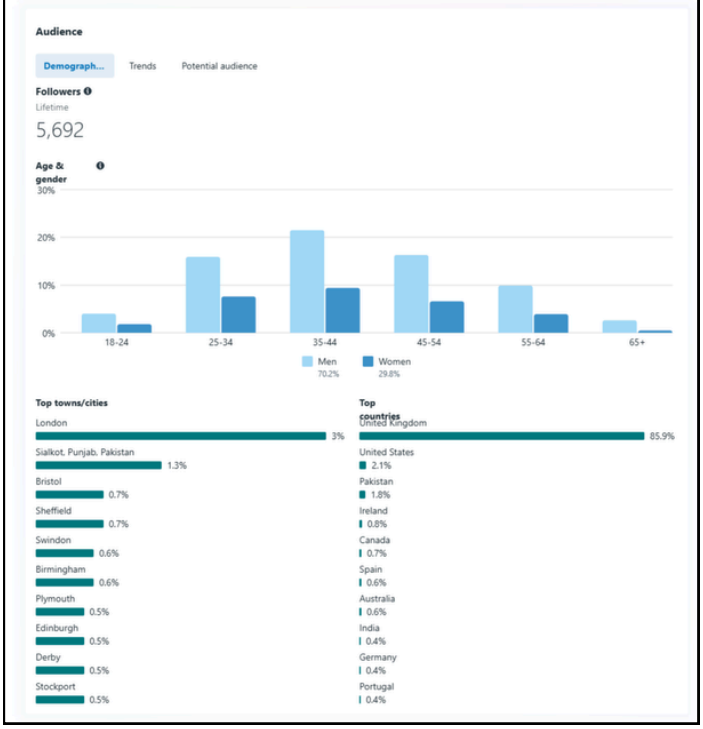
The MHMb social media presence has grown significantly during 2025. During 2025 MHMb had a presence on Facebook and Instagram

In 2025 our Facebook reach was 328.8k which is an increase of 176.9% compared to the same period in 2024

In 2025 interaction with our Facebook posts was 43.2k which is an increase of 90.3% compared to the same period in 2024. In 2025 our Instagram reach was 13.4k which is an increase of 293% compared to the same period in 2025.

The following graphs shows the number of visitors to our Facebook and Instagram social media channels over the year 2024

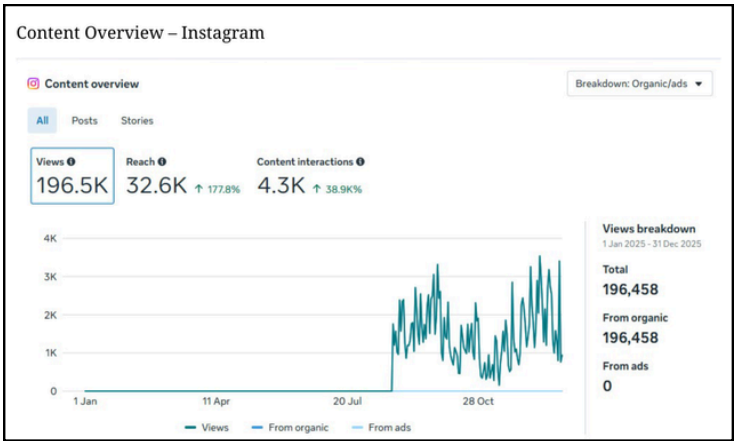
Demographics – Instagram



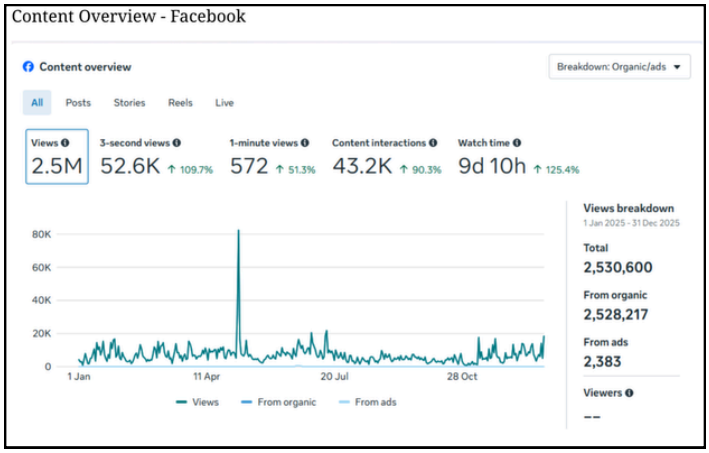
Demographics - Facebook



Content Overview – Instagram



Content Overview - Facebook



Wider Impact

OTHER CRITICAL DEVELOPMENTS

APP DEVELOPMENT

- Consultation took place at Motorcycle Live 2024 with volunteers to explore an support app which enables them to work more effectively
- Trustees came up with a structure for the support app
- App was created and launched Feb 2025
- App was trialled and modified through 2025.

VOLUNTEER ONBOARDING DEVELOPMENT

- Developed volunteer buddy system
- Created volunteer induction process and webpage
- Professionally printed ID cards for all volunteers at events
- Official '@mhmotorbike.com' email addresses given to all key volunteers

CLEARER GUIDANCE AND MESSAGING FOR VOLUNTEERS

- All policies reviewed and a clear suite of essential and recommended policies implemented
- Critical guides created:
  - Event checklist
  - Event good practice guide
  - Ride out guidance
  - Meetup guidance
  - Wellbeing hubs guide
  - Press briefing pack and media guidelines
  - Volunteer code of conduct
  - Email use policy created



Finances

CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A **Independent Examiner's Report**

Report to the trustees/ members of	Mental Health Motorbike		
On accounts for the period ended	31 December 2025	**Charity no**	1196406
Set out on pages	1 to 5 (One to Five) including this report		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the period ended 31 December 2025.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:	Darren Warren	**Date:**	17/07/2026
Name:	Darren Warren – Paxton Independent Examiners		
Relevant professional qualification(s) or body (if any):	FMAAT		
Address:	61a High Street South Rushden Northants, NN10 ORA		

Finances

Paxton	Charity Commission SOFA Details Report	Page 1 of 2
Charity no. 1196406		
Mental Health Motorbike		**Printed: 17/07/2026**

December 2025

	Unrestricted	Restricted	Endowment	Year Total	Last Year
S01 Donations and legacies					
Donations received	1,400	0	0	1,400	24,623
PayPal donations	7,526	0	0	7,526	9,765
Regular donations (Clubright)	6,328	0	0	6,328	6,173
Online donations (Other)	43,880	0	0	43,880	3,334
Other general donations	0	0	0	0	500
Cash donations from events	1,227	0	0	1,227	12,014
Cash donations from cash tins	0	0	0	0	16
Other general cash donations	10,782	0	0	10,782	0
Gift aid tax claimed	58	0	0	58	545
Grants received	0	0	0	0	2,300
Bequests and legacies	20,000	0	0	20,000	0
	91,201	0	0	91,201	59,270
S02 Charitable activities (inc.)					
Sales	0	0	0	0	452
Sales or merchandising	32,564	0	0	32,564	17,908
Redline commission on merchand	238	0	0	238	909
Fees rec for MHFA training	11,488	200	0	11,688	16,882
Fees received	0	0	0	0	0
Contractual income	0	0	0	0	0
Sales discounts given	0	0	0	0	0
	44,290	200	0	44,490	36,151
S03 Other trading activities					
Fundraising income	267	0	0	267	9,962
Sponsorship income	0	0	0	0	32
Shop income	0	0	0	0	0
Letting/hire income	0	0	0	0	0
Raffle Ticket Sales	4,477	0	0	4,477	0
	4,744	0	0	4,744	9,994
S04 Investments					
Dividends received	0	0	0	0	0
Interest received	669	0	0	669	856
Rental income	0	0	0	0	0
	669	0	0	669	856
S08 Raising funds					
Fundraising costs	0	0	0	0	5,954
Membership Platform Fees	1,858	0	0	1,858	1,792
Raffle Costs	58	0	0	58	0
Goods for resale	0	0	0	0	3,557
Cost of merchandising for sale	13,670	0	0	13,670	3,720
Fees for services	15,167	0	0	15,167	23,333
MHFA training course costs	25,868	10,500	0	36,368	40,755
Investment management fees	0	0	0	0	0

Finances

Charity no. 1196406
Mental Health Motorbike **Printed: 17/07/2026**

December 2025

	Unrestricted	Restricted	Endowment	Year Total	Last Year
	56,621	10,500	0	67,121	79,111
S09 Charitable activities					
Gifts/grants given	0	0	0	0	0
Salaries and wages	0	0	0	0	0
PAYE/Employer NI	0	0	0	0	0
Pension contributions	0	0	0	0	0
Staff training costs	2,280	0	0	2,280	150
Vehicle costs	186	0	0	186	571
Travel expenses	3,620	0	0	3,620	3,114
Subsistence costs	804	0	0	804	453
Volunteer expenses	0	0	0	0	0
Utilities	450	0	0	450	219
Rent	668	0	0	668	0
Rates	0	0	0	0	0
Insurances	496	0	0	496	96
Caretaking	37	0	0	37	0
Repairs & maintenance	0	0	0	0	0
Telephone / email	0	0	0	0	0
Postage	1,398	0	0	1,398	1,164
Stationery	29	0	0	29	629
Printing / photocopying	0	0	0	0	191
Website	0	0	0	0	101
Publicity costs	7,634	0	0	7,634	4,426
IT costs	2,010	0	0	2,010	1,301
Equipment purchases	1,695	0	0	1,695	733
Equipment repairs	0	0	0	0	0
Other costs	455	0	0	455	0
Purchase discounts taken	0	0	0	0	0
Admin Costs	0	0	0	0	0
Audit & accountancy costs	250	0	0	250	472
Trustees meeting expenses	115	0	0	115	72
Bank charges	1,022	0	0	1,022	364
Other professional fees	1,812	0	0	1,812	162
	24,961	0	0	24,961	14,218
S11 Other (exp.)					
Depreciation buildings	0	0	0	0	401
Depreciation office equip.	0	0	0	0	0
Depreciation vehicles	0	0	0	0	0
	0	0	0	0	401
S17 Transfers between funds					
Transfers between funds	3,476	-3,476	0	0	0
	3,476	-3,476	0	0	0

Finances

Charity no. 1196406
Mental Health Motorbike

Printed: 17/07/2026

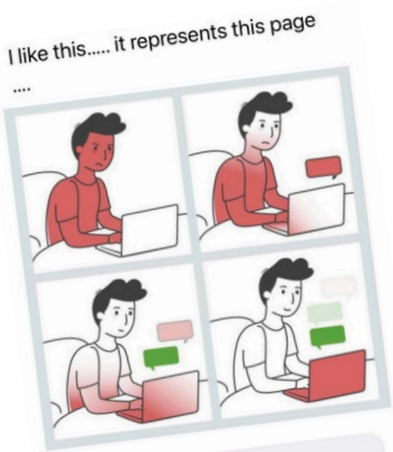
	Unrestricted funds	Restricted Income funds	Endowment funds	Total funds	Prior year funds
	£	£	£	£	£
Income and endowments from:					
Donations and legacies	91,200	0	0	91,200	59,271
Charitable activites	44,289	200	0	44,489	36,151
Other trading activities	4,744	0	0	4,744	9,994
Investments	669	0	0	669	856
Separate material item of income	0	0	0	0	0
Other	0	0	0	0	0
Total	**140,903**	**200**	**0**	**141,103**	**106,271**
Expenditure on:					
Raising funds	56,620	10,500	0	67,120	79,111
Charitable activities	24,961	0	0	24,961	14,219
Separate material item of expense	0	0	0	0	0
Other	0	0	0	0	401
Total	**81,581**	**10,500**	**0**	**92,081**	**93,731**
Net income/(expenditure) before investment gains/(losses)	**59,322**	**-10,300**	**0**	**49,022**	**12,540**
Net gains/(losses) on investments	0	0	0	0	0
Net income/(expenditure)	**59,322**	**-10,300**	**0**	**49,022**	**12,540**
Extraordinary items	0	0	0	0	0
Transfers between funds	-3,476	3,476	0	0	0
Net Movement in Funds	**55,846**	**-6,824**	**0**	**49,022**	**12,540**
Reconciliation of Funds					
Total funds brought forward	74,211	6,824	0	81,035	
Total funds carried forward	**130,057**	**0**	**0**	**130,057**	

2025 Testimonials

"Our charity builds mental health support by using motorbikes as a tool for engagement and creating a network of trained mental health first aiders who work as volunteers with the charity. Mental Health Motorbike is creating a community where individuals feel heard, supported, and empowered, where we create a stigma-free space and one where our community can talk openly about mental health."

Hi all, iv not wrote anything in quite some time. I really dont know where i would be right now if it wasnt for this group and the amazing people willing to help anyone at the drop of a hat.
Thanks so much Ken Finlayson and Heidi Limbert for all the one-to-one support i have gotten.
I now am settled with my partner and we now have a little boy.
Thank you all so much.

I like this..... it represents this page ....



[redacted] Thank you everyone for your Empathy here, you've made me feel a little less alone, I'm so grateful! 🙏😆👍
7 h Like 1

MHM Riders,

Thank you for providing an absolutely invaluable service and community for those of us struggling in today's world. Riding saved my mind and my life during 2020 and thereafter (I work in healthcare). This is such a fabulous organization and I have not been able to find an equivalent in the US or Canada.

If there is ever any inclination toward bring this program to North America, I would be very interested in getting involved.
Best wishes for your continued success!

[redacted] thanks alot for the help, i was in a very bad place and because of you and this group im doin really well and i get to see my boy grow up. Already got him into bikes haha

Karen Hodges
Life saving
1d Like Reply 2

Adrian Weeble Rigden
A lifeline
1d Like Reply 2

Kathryn Martin
A non judgmental supportive family
1d Like Reply 2

Vonnie Yvonne Nuttall
Always here ❤️
1d Like Reply 1

James McBride
Lifesavers
1d Like Reply 2

Gem Tyke Wildfire
Brilliant

Hey guys and gals, at my lowest point, I considered the darkness and the eterinty of ending it, during another night of beers, I stumbled across your Facebook page by chance.... 1 year later, I'm still here, got my license and my Rebel 500, Kyla.....the only time I truly feel alive is on her, addicted to the fusion between us, without your page, I wouldn't be here, and I've never met you. Ride safe. xx

I'm so proud to be part of Mental Health Motorbike . The Mental Health First Aid course is a fantastic set of skills not only for yourself but to help your friends, family and community. I've always been passionate about supporting Mental Wellbeing throughout my career . Now I get to combine this with my passion for motorbikes and working with such a great team of people . We are making a difference. You will not regret being part of the Mental Health Motorbike team . Book on your course today . 👊

The Future

THE FUTURE

We hope from this end of year report that the reach and impact of our amazing charity is evident. From day one, the intention has always been to do right by our community and we are learning from them everyday.

Our future is set by the needs of our community To ensure we continue to deliver a safe and effective service requires us to reflect over the past 4 years to take into account the learning to go forward. With this intention, the Trustees have begun to set out the future direction in the form of a strategic plan, encompassing such aspects as:

- Good governance, including policies, safe recruiting practices and safeguarding training
- Continuing to build relationships with industry organisations for the benefit of our members
- Expanding our reach in terms of presence at events to provide greater face to face opportunity through contact with our wonderful team of volunteers
- Carefully consider the resources required to deliver the plan so we don't fall short

Our future is bright and, with steady flow of income and a focus on what is right and important, we will continue to successfully evolve to offer support to our growing community.



Thank You's

- To all the board of Trustees, both past and present - your vision has enabled us to get to this stage
- To all our Mental Health First Aiders - your investment in this training will save a life at some stage and it is allowing us to draw on some amazing volunteers
- To our Regional Coordinators - you are the back bone to the operational delivery of our work and truly engaging your local community in our charity's work
- To the Area Coordinators who give so much throughout the year to deliver some incredible presentations and attend and run events in their local areas
- To our amazing administrators who are the unsung invisible face of of the charity working behind the scenes to make the magic happen
- To the team managing our finances and keeping the books balancing
- Thank you to all the stakeholders who are investing into the charity and enabling us to grow: without your support the charity would not be here
- Thank you to everyone else who has played a part in our charity's growth

But most importantly, thank you to our amazing community who have reached out for support to deal with adversity life has thrown at them. Reaching out and asking for help is the hardest and biggest step you have taken. Thank you for trusting us to give you that support



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