

Year End Report

2024



Registered Charity No. 1196406

Introduction

by deputy Chair, **Anne Moore**

Mental Health Motorbike has developed significantly throughout 2024. We are a free face to face and online Mental Health First Aid support charity and aim to support the wellbeing of the biker community. After a promise by our founder, Paul Oxborough, in response to the death by suicide of Dale Caffrey, a personal friend, in October 2019, becoming a charity in March 2020 and then being officially registered with the Charity Commission in November 2021, the charity has grown in every way over the last year.

Our Trustee board has grown, and this has ensured a wider range of skills, knowledge and expertise to support the charity's governance.

We are very proud of the structure that we have created with our Trustees, Regional Coordinators and Area Coordinators; this provides a model which will enable us to continue our growth over the whole of the UK in the coming years. Plus, a new Social Media team was set up to ensure that awareness of our charity, our events and mental health issues are better promoted to a wider audience.

Mental Health First Aid Training continues, and the number of people trained and volunteers for the charity has grown and we will exceed our initial target of 1,000 Mental Health First Aiders trained before the end of 2025. We are an active presence in more areas of the country and the number of events has grown, which raises awareness and offers wider support.

The number of people joining the Mental Health Motorbike Peer Support Group continues to increase as awareness of the charity grows.

We continue to fundraise at a grass roots level.. Our structure of Regional and Area coordinators allows us to be at more in-person events, raising the awareness for the charity, but also increasing our non-restricted funding base. This enables us to continue offering Mental Health First Aid training as well as giving us the opportunity to spread our message further afield.

We acknowledge that such funding is more volatile and expect the coming years to be harder, but also for the need for our services to increase. In the future we will be looking for more Grant opportunities to provide some income stability.

It has taken over four years to get to this point but the need for the charity within the motorbiking community is very clear as more and more people are requesting support. Our volunteers are the foundations of the charity who give up their time to enable Mental Health Motorbike to run events, support online and support with training as well as the administration involved.

As a charity, our ultimate goal goes back to the promise by our founder, Paul Oxborough, to try and prevent other families going through the pain and grief caused by suicide. This never goes away as a single suicide leaves so many unanswered questions: could I, should I, what if... and there will never be a resolution to these questions. We aim to be there for people before they see suicide as the only and very final option.

This report will share some of our work, the impact, the challenges and the way we are making a difference. We will share our financial position in the hope you will then join us and get involved in supporting what is a trailblazing, original and lifesaving charity which we are proud to call Mental Health Motorbike.



Anne Moore

Deputy Chair of the Board of Trustees

The state of mental health

Common mental health conditions (CMHCs) remain widespread: around **22.6% of adults screened positive in 2023/24**, with especially high levels in young adults; men's rates are lower than women's overall but still substantial.

Men still face the highest mortality risk from mental health conditions: in 2023 the **male suicide rate rose to 17.4 per 100,000** (vs 5.7 for females), the **highest since the late 1990s**. Age-specific risk **peaks for men aged 45–49** (25.5 per 100,000).

By contrast, survey-reported past-year **suicidal thoughts have climbed in both sexes**; among 16–74s they increased to **6.7% in 2023/24**, with **men at 7.1%** and women at 6.3% on face-to-face measures. Past-year **suicide attempts doubled to 1.0% overall**, with similar point estimates for men and women. Lifetime self-harm (non-suicidal) reached 8.8% in men (vs 11.7% in women), with the steepest increases in younger age groups.

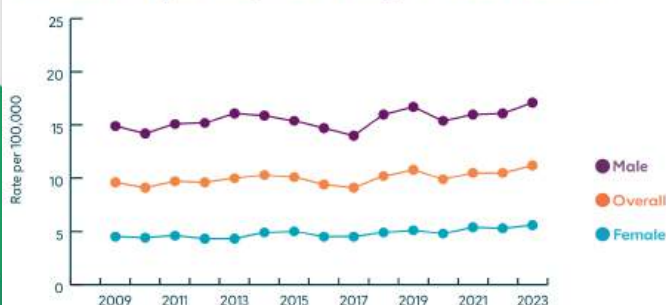
Help-seeking is a clear gap for men: after a suicide attempt, **only 41.0% of men reported seeking any help** (vs 59.1% of women). Economic strain matters too; **unemployed and economically inactive adults report far higher lifetime suicidal thoughts/attempts/self-harm**, with the employment–attempted-suicide link stronger for men.

Finally, among those with CMHC symptoms, men and women were similarly likely to receive treatment, but **treatment coverage still lags need at population level**—medication is more common than psychological therapy.

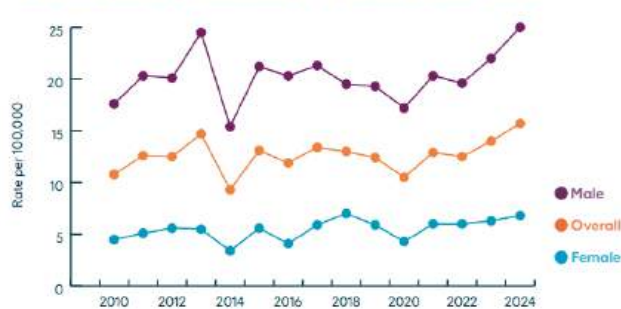
Males are
3 times
more likely to die by suicide
than females



Suicide rate per 100,000 in England 2009–2023



Suicide rate per 100,000 in Wales 2010–2024



Notes about data: Data source – Office for National Statistics (ONS). Suicide refers to deaths where the underlying cause is intentional self-harm and events of undetermined intent. Data represents suicide registrations. Increases/decreases are based on one year of data. These may not indicate longer term trends and may not be statistically significant. Overall rates for male, female and all persons are age standardised. Rates broken down by age group are crude.

Note about fluctuations shown in graphs: Smaller populations often produce rates that are less reliable, therefore differences in the number of suicides may have a bigger impact on the rate than in larger populations. The male and female suicide rates for Wales show a volatile pattern due to the relatively smaller number of deaths.

Our mission & objectives

Mental Health Motorbike is a **free mental health first aid support charity** for the biker community throughout the UK. We exist to create meaningful and purposeful opportunities, for all bikers, so that together we grow the wellbeing of the biker community. We do this through 1 to 1 and peer support, events, training activities and projects, working in partnership with other organisations and clubs.

We exist to:

Promote the **wellbeing benefits** of motorcycling

Provide a **network of support** for bikers, by bikers

Improve wellbeing within the motorcycling community

Our values



Maintenance & recovery

Looking after our bike and ourselves, keeps us running well



Integrity

Designed by bikers, for bikers



Being human

We are all as individual as the bikes we ride



Hope

We look forward to the journey and the road ahead



Connection

Bikes are the glue that hold us together

Strategy



Mental Health Peer Support group

The Mental Health Peer Support Group at Mental Health Motorbike serves as a vital resource for individuals navigating the challenges of mental health issues through community connection and sharing.



Mental Health First Aid training

By training people in Mental Health First Aid, we help create a greater understanding of mental health, and provide a toolkit to support people suffering from mental ill health.



Events

Being visible at as many events as possible helps create a wider brand awareness and recognition of our work.



Financial security

We work very hard to sell merchandise (which also improves our brand awareness) and deliver a large amount of presentations to clubs, retailers and other organisations which helps us maintain a healthy bank balance.

“ I probably wouldn't be here without you. Definitely the best thing I did, joining this group ”

Peer Support Group member, Jan 2023

Goals & ambitions

Governance and leadership

- Ensure the governance of the charity is fully compliant with Charity Commission requirements, regulations and legislation.
- Establish and maintain a well-informed, robust staffing structure to direct, govern, administer and deliver the charity's goals.

Funding & Partnerships

- Secure delivery of the charity's goals through a balanced mix of donations, grants, sponsorship and unique partnerships.
- Seek opportunities to work in partnership with interested parties to undertake research relevant to the community Mental Health Motorbike serves.

Services & Delivery

- Clearly define the services offered by Mental Health Motorbike to provide clarity for stakeholders and beneficiaries.
- Continue to train Mental Health First Aiders and deliver refresher programmes.
- Expand national coverage by investing in and building a network of volunteer coordinators.

Awareness & Influence

- Increase awareness and reach of the charity with the public, industry, partners and other stakeholders.
- Increase the value of the charity in the eyes of others to secure wider invitations to events

Evidence & Impact

- Collect and analyse data to evidence the impact of the charity's activities and support future development.

Progress & impact



Social media milestones

Our reach on Facebook (people that saw any of our content) was **328.8k in 2024**, an increase of **176.9%** from 2023

People interacted with our Facebook posts **32.9k times** (commenting, reacting/liking, or sharing), an increase of **144.1%** from 2023

On Instagram, our reach (people that saw any of our content) was **13.4k in 2024**, an increase of **293%** from 2023



Peer Support Group milestones

3463 members of peer support group at end of 2024

Average of **12 posts per day** by end of the year



Events and other milestones

We attended **216 events** around the country in 2024

302 Mental Health First Aiders were trained during the year, bringing the total number of MHFA's trained during 2023 and 2024 to **743**. all made possible by the subsidy provided by Mental Health Motorbike, which made the courses affordable for so many

14 new Regional Coordinators were appointed

The **Area Coordinator role was expanded** to support the structure and **2 Area Coordinators** were appointed

2 new trustees were appointed in April 2024 bringing the total to 6.

In July 2024 the Trustees held a **strategy day** hosted by the SMP Alliance where our ongoing strategy was discussed

An **interactive map** was introduced showing where coordinators, trustees and other roles are situated geographically

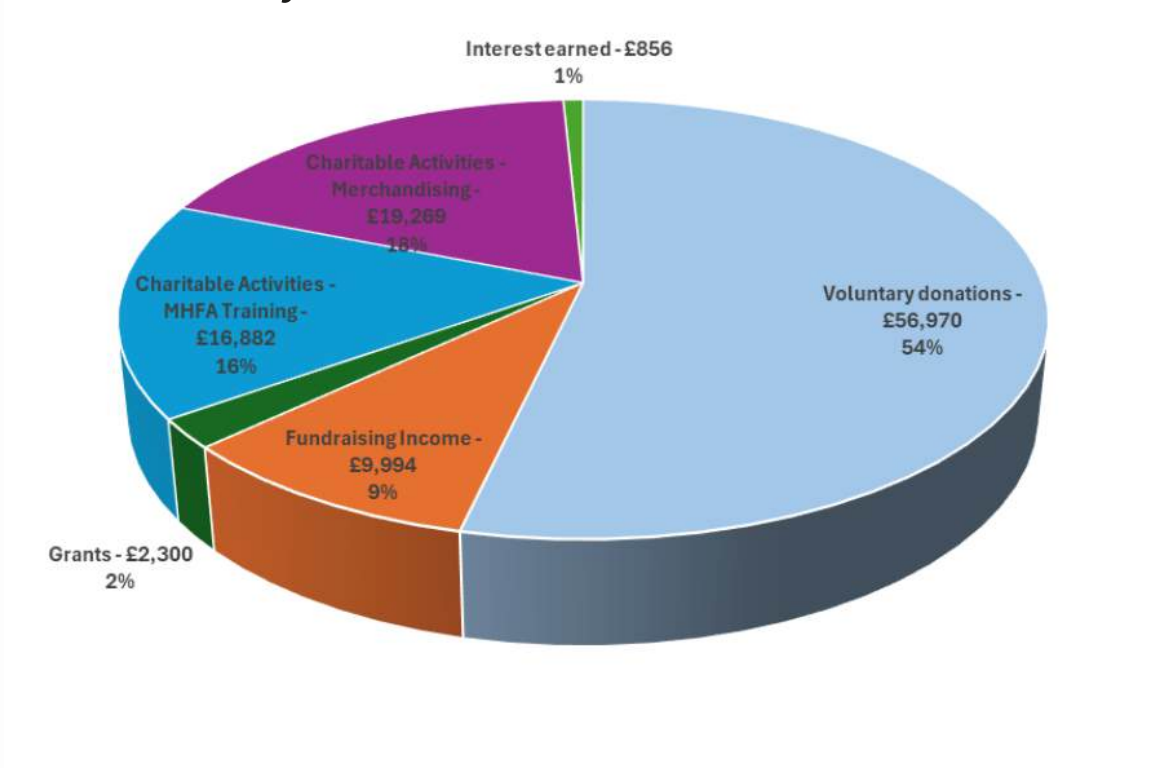
Welsh MHFA set up with the assistance of a grant received from the People's lottery in December 2023

73 Welsh MHFA were trained

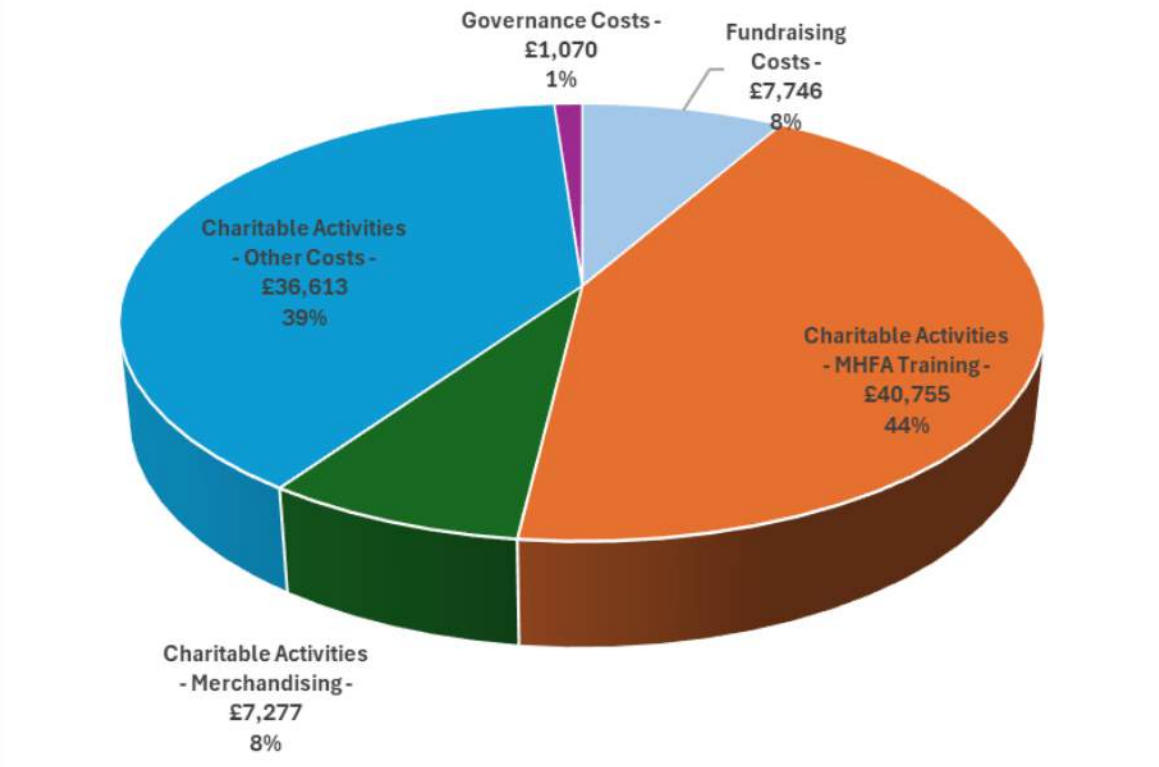
1 Welsh Regional Coordinator was appointed

Financial summary

Income summary



Expenditure summary



Testimonials

“

You are doing brilliant things and helping so many people day to day. I am glad I found you

”

“

When I first volunteered with you, many people approaching the stand were not previously aware of MHMb. Two years later it is now widely recognised within the biking community.

You should be very proud of what has been achieved. It would not have happened without your dedication to the cause, and it is a wonderful testament to Dale.”

”

“

This bear was donated by Michelle Gardner, in remembrance of Kibi Wade and to thank Mental Health Motorbike for the help and support the charity gave their family after Kibi very sadly took her own life in 2024

”

“

12 months ago, I was in a bad place, loss of a baby at 22 weeks through my partners pregnancy, then stress breakdown Xmas time when she split up with me. I was 16 ½ because of stress and now 12 stone and loving life!

Thank you all for the assistance when I needed it most!

”

“

Thank you for the amazing job you are doing

”

“

Truly a wonderful community and somewhere where I feel safe to express myself

”

“

What you have created and achieved with the charity is incredible and inspiring. I am very proud to be part of the team

”

“

There are good people on here that will offer help

”



Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
Mental Health Motorbike

On accounts for the
period ended

31 December 2024

Charity no 1196406

Set out on pages

1 to 5 (One to Five) including this report

Responsibilities and
basis of report

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the period ended 31 December 2024.

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed: Darren Warren

Date: 29/09/2025

Name: Darren Warren – Paxton Independent Examiners

Relevant professional
qualification(s) or body
(if any):

FMAAT

Address:

61a High Street South

Rushden

Northants, NN10 0RA

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

Charity no. 1196406

Mental Health Motorbike

	Unrestricted funds	Restricted Income funds	Endowment funds	Total funds	Prior year funds
	£	£	£	£	£
Income and endowments from:					
Donations and legacies	56,971	2,300	0	59,271	73,922
Charitable activities	35,851	300	0	36,151	41,524
Other trading activities	9,994	0	0	9,994	1,380
Investments	856	0	0	856	509
Separate material item of income	0	0	0	0	0
Other	0	0	0	0	0
Total	103,671	2,600	0	106,271	117,335
Expenditure on:					
Raising funds	67,981	11,130	0	79,111	82,004
Charitable activities	11,959	2,260	0	14,219	11,925
Separate material item of expense	0	0	0	0	0
Other	401	0	0	401	0
Total	80,341	13,390	0	93,731	93,929
Net income/(expenditure) before investment gains/(losses)	23,330	-10,790	0	12,540	23,406
Net gains/(losses) on investments	0	0	0	0	0
Net income/(expenditure)	23,330	-10,790	0	12,540	23,406
Extraordinary items	0	0	0	0	0
Transfers between funds	2,300	-2,300	0	0	0
Net Movement in Funds	25,630	-13,090	0	12,540	23,406
Reconciliation of Funds					
Total funds brought forward	48,310	19,914	0	68,224	
Total funds carried forward	73,941	6,824	0	80,764	

Charity no. 1196406

Mental Health Motorbike

December 2024

	<u>Unrestricted</u>	<u>Restricted</u>	<u>Endowment</u>	<u>Year Total</u>	<u>Last Year</u>
S01 Donations and legacies					
Donations received	24,623	0	0	24,623	6,221
PayPal donations	9,765	0	0	9,765	7,717
Regular donations (Clubright)	6,173	0	0	6,173	6,297
Online donations (Other)	3,334	0	0	3,334	20,533
Other general donations	500	0	0	500	290
Cash donations from events	12,014	0	0	12,014	1,142
Cash donations from cash tins	16	0	0	16	4,268
Other general cash donations	0	0	0	0	5,725
Gift aid tax claimed	545	0	0	545	729
Grants received	0	2,300	0	2,300	21,000
	56,970	2,300	0	59,270	73,922
S02 Charitable activities (inc.)					
Sales	452	0	0	452	765
Sales or merchandising	17,908	0	0	17,908	15,380
Redline commission on merchand	909	0	0	909	1,292
Fees rec for MHFA training	16,582	300	0	16,882	24,087
	35,851	300	0	36,151	41,524
S03 Other trading activities					
Fundraising income	9,962	0	0	9,962	180
Sponsorship income	32	0	0	32	1,200
	9,994	0	0	9,994	1,380
S04 Investments					
Interest received	856	0	0	856	509
	856	0	0	856	509
S08 Raising funds					
Fundraising costs	5,954	0	0	5,954	90
Membership Platform Fees	1,792	0	0	1,792	1,307
Goods for resale	3,557	0	0	3,557	0
Cost of merchandising for sale	3,720	0	0	3,720	9,203
Fees for services	23,333	0	0	23,333	16,333
MHFA training course costs	29,625	11,130	0	40,755	55,071
	67,981	11,130	0	79,111	82,004
S09 Charitable activities					
Staff training costs	150	0	0	150	0
Vehicle costs	571	0	0	571	50
Travel expenses	3,114	0	0	3,114	2,127
Subsistence costs	453	0	0	453	2,251
Volunteer expenses	0	0	0	0	25
Utilities	219	0	0	219	265

Charity no. 1196406

Mental Health Motorbike

December 2024

	<u>Unrestricted</u>	<u>Restricted</u>	<u>Endowment</u>	<u>Year Total</u>	<u>Last Year</u>
Insurances	96	0	0	96	96
Caretaking	0	0	0	0	12
Postage	1,164	0	0	1,164	1,002
Stationery	629	0	0	629	72
Printing / photocopying	191	0	0	191	1,195
Website	101	0	0	101	320
Publicity costs	2,166	2,260	0	4,426	132
IT costs	1,301	0	0	1,301	2,088
Equipment purchases	733	0	0	733	120
Audit & accountancy costs	472	0	0	472	180
Trustees meeting expenses	72	0	0	72	555
Bank charges	364	0	0	364	974
Other professional fees	162	0	0	162	461
	11,958	2,260	0	14,218	11,925
S11 Other (exp.)					
Depreciation buildings	401	0	0	401	0
	401	0	0	401	0
S17 Transfers between funds					
Transfers between funds	-2,300	2,300	0	0	0
	-2,300	2,300	0	0	0
S18 Gains and losses on revaluation of fixed assets					
	0	0	0	0	0
S19 Other gains/(losses)					
	0	0	0	0	0