



PENINSULA
HOT SPRINGS



Walk for Relief 2025

Peninsula Hot Springs fundraiser for mental health

Walk for Relief:

Sunday, 23 February 2025



Peninsula Hot Springs, committed to supporting mental health and wellbeing and sharing its mission with charity partner Mentis Assist, is hosting its second annual Walk for Relief in February 2025.

Walk for Relief aims to raise awareness and funds to make a difference in the quality of life of people facing the conditions every day. The fight to overcome mental health challenges is as imperative as ever, with half of Australian adults encountering a mental health disorder at some point in their lives.



The story behind Ride for Relief

"It's been 10 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, 28 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 & Chair Peninsula Hot Springs

the walk

After the resounding success of our first Walk for Relief in 2024, we are delighted to announce the continuation of this family-friendly event on Sunday, 23rd February 2025. Once again hosted at the enchanting Point Nepean National Park, this 10km walk takes participants along breathtaking ocean views while supporting the dedicated work of Mentis Assist, increasing accessibility and awareness of mental health support.

the point of difference

Walk for Relief is unique as it combines the physical challenge of riding and walking with natural hot spring bathing, assisting with gentle recovery that has **significant benefits** for not only physical well-being but also mental well-being.

The structure of this event facilitates conversation and community, allowing participants to connect. This creates an intimate and safe environment in which mental health can be discussed and personal stories can be shared.



event summary

	Walk for Relief
Event dates	Sunday, 23 February, 2025
Experience	A 10km walk along the stunning Pt Nepean National Park in Portsea, strolling the hystorical coastal path surrounded by nature and the wild ocean view - an ideal activity to share with family and friends. An optional entry including post-walk hot springs bathing is available.
Capacity	Welcoming many participants
Entry fees	Walk only - \$50 (adult) Walk only - \$25 (child 5 - 15) Walk only - \$150 (family of four) Walk & Bathe - \$125(adult) Walk & Bathe - \$75 (child 5-15) Children 5 and under are free
Early bird entry	No early bird offer
Entry closure	Sunday, 23 February, 2025
Fundraising target per rider	Any amount raised by each walker is appreciated. Every \$200 you fundraise, you will go into the draw to win a Peninsula Hot Springs luxury accommodation package.
Event inclusions	<ul style="list-style-type: none">• Welcome to Country ceremony• Yoga stretch class by an instructor before the walk commences.• The first 200 entries will receive a free event T-shirt.• Bathe in the geothermal water at Peninsula Hot Springs following the walk (if you opt for the <i>Walk and Bathe</i> entry).

* 2025 uniform details will be added to the brochure soon.



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.



Walk for Relief

Sunday, 23 February 2025

Walk
Registration

Walk & Bathe
Registration

A 10km walk in the stunning Pt Nepean National Park was added new to Ride for Relief in 2024 with great success being participated by over 120 walkers undertaking the pristine trek.

It opened the door for more people, not just road riders, to join the community event, which naturally ignited a conversation for a common cause, paving the road towards improving mental health one step at a time.

For the 2025 event, Walk for Relief is scheduled for Sunday, the next day after the Ride for Relief event conclusion, allowing the riders and their families to participate, enjoy the walk and support the cause together.

The walk event will start with a Welcome to Country ceremony to pay respect to the traditional landowner. It will be followed by a yoga stretch before promenading to the scenic beachside path of Pt Nepean National Park. The walkers will stroll the path, flanked by a crystalline bay and marine sanctuary on



one side and a wild ocean on the other – all in the name of mental health.

There is an optional, 'Walk for Relief & Bathe', for those who want to recharge their leg muscles after walking by soaking in the mineral-rich geothermal

water at Peninsula Hot Springs.

Sign up for Walk for Relief for \$50 or Walk for Relief and Bathe for \$125 and share the experience of supporting a significant cause with friends and families.



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.

Where your donations go

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 develop a new program - Breaking Barriers. This program provides one-to-one case management to some of the most vulnerable people in our community and assists them to access services and supports. The funds you raise go directly towards helping the Breaking Barriers clients. Staff in the program assist with addressing their client's barriers to participation in receiving help, accessing the community, overcoming social isolation, and building their civic and economic participation.

About the Breaking Barriers Program

Individuals experiencing psychosocial disability because of mental health issues are supported, over a three month period (on average) in the Breaking Barriers program. Together with their Breaking Barriers mental health practitioner, they develop a goal plan to improve their mental health and work towards becoming and/or remaining independent and engaged. With your help, the Mentis Assist Breaking Barriers program has already been able to provide:

- Specialist neuropsychiatric, psychiatric and Occupational Therapy Assessments required for access to the National Disability Insurance Scheme (NDIS);
- Driver's license fees to build independence in the community;
- Computers and laptops to meet study goal needs 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 people with mild, moderate, and severe mental illnesses across South East Melbourne.

Mentis Assist helps these vulnerable clients to navigate the mental health system and links people with clinical and community mental health services, as well as wider system networks including housing, drug and alcohol programs, family violence, Centrelink, and more. Addressing these issues helps the individual to recognise their own worth, 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 specific needs of people with mental health issues. 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 provide the most appropriate support to those living with mental illness and help them access the treatments they need, re-engage within their community, and re-build their lives. Ultimately Mentis Assist programs reduce the number of lives lost to suicide each year and instead provide them with hope for the future. 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 or call **1300 MENTIS (1300 636 847)**

Partners in supporting mental health awareness

