Paddleboarding in support of mental health: Dan and Justin’s story

Dan and Justin, Paddling the 12-mile Big Ben Route of Regatta London for Mates in Mind in memory of their friend, Geoff Collins.

Dan and Justin are friends who enjoy stand up paddleboarding.

They were looking for a new challenge and heard about Regatta London so decided to sign up! They were also keen to do something to raise money for mental health and heard about Mates in Mind, so decided to fundraise for us!

This is why:

‘One of our friends, Geoff Collins (Big Geoff), committed suicide due to a personal circumstance in his life. This change of circumstances affected his mental health, and we wanted to do this to remember Geoff, and to raise awareness of mental health, particularly amongst men, as we are always too tough to talk about things that matter.

We want people to talk to their friends, as nothing is that difficult that it cannot be overcome by sharing and talking.’

We are delighted to have Dan and Justin as part of Team Mates in Mind and we wish them all the best in the Regatta!’
If you found Dan and Justin’ 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.