Russell enjoys paddle boarding, and likes a challenge, so has teamed up with his daughter Jo to take on the Big Ben Route on the stand-up Paddle board.

Russell, who turned 60 this year, chose to fundraise for Mates in Mind because he thinks it’s important that people who work for smaller organisations are still able to access help and support on mental health. He said:

“I’m lucky enough to work for a large organisation (Nationwide Building Society) which has the scale to take seriously and highlight the issues around mental illness, offering support when needed.

I’ve worked for small companies which do not have those resources or capabilities, but the issues are just as big, sometimes bigger – it would be great if they can get that help from somewhere”.

Russell intends to fundraise through sponsorship from family and friends – well done Russell and Jo, we can’t wait to cheer you on 29 September!

If you found Russell’s story inspiring and want to get involved, you can find more information about Regatta London here, or Mates in Mind’s other fundraising activities here.