Helen Tyers will be kayaking the 12 mile Big Ben route for Mates in Mind

Helen Tyers is an inspirational lady, and we are so proud to have her as part of Team Mates in Mind for the Regatta London this September.

Helen will be competing in the Kayak singles 12 mile Big Ben route, with her husband alongside her. Helen took up kayaking 3 years ago as a form of rehab, one year after suffering from a massive stroke which Doctors said she was lucky to have even survived.

Helen says:

“Kayaking has given me a new lease of life and I can’t wait to take part in the Regatta London. My friends and family are thrilled for me to be taking on this challenge after what I have gone through with my physical and mental health - paddling what is almost a half-marathon in my kayak! It just shows what you can achieve with determination and with the right support”.
Helen and her husband Cliff (pictured) train twice a week on the river Trent at Holme Pierrepont close to where they live, and they can’t wait to take part in the first ever Regatta. Helen is already almost halfway to reaching her fundraising target of £300 with sponsorship from family and friends.

Helen chose to fundraise for Mates in Mind because of her own personal struggle with mental health which was caused by work. When working as a social worker, Helen was harassed and stalked over a number of years by someone who tried, unsuccessfully to get her struck off. This whole period took its toll on Helen’s mental health. Luckily, at the time Helen had an employer who was very supportive and helped Helen to get some professional help and treatment for what was diagnosed as post-traumatic anxiety. Helen’s mental health led to her having to take early retirement aged 50.

Now aged 56 Helen is determined to take on this personal challenge and #TakeontheThames with Team Mates in Mind, and we could not be happier to have her as part of our team.

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