

Join the Big Bike Ride on Sunday 24th April 2022

and raise money for the Angela Harrison Charitable Trust



Join us for a fun, family day out cycling the Camel Trail raising awareness and funds for Post Natal Depression. We meet at Padstow car park at the start of the Camel Trail at 10 am. Bring a picnic and do as much of the trail as you feel like.



Wristbands for all participants and light refreshments provided at Wadebridge. Bring your own bike or contact the following to organise a hire bike

<https://www.padstowcyclehire.com/#> <https://www.trailbikehire.co.uk/>
<http://www.bridgebikehire.co.uk/>

Download a sponsor form and find out more about us at www.help4mums.org

See you there!!

The Angela Harrison Charitable Trust was founded in 2005 and is registered charity number 1114051. Since then, the charity has worked to improve mental health services for pregnant women and new mums across the county. It runs study days to train health professionals in awareness and treatment of post-natal depression which affects one in five women during pregnancy and after they have given birth.