



## Mates in Mind confirmed as headline charity for first ever 'Regatta London'

Mates in Mind is delighted to be announced as one of the three headline charities for Regatta London, the first ever mass- participation paddle sports event taking place on the iconic River Thames on 29 September 2019.

The event is open to anyone with an interest in rowing, stand up paddle boarding, kayaking or canoeing, and has been created to celebrate the river environment and raise funds for UK charities.

The date for holding this event is significant as 29 September is the only day when the Thames Barrier is closed. This means that for a set time there is no tide and also no other river traffic on the Thames, making this a truly unique experience on a major international river in a global city, as well as offering a safer environment for everyone taking part.

The race routes will start near Hammersmith Bridge (rowing) and Putney (kayaks and SUPs). The routes down the river are either 12 or 14 miles long, depending on vessel and ability, so will finish either at Greenwich or Putney, taking in many iconic London landmarks including Big Ben, Battersea Power Station, St Pauls Cathedral, London Eye, Tower Bridge and The Shard.

### Take on the challenge and join Team Mates in Mind

As a headline charity partner, Mates in Mind has a limited number of fundraising places in this event and is keen to hear from both experienced and would-be paddlers who want to get stuck in and join our team taking on this unique challenge.

The money raised will provide vital funds to enable us to continue breaking the taboo, addressing the stigma and changing the culture around mental health in workplaces across construction and similar industries.

**James Rudoni, Managing Director** of Mates in Mind says:

*"We are delighted to be involved in this first event of its kind on the iconic River Thames. It is a unique and symbolic event for Mates in Mind to be partnering.*

*"Participants will have the opportunity to take on this amazing challenge, often with vital support throughout their journey from friends and colleagues, knowing it's not necessarily about beating the clock, but about achieving something that they can all be immensely proud of.*

*"Overcoming the stigma and isolation so often associated with poor mental health can be incredibly hard work and personal. Here at Mates in Mind we understand the importance of sharing that difficult journey with others who can help and support individuals in overcoming personal mental health challenges in their own way.*

*"So, why not join Team Mates in Mind, seize this unique opportunity and support our work that is all about starting those conversations about mental health in workplaces across the country?"*

*"There are limited places for this event so don't delay, get in touch today to reserve your place."*

Places are available in all activities for a fee of £40 and a fundraising target of £300.

To find out more and register your interest, visit <https://www.matesinmind.org/join-the-action/regatta-london.html>.



## Notes to editor

### About Mates in Mind

1. Mates in Mind is a registered charity working in the UK that aims to provide clear information to employers on available support and guidance on mental health, mental illness and mental wellbeing, and how they can address this within their organisations. Mates in Mind looks to make sense of what options and support are available to employers wishing to promote improved mental health within their workforce.
2. To take the survey or share it amongst your apprentices, you can visit the Mates in Mind website or follow the survey link directly here:  
<https://www.surveymonkey.co.uk/r/matesinmind-apprentices>
3. Mates in Mind are offering apprentices the opportunity to win £250 of Amazon vouchers to one lucky apprentice participating in the survey.
4. Mates in Mind is a collaboration of founding partners: Health in Construction Leadership Group and British Safety Council and is supported by core partner charities Mind, Samaritans, Mental Health First Aid (MHFA) England and Inspire. It is also supported by construction industry charities and bodies and has various Mates in Mind business champions, including: Balfour Beatty; eight20; Galliford Try; Mineral Products Association; RSE Group; Sellafield; Tarmac; and Tideway. Quotes of support from these organisations are available on request.
5. Mates in Mind was the result of a Health in Construction Leadership Group summit in early 2017 for construction industry CEOs and senior leaders who voted overwhelmingly to improve the mental wellbeing of its workforce. At an event in January 2017, Mates in Mind was launched, and the pilot phase was started. Mates in Mind was featured in the *Thriving at Work* report published in October 2017.
6. More details on Mates in Mind is available at: [www.matesinmind.org](http://www.matesinmind.org)
7. Mates in Mind must only be referred to in acronym form as MinM.

### Mates in Mind's networks

Website: [www.matesinmind.org](http://www.matesinmind.org)

Twitter: [www.twitter.com/matesinmind](https://www.twitter.com/matesinmind)

Facebook: [www.facebook.com/matesinmind](https://www.facebook.com/matesinmind)

LinkedIn group: [www.linkedin.com/company/matesinmind](https://www.linkedin.com/company/matesinmind)

### Media requests

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### About Regatta London

[Regatta London](#) is founded by [Tideway](#), the company building the Thames Tideway Tunnel 'super sewer' to help tackle sewage pollution in the River Thames. The 25km tunnel, currently under construction from west to east London, will help protect the river for future generations, protect the wildlife that lives there and improve the conditions for paddlers. Paddlers are the next most closely affected community, often participating on polluted water ways.



The event is a unique opportunity to celebrate improving environmental standards and investment into London's largest natural space. It will set the highest levels of sustainability.

Two iconic routes are available, based on the level of experience - The London Crossing (starting near Hammersmith and finishing in Greenwich), and The Big Ben Challenge (looped course from Putney to Big Ben and back). Participants will get a unique experience, thanks to the planned test closure of the Thames Barrier.

For more information visit <https://regatta.london>