



Peninsula Hot Springs fundraiser for mental health

# Ride for Relief 2024

6-day tour: Monday, 19 February – Sunday, 25 February 2024

1-day ride: Sunday, 25 February 2024





Peninsula Hot Springs, sharing its mission with community partner Mentis Assist, is hosting the 6th Ride for Relief, an annual charity cycling event to raise awareness and funds for supporting mental health and wellbeing.

One in two Australian adults experiences a mental disorder during their lifetime. 8.6 Australians die every day by suicide. That's more than double the road toll. Since 2020, there has been a growing number of people within Australia making use of established mental health services.

It's time to support people living with mental health challenges and make a difference to these devastating statistics together.



### The story behind Ride for Relief

"It's been 8 years since the passing of my brother and our co-founder, Richard Davidson.

It was a shock for everyone when he took his own life in February 2015 soon after he sold his shares in a business he helped steer through the first 18 years of conceptualisation and operation.

As an accomplished environmental scientist, Richard helped to create the vision for this remarkable business, transforming the landscape from pastoral land in 1997 to the regenerated oasis you see today, 26 years on. His lasting signature can be seen everywhere you look at Peninsula Hot Springs.

As we take a moment to reflect on Richard's contributions in creating Peninsula Hot Springs, it is important we acknowledge the very real mental health issues he faced, which ultimately led to the difficult and tragic choice he made.

With wellness at the heart of everything we do, Richard's passing drove our focus to supporting community physical and mental health and to identify how we can all contribute to helping those in need.

Championed by our Community Relations Director, Yuki, and supported by myself, business partners, our board, our leadership team and all of our Peninsula Hot Springs family, the desire to connect and build a strong and resilient community runs deep.

We chose the local organisation Mentis Assist as our mental health partner, and created the Ride for Relief event to raise funds and awareness for mental health and to emphasise the importance of caring for our physical wellbeing and connection to others.

I am passionate and committed to supporting those in the community facing mental health challenges like that with which Richard struggled. We are very grateful and happy to see more people, businesses and organisations joining us in delivering Ride for Relief and building awareness of this life-threatening yet common illness.

The intention behind Ride for Relief is to help build a connected, caring and loving community in which we can live in happiness and harmony together. "

**Charles Davidson**, Co-Founder & Chairman  
*Peninsula Hot Springs*

## the rides

Building on the success of the six-day tour delivery in the last two years, we will again offer two options of entry: six-day tour which will explore beautiful East Gippsland regions then traverse back to Peninsula Hot Springs (PHS) on the Mornington Peninsula via Phillip Island and a ferry across Western Port Bay; and one-day ride that takes riders in pelotons around the scenic terrains of the Peninsula.

On 25th February 2024, riders from both the six-day tour and one-day ride will finish at Peninsula Hot Springs, where participants will celebrate the achievements together over an acclaimed buffet-style lunch followed by recovery bathing in natural geothermal mineral-rich waters.

## the point of difference

Ride for Relief is unique as it offers a combination of riding and natural hot springs bathing, which assists a perfect recovery that provides **significant benefits** for mental and physical wellbeing.

It is a boutique event that allows only a small number of participants riding together and connecting through the event.

This creates an intimate team environment in which mental health can be discussed and personal stories can be shared on and off the bicycle.






## event summary

	6-day tour	1-day ride	1-day walk
<b>Event dates</b>	Monday, 19 February - Sunday, 25 February 2024	Sunday, 25 February 2024	Sunday, 25 February 2024
<b>Ride routes</b>	Starting from Metung in Gippsland and finishing at Peninsula Hot Springs in Mornington Peninsula. The course will be confirmed soon.	Starting and finishing at Peninsula Hot Springs a 108km and 1167m (elevation) ride in Mornington Peninsula.	Starting and finishing at Peninsula Hot Springs
<b>Capacity of a peloton</b>	27 riders and 3 support crew in one peloton. If capacity is reached a stand-by list will be created.	27 riders and 3 support crew in one peloton. If capacity is reached a stand-by list will be created.	
<b>Entry fee</b>	\$650	\$240	
<b>Early bird entry</b>	\$550 if entered by 30th September	\$220 if entered by 30th September	
<b>Entry closure</b>	13th December	13th December	
<b>Fundraising target per rider</b>	\$3,000	\$500	
<b>Event inclusions</b>	<ul style="list-style-type: none"> <li>• Transport from PHS to a starting point</li> <li>• Ride with on-road support vehicles and crew including lead riders, mechanic and first aid</li> <li>• Accommodation and all meals for 6 nights</li> <li>• Luggage transportation between tour locations</li> <li>• Rest stop snacks, water and nutrition supplies (bars &amp; gels)</li> <li>• Recovery bathing at Metung Hot Springs on Day 0 and Day 1</li> <li>• Lunch function and recovery bathing at PHS on Day 6</li> <li>• 2 sets of quality event jersey and knicks</li> <li>• Quality event vest</li> <li>• 2 pairs of quality event socks</li> <li>• Cycling training plan</li> <li>• 2 off-bike tee shirts</li> </ul>	<ul style="list-style-type: none"> <li>• Ride with on-road support vehicles and crew including lead riders, mechanic and first aid</li> <li>• Coffee &amp; cake stop at a café</li> <li>• Water and nutrition supplies (bars &amp; gels)</li> <li>• Lunch function and recovery bathing at PHS following the ride</li> <li>• Quality event jersey</li> <li>• Quality event socks</li> <li>• Cycling training plan</li> </ul>	<div>  <p>new addition! more details coming</p> </div>



We acknowledge the Gunaikurnai people, the traditional custodians of the Gippsland regions, and the Boonwurrung people of the Kulin Nation, the traditional custodians of the Mornington Peninsula, the lands which we traverse with the Ride for Relief event. We pay our respects to their Elders both past, present and emerging.





"Awesome event from start to finish, wonderful cause, fun people, classic course, safe and the most divine food and to top it off a soak in the thermal mineral springs to ease the body and mind... spectacular!"

## 6-day tour

On Monday 19 February, the team will depart PHS onboard the team bus, headed for Metung to enjoy the Metung Hot Springs prior to a community celebration dinner to kick off the ride.

### the experience begins

#### Monday, 19 February

The team will meet at Peninsula Hot Springs before boarding the team bus to start the drive up to Metung. After checking into our accommodation, the team will make their way to Metung Hot Springs to soak in the thermal springs in preparation for the six-day ride ahead.

You will need to attend the rider briefing which will provide you with details of the first stage route and rider etiquette and introduce you to the Support Crew who will be looking after you. We will then enjoy our first team dinner with the local community as we celebrate the start of the ride and help raise money for a local mental health charity. We encourage you all to sit with people you don't know so you get to meet a great new bunch of people who you can call friends after this adventure.



stage 1

**Tuesday 20th February**

stage 2

**Wednesday 21st February**

stage 3

**Thursday 22nd February**

stage 4

**Friday 23rd February**

stage 5

**Saturday 24th February**

stage 6

**Sunday 25th February**

\*The tour details will be provided soon







"Ride for Relief was a terrific experience, and even though I didn't really know anyone at the start, I felt very looked after and at home and loved getting to know the other riders on the ride."

## 1-day ride

On the morning of Sunday 25 February 2024, participating riders will meet at Peninsula Hot Springs to take off on a spectacular scenic ride around the Mornington Peninsula.

(A second 108km peloton will be organised if enough bookings are received.)

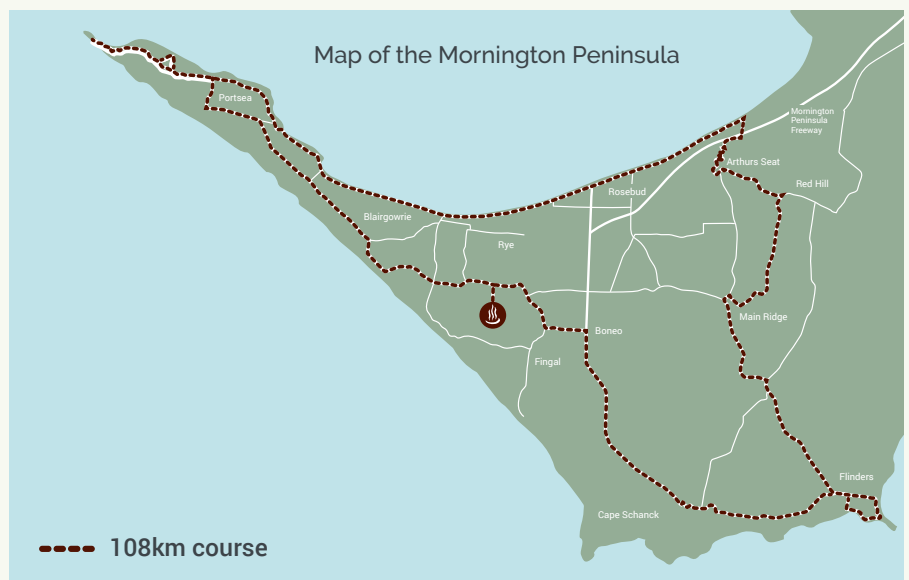
The one-day ride will explore the picturesque Mornington Peninsula, which has Bass Strait on one side and Port Phillip Bay on the other offering beautiful stretches of beaches, charming seaside villages and gorgeous countryside with established vineyards and farmland in Red Hill.

The 108km course takes you to some of the top-rated attractions and towns of the region such as Sorrento, Point Nepean National Park and Flinders golf course.

It includes the challenges of hill climbing including Arthurs Seat and the 'corkscrew' section of Boneo road near Cape Schanck.

This professionally arranged and fully supported ride is managed by cycling event specialist **Connect Sport Australia** and includes lead riders, a bike mechanic and a first aid specialist.

The ride will finish at PHS, where participants and support team members get together and enjoy a celebrating presentation over lunch followed by a relaxing recovery bathing in natural geothermal mineral-rich waters.



\* Subject to demand – minimum 10+ riders required per ride



## Fundraising terms and conditions

**Ride for Relief is an event that raises awareness of mental health challenges and funds for Mentis Assist.**

**Each rider is asked to achieve a specified fundraising target and meet the conditions outlined below.**

**A portion of the total funds raised will go towards the associated running costs of the event. This enables riders to be offered a reduced registration fee that is equal to just over half of the actual cost per entry of the ride per person.**

### Fundraising terms and conditions

#### 6-day tour riders

- You agree to a minimum fundraising commitment of \$3,000.
- You will pay a non-refundable registration fee within seven (7) days of being notified that you are a successful applicant to participate in the Ride for Relief 2024 event. If you do not pay your registration fee within this time, PHS reserves the right to cancel your application.
- You agree to meet the following fundraising milestones (or provide plans for fundraising activities to reach your target):
  - \$1,000 by end of September 2023
  - \$2,000 by end of December 2023
  - \$3,000 by 18th of February 2024 (a day before the tour starts)
- If a fundraising target of \$4,000 is achieved, a voucher for a 'Harmony' spa package at PHS (60 mins treatment, dine and bathe) will be offered in recognition of your efforts.
- If a fundraising target of \$5,000 is achieved, a voucher for a 'Harmony' spa package for two at PHS (60 mins treatment for two, dine and bathe for two) will be offered in recognition of your efforts.

- If a fundraising target of \$6,000 is achieved, a voucher for an overnight stay for two at PHS glamping accommodation (including breakfast, wellness classes and bathing) will be offered in recognition of your efforts.
- You understand that should you fail to meet the minimum fundraising commitment (or do not have suitable plans in place to achieve your goal), you will not be able to participate in the event or may be reduced to the one-day option subject to the amount raised and availability.

#### 1-day riders

- You agree to a minimum fundraising commitment of \$500.
- You will pay a non-refundable registration fee within seven (7) days of being notified that you are a successful applicant to participate in the Ride for Relief 2024 event. If you do not pay your registration fee within this time, PHS reserves the right to cancel your application.
- If a fundraising target of \$1,000 is achieved, 2x PHS Bath House bathing vouchers will be offered in recognition of your efforts.
- If a fundraising target of \$1,500 is achieved, in recognition of your efforts, a 'Harmony' spa package at PHS (60 mins treatment, dine and bathe) will be offered.
- If a fundraising target of \$3,000 is achieved, a 'Harmony' spa package for two at PHS (60 mins treatment for two, dine and bathe for two) will be offered in recognition of your efforts.
- If a fundraising target of \$4,500 is achieved, a voucher for an overnight stay for two at PHS glamping accommodation (including breakfast, wellness classes and bathing) will be offered in recognition of your efforts.

- If a fundraising target of \$6,000 is achieved, a \$1,000 PHS gift certificate will be offered in recognition of your efforts.
- You understand that should you fail to meet the minimum fundraising commitment (or do not have suitable plans in place to achieve your goal), you will not be able to participate in the event.

#### Fundraising support

To assist you in meeting your fundraising commitment, Peninsula Hot Springs and Mentis Assist will provide you with fundraising support including:

- A dedicated Ride for Relief fundraising website with Grassrootz, a sophisticated online fundraising platform, which allows you to create your own personalised fundraising page to share with your family, friends and colleagues.
- A fundraising handbook specifically prepared by Mentis Assist for Ride for Relief participants, providing you with ideas on how to plan your fundraising activities.
- Tips and tricks from past participants who have achieved success with their fundraising efforts for Ride for Relief.
- An online Ride for Relief Fundraising Raffle with great prize items. All the raffle tickets you sell will be added to your fundraising total.
- Dedicated support through Mentis Assist for any queries you may have along your fundraising journey.





Each year one in five Australians will experience a mental illness, and 45% of Australians will suffer from a mental illness in their lifetime. An estimated 54% will suffer in silence and not seek treatment or support.

That means you or someone you know is suffering.

In partnership with Peninsula Hot Springs, Mentis Assist is committed to changing the lives of people with mental illness. Together we are building stronger and more resilient individuals and communities.

Thanks to your generous donations, Mentis Assist has been able to provide some of the most vulnerable people in our community with the opportunity to access services they would not otherwise be able to afford.

100% of all funds raised go directly towards helping their clients.

With the funds raised from our Ride for Relief event Mentis Assist has developed an event partnership program by employing two staff members that are assisting in addressing the barrier to participation, reducing social isolation and developing skills to support social, civic and economic participation.

Individuals experiencing psychosocial disability as a result of mental health issues are supported, over a two-month engagement period (on average), to participate in the community and work towards becoming and/or remaining independent and engaged.

With your help, Mentis Assist have already been able to provide:

- Specialist neuropsychiatric, psychiatric and Occupational Therapy Assessments required for access to the National Disability Scheme (NDIS);
- Driver's license fees to build independence in the community;
- Computers and laptops to meet study goals and improve employment opportunities;

- House moving and set up costs for clients to live safely and independently;
- Food access to help with nutrition and encourage a healthy lifestyle;
- Respite care for carers of those with mental illness to provide a break from the stress of daily challenges.

### about Mentis Assist

For more than 35 years Mentis Assist has provided specialised mental health support for thousands of the most seriously affected people seriously affected with mental illness across South East Melbourne.

Working with a network of professionals, together with the client and their personal support network, Mentis Assist help individuals to recognise their own values, strengths and goals, with an emphasis on improving health and wellbeing, independence and meaningful relationships with family and significant others.

Mentis Assist has a range of mental health services that meet the individual needs of people with severe mental illness. Their programs focus on the client's recovery journey so that they can become the best version of themselves.

Your generosity provides Mentis Assist with flexible funding to help support those living with mental illness to access treatments, re-engage in their community, re-build their lives and to ultimately reduce the number of people who lose their lives to suicide each and every year and instead provide them with hope for the future.

**Melissa's\* story is just one example of how Mentis Assist, alongside other professionals, work with experiencing mental illness to achieve the best outcome.**

Melissa\* is a single woman in her late 40s, who was diagnosed with schizophrenia in her 20s and has been admitted to hospital multiple times over the years.

Although Melissa's is in full remission when it comes to her psychotic symptoms, she continues to experience periods of high anxiety and post psychotic depression following each additional psychotic episode, leading to an overall reduction in her day to day functioning.

Prior to Melissa's first episode of psychosis, she had completed undergraduate studies, was working full time and had a supportive network of friends and family. However, following her mother's death, her substance misuse increased and she continued to use cannabis until her referral to Mentis Assist.

Mentis Assist provided Melissa with regular appointments with an experienced clinician who monitored her mental state and compliance with medications. Melissa was also linked to a psychologist for assistance with her longstanding trauma and anxiety, as well as a drug and alcohol service to address her cannabis misuse.

Mentis Assist also arranged a supportive GP for Melissa, who was able to sustain the professional relationship throughout the Covid outbreak, thanks to funds sourced from Ride for Relief, Melissa was connected with a psychiatrist for ongoing review.

Melissa has recently been approved for an NDIS package.

*\* Not her real name*

For more information about Mentis Assist visit [www.mentisassist.org.au](http://www.mentisassist.org.au) or call **1300 MENTIS (1300 636 847)**

Partners in  
supporting  
mental health  
awareness





To help raise awareness of Ride for Relief on the road and to encourage a sense of team spirit, you will be provided with and expected to wear the quality custom designed kit throughout the event.

## 6-day riders will receive:

- 2x event jersey, 2x bib-shorts, 2x socks and 1x event vest
- 2x off-bike uniform (team T-shirts)

## 1-day riders will receive:

- 1x event jersey and 1x socks

Both 6-day and 1-day riders will have the option to purchase additional items via an online store prior to the event.

## Sizing

**Kit** (jersey, bib-shorts and vest) is offered in both men's and women's sizing, ranging from X Small, Small, Medium, Large, X Large, 2X Large and 3X Large. Opt for the smaller size if you like a tight fit and a larger size if you like a looser fit.

### Available Options (for men and women)

- Race Cut and Club Cut: Race cut is a tighter, shortened, closer fitting cut while the Club cut is a longer more relaxed fit.

Please note Race Cut jersey is made to fit tightly for your body. You might like to select one size up from your normal order size. No exchange can be made with your order.

- For women, an option to order shorts (strapless) instead of bib-shorts is available.
- For bib-shorts/shorts, there is an option to select extra short or extra long length.

**Event socks** are available in unisex sizing, ranging from X Small, Small, Medium, Large and X Large.

**Off-bike tee** is offered in both men's and women's sizing ranging from XS, S, M, L, XL, 2XL and 3XL.

[Click here for more sizing information.](#)

The partner logos are to be updated with 2024 event partners.

## event jersey



## event bib-shorts



## event vest



## event socks

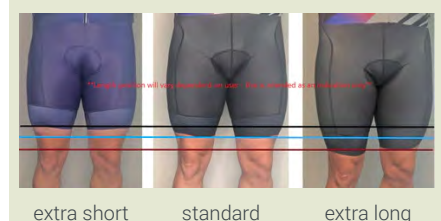


## off-bike tee



## bib/bike short lengths

You will receive a bib/bike short in the standard length, if you don't select an option for an extra or extra long short.



Peninsula Hot Springs fundraiser for mental health

# Ride for Relief 2024

**Monday 19 February – Sunday 25 February 2024**

**6-day tour** Rider expression of interest



  
save your  
spot for  
2024

## personal details

Name:	<input type="text"/>	
Address:	<input type="text"/>	
	<input type="text"/>	
State:	<input type="text"/>	Postcode: <input type="text"/>
Phone:	<input type="text"/>	
Email:	<input type="text"/>	
DOB:	<input type="text"/>	
Company:	<input type="text"/>	
Occupation:	<input type="text"/>	
Position:	<input type="text"/>	
Special dietary requirements:	<input type="text"/>	

## tour participation ability

How many kilometres do you ride weekly?	<input type="text"/>	
Ride for Relief requires you to ride in a group of 30 riders – are you confident riding in a group?	<b>yes</b> <input type="checkbox"/>	<b>no</b> <input type="checkbox"/>
Are you capable of riding 100km – 150km in a day over 6 consecutive days?	<b>yes</b> <input type="checkbox"/>	<b>no</b> <input type="checkbox"/>
Are you available between Monday 19 February – Sunday 25 February, 2024?	<b>yes</b> <input type="checkbox"/>	<b>no</b> <input type="checkbox"/>
Are you willing to get along with other tour participants and support crew over the 6 days?	<b>yes</b> <input type="checkbox"/>	<b>no</b> <input type="checkbox"/>
Will you be able to share a twin room with another tour participant of the same gender? <i>(unless you are entering the event with your partner and sharing a room.)</i>	<b>yes</b> <input type="checkbox"/>	<b>no</b> <input type="checkbox"/>
If you are unable to keep up with the group you may be required to take a break in the support car as there will be no pushing assistance from lead riders.		



Peninsula Hot Springs fundraiser for mental health

# Ride for Relief 2024

**Sunday 25 February 2024**

**1-day option (108km ride)** Rider expression of interest



## personal details

Name:	<input type="text"/>		
Address:	<input type="text"/>		
	<input type="text"/>		
State:	<input type="text"/>	Postcode:	<input type="text"/>
Phone:	<input type="text"/>		
Email:	<input type="text"/>		
DOB:	<input type="text"/>		
Company:	<input type="text"/>		
Occupation:	<input type="text"/>		
Position:	<input type="text"/>		
Special dietary requirements:	<input type="text"/>		

## ride participation ability

How many kilometres do you ride weekly?	<input type="text"/>	
Ride for Relief requires you to ride in a group of 30 riders – are you confident riding in a group?	<b>yes</b> <input type="checkbox"/>	<b>no</b> <input type="checkbox"/>
Are you capable of riding 108km in a day?	<b>yes</b> <input type="checkbox"/>	<b>no</b> <input type="checkbox"/>
Are you able to consistently and confidently ride at 25-30km/ph (on flat) in a group?	<b>yes</b> <input type="checkbox"/>	<b>no</b> <input type="checkbox"/>

If you are unable to keep up with the group you may be required to take a break in the support car as there will be no pushing assistance from lead riders.