Disabled Suicide Survivor, First to complete 96km of a National Trail in Powered Wheelchair

Saturday 25 June, 2022

Over the weekend of 18th/19th June, as part of the Men's Health and Loneliness Awareness Weeks, suicide survivor and campaigner for male mental health and disability, Nick Wilson and his team, successfully completed 96km of the Ridgeway National Trail in his off-road mobility chair, from sponsors MyBility, becoming the first ever to do so in the history of the Ridgeway.

They travelled 48km from the Lord Wantage Monument in Wantage, to Barbury Castle in Wroughton, within
a time of 11hrs 30mins on Saturday 18th and returned in a time of 12hrs on Sunday 19th completing the 96km, as they paid tribute to the 96 males who die by suicide every week in the UK.

Nick, from Northampton, attempted suicide six years ago and battled with suicidal ideation throughout 2021, as
a result of experiencing loneliness, mental illness and crippling chronic pain, caused by a declining spinal injury,
which has led to him becoming reliant on a wheelchair for mobility.

He is raising money for Northamptonshire MIND and smaller mental health charities, Ripple Suicide Prevention, Sean's Place and The Jordan Legacy, whose founders lost a son or brother to suicide, however, the aim is to raise awareness of three key areas he has personally battled with over the past year – male suicide,
loneliness and disability.

This follows on from his last challenge in 2021, where he completed a huge 385-mile cycle ride and has now raised over £125,000 through tackling such challenges, in addition to others such as; a half marathon in Basrah, Iraq and a 1000mile cycle ride to commemorate 60th anniversary of D-Day.

He said: "I truly believe in pushing boundaries, challenging the mindsets of ourselves and others, and demonstrating how having a "disability", be this physical or mental, needn't mean a person cannot be successful
or thrive in life. Disabilities may dictate "how" we do things, but not "what" we do and it is this belief, which
keeps me alive."

Fundraising and communications lead at Northamptonshire Mind Nick Tite said: "Nick is a true advocate for mental health and we are truly grateful he is helping to raise money for Mind in Northamptonshire. This
fundraising effort will be crucial in helping us to continue to support our communities."

People can donate via Nick's GoFundMe page at https://www.gofundme.com/f/96km-for-96guys

Media:









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