Check In On a Mate Fight Night Raises Over £13,000 to Support Mental Health Awareness and Suicide Prevention Across the UK

Thursday 11 December, 2025

PRESS RELEASE (FOR IMMEDIATE RELEASE)

Check In On a Mate and Bronx Boxing Club Fight Night Raises Over £13,000 to Support Mental Health Awareness and Suicide Prevention Across the UK

Sold-out event at Bronx Boxing Club brings community together with first-time fighters, sponsors, and powerful message of early intervention

London, 6th December 2025 — *Check In On a Mate*, a mental health and suicide-prevention charity founded by **Patrick McLintock** and supported by trustee **Sebastian White**, raised over **£13,000** at its sold-out **Check In On a Mate Fight Night** held on **6 December 2025** at the Bronx Boxing Club in Camberwell.

The event sold more than **500 tickets** and brought together communities from across London for an evening centred on awareness, early intervention, and the life-saving power of checking in on one another.

Over **80% of the volunteer fighters stepped into the ring for the first time**, showcasing bravery and solidarity in support of the charity's mission.

Founded after tragedy — and built on community action

Check In On a Mate was created by two **Old Marlburians** following the devastating loss of two close friends from **Marlborough College** to suicide in 2021. The charity exists to tackle the silence and stigma that often leave young people vulnerable, encouraging honest conversations and teaching practical tools to recognise warning signs.

The charity now works closely with **Marlborough College**, delivering talks and preparing long-term workshops aimed at helping young people develop the confidence to support each other before a crisis point.

Hosted in collaboration with Bronx Boxing Club

The event was delivered in partnership with **Bronx Boxing Club**, founded by **Marnie Swindells**, winner of **The Apprentice 2023**, with **Lord Sugar** as a director and investor. The club provided the venue, coaching environment and community platform that made the night possible.

Major sponsors included **Sidemen Vodka**, **Red Bull**, and contributions from **Sir Tim Rice**, who donated *The Lion King* West End tickets to support the fundraising efforts.

Recent talk at Marlborough College

Check in on a mate founder, Paddy McClintock, recently returned to Marlborough College to give a talk on the brand, introducing the concept of mental health awareness and suicide prevention to the entire sixth form. With over 400 students present, the talk was given at the Memorial hall. Paddy spoke about his positive relationship with Marlborough college and how it really shaped him into the individual that he is today but had a strong emphasis on checking in on those around us at school, at university, at work, and in every other setting, because we don't know who may be struggling. The college have been very supporting of CIOAM, having recently fundraised through one of the carol services.

How the funds will be used

Money raised from the fight night will fund:

- **Mental Health First Aid workshops**, including developing the charity's own accredited programme

Media:

Related Sectors:

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Related Keywords:

Mental Health Awareness :: Suicide Prevention Charity :: London Charity Event :: Charity Boxing Event :: Check In On A Mate :: Marlborough College ::

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- **Awareness campaigns and sports-based events** across the UK
- **Educational initiatives**, including school workshops and peer-support training
- Expansion of community-led events encouraging people to “check in” before moments of crisis

Quotes for publication

Patrick McClintock, Founder of Check In On a Mate, said:

“Check In On a Mate began as a simple thought. I just wanted to help people talk more openly about mental health and suicide prevention. I never expected it to grow the way it has. What it has become is a real call to action. It encourages all of us to look after ourselves and the people around us by asking one very honest question. How have we really been?

The informal and friendly style of the CIOAM brand is there for a reason. I want young people to see it, relate to it and feel comfortable thinking about their own mental health. Sport has been a huge part of that. When people come together to move, to exercise and to support each other, conversations start to feel more natural. That is where real change happens. Community, connection and movement all play a role in breaking down the silence that often surrounds mental health.

I never planned to start a charity. After losing two close friends, Olly Chessher and Honor Edwards, to suicide in recent years, I reached a point where I knew I had to do something. CIOAM is my way of honouring them. It is also my way of encouraging others to check in on their mates in the moments when it truly matters. I wish I had done that for mine.

I am genuinely excited about where CIOAM is going. The potential to make a real difference feels stronger every day. Our aim is very clear. We want people to feel comfortable talking about how they really feel, long before they reach a crisis point. The money we raise will support awareness campaigns and will help us bring mental health education to schools and universities through partners such as Mental Health First Aid England.

For me, CIOAM is a reminder that a single conversation can change everything. When we take the time to check in on each other, we give people the space to feel heard, understood and supported. That is what this charity is all about and I truly believe we can save lives by doing it.”

Sebastian White, Trustee, said:

“Patrick and I met at Marlborough College, where we also shared friendships with the two mates we tragically lost in 2021. Their memories are the driving force behind everything we do. I’ve always admired Patrick for the way he has thrown himself into fundraising over the years from Ironmans to ultra-marathons raising tens of thousands of pounds for causes close to his heart. What inspires me most now is that he’s taking full ownership of where the money goes, ensuring it reaches meaningful, impactful projects where he can directly change lives. It’s an honour to support him on this journey.

Seeing more than 500 people come together in their honour — to champion openness, connection and early intervention — was incredibly moving. Thanks to everyone who contributed, the funds raised will help us expand our workshops and bring vital mental-health education into more schools, gyms and community spaces across the UK, ensuring that no young person faces their struggles alone.”

About Check In On a Mate

Check In On a Mate is a UK mental health and suicide-prevention charity focused on early intervention through education, sport and community action. Founded by two Old Marlburians following the loss of two friends to suicide, the charity aims to break down stigma by giving people simple, practical tools to check in on each other. Its programmes include school workshops, Mental Health First Aid training, awareness campaigns and sports-based events designed to empower young people to recognise warning signs and support their peers.

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