

Suicide prevention and awareness Charity Bike Night

M&M Motorcycles

26th September

6pm - 9.30pm

Music, bikes, tombola and more!

[Scan here to buy tickets for the fundraising raffle in support of this event](#)

Online raffle prizes include:

- VIP Brands Hatch Tickets
- Signed merchandise
- 1 x National Motorcycle Museum 'Friends Membership'
- Signed Scott Redding Race Visor, and MUCH MORE!



If you are in a mental health crisis,
call NHS 111 and select option 2

M&M
Motorcycles




Head to Toe
charity

NHS
Cambridgeshire and
Peterborough
NHS Foundation Trust

Suicide prevention and awareness Charity Bike Night

We are organising a free event to raise awareness of World Suicide Prevention day (10 September) by working with M&M Motorcycles in Waterbeach for a special bike night on **Thursday 26th September 2024.**

Cambridgeshire and Peterborough NHS Foundation Trust (CPFT) is a mental health and community NHS Trust, working across our region to support people with their physical and mental health needs. CPFT is supported by our NHS Charity, Head to Toe who have teamed up with Mental Health Motorbike to raise awareness of the impact of suicide, and how to find help if you need it.

Mental Health Motorbike use motorcycling as a means to engage with riders, to offer support to them or their immediate families, by providing a safe space online and opportunity to talk to others about how you feel. They also plan and organise ride-outs with the message: ***“it’s good to talk and it’s good to listen”***.

The event will be free to attend, there will be fundraising on the night, as well as an online raffle with fantastic prizes to raise money and awareness for these charities.

Come along and support this important cause.

Scan the QR code for our amazing raffle prizes and buy online tickets for £5.

Join us:

M&M Motorcycles

Unit 2a, The BP
Service Station A10,
Waterbeach,
Cambridge CB25 9PG

**If you are in a mental
health crisis call NHS
111, select option 2.**

**Call the Samaritans
on 116 123.**



WWW.CPFT.NHS.UK/OURCHARITY

Head to Toe Charity is a registered
UK Charity: 1099485

Head to Toe, Elizabeth House,
Fulbourn Hospital CB21 5EF

