



PENINSULA
HOT SPRINGS



Peninsula Hot Springs fundraiser for mental health

6-day cycling tour: Sunday 16 – Saturday 22 February 2025

1-day ride: Saturday 22 February 2025

Walk for Relief: Sunday, 23 February 2025

Ride & Walk
for Relief 2025



Peninsula Hot Springs, committed to supporting mental health and wellbeing and sharing its mission with charity partner Mentis Assist, is hosting its 7th annual Ride for Relief and 2nd Walk for Relief in February 2025.

Following the success of the past events and the newly established Walk for Relief in 2024, its continuation 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 9 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, 27 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 & Chairman Peninsula Hot Springs

the rides

Building on the success of the six-day tour delivery in the last three years, the event will again offer two entry options: a six-day tour that will explore beautiful East Gippsland regions and then traverse back to Peninsula Hot Springs (PHS) on the Mornington Peninsula via Phillip Island and a ferry across Western Port Bay, and one-day rides that take riders in pelotons around the scenic terrains of the Peninsula.

On 22nd February 2025, participants from both the six-day tour and the one-day rides will culminate their journeys at Peninsula Hot Springs. At this point, riders will come together to celebrate their achievements with a renowned buffet-style lunch, followed by rejuvenating baths in the natural geothermal mineral-rich waters.

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

Ride & 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 these events facilitates conversation and community, allowing participants to connect through the events on and off the bike and walking. This creates an intimate and safe environment in which mental health can be discussed and personal stories can be shared.



event summary

	6-day cycling tour	1-day ride	Walk for Relief
Event dates	Sunday, 16 February to Saturday, 22 February, 2025	Saturday, 22 February, 2025	Sunday, 23 February, 2025
Experience	A fully supported group ride of 750km in 6 days, starting from Metung in Gippsland and finishing at Peninsula Hot Springs in Mornington Peninsula. See the section below for the route details and a course map.	A fully supported group ride of 108km on the Mornington Peninsula, exploring the coastal scenery, Arthurs Seat climb, and the Red Hill winery regions. The ride starts and finishes at Peninsula Hot Springs. See the section below for a course map.	A 10km walk along the stunning Pt Nepean National Park in Portsea, strolling the historical 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	27 riders and 3 support crew per peloton	27 riders and 3 support crew per peloton.	Welcoming many participants
Entry fees	\$800	\$280	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	\$700 (early bird offer to end on midnight 31 August)	\$250 (early bird offer to end on midnight 31 August)	No early bird offer
Entry Rebate Incentive	\$200 credit applied to Entry Fee for each successful rider introduction (*)	\$50 credit applied to Entry Fee for each successful rider introduction (*)	
Entry closure	Saturday 30th November, 2024	Saturday 30th November, 2024	Sunday, 23 February, 2025
Fundraising target per rider	\$4,000 (The riders will receive various support in fundraising from the event organisers.) See the section below for the fundraising terms and conditions.	\$600 (The riders will receive various support in fundraising from the event organisers.) See the section below for the fundraising terms and conditions.	Any amount raised by each walker is appreciated. Prizes are awarded to top fundraisers.
Event inclusions	<ul style="list-style-type: none"> • Transport from PHS to a starting point • Ride with on-road support vehicles and crew including lead riders, mechanic and first aid • Accommodation and all meals for 6 nights • Luggage transportation between tour locations • Rest stop snacks, water and nutrition supplies (bars & gels) • Hot springs bathing (towel included) at Metung Hot Springs on Day 0 • Lunch function and recovery bathing at PHS on Day 6 • 2 sets of quality event jersey and knicks • Quality event vest • 2 pairs of quality event socks • 2 off-bike tee shirts • Cycling training program (including coordinated group training rides) 	<ul style="list-style-type: none"> • Ride with on-road support vehicles and crew including lead riders, mechanic and first aid • Coffee + cake stop at a café • Water and nutrition supplies (bars & gels) • Lunch function and recovery bathing at PHS following the ride • Quality event jersey • Quality event socks • Cycling training program (including coordinated group training rides) 	<ul style="list-style-type: none"> • Welcome to Country ceremony • Yoga stretch class by an instructor before the walk commences. • Quality event cap • A pot of seedling handed at the goal. • The event T-shirt is available for purchase at the entry process. <p>* Save Money – Introduce a rider incentive! We understand that event entry is expensive for some people, so to make it more affordable, we're offering an incentive to introduce new riders to Ride for Relief. For each new rider you refer to the event who signs up and participates, you will receive a rebate of \$200 for the 6-day tour or \$50 for the 1-day ride. Here is how the incentive offer works.</p> <ul style="list-style-type: none"> • The new rider must have yet to participate in the event before. • The new rider must nominate you on the expression of interest form. • Both you and the introduced new rider must fundraise the required amount according to the fundraising terms and conditions (see page 8) • Rebates will be paid after the event. • We will pay rebates up to the total value of your entrance fee. <p>For example, if you paid \$800 to enter the 6-day tour and introduced 4 new riders to the 6-day tour, your total entrance fee will be refunded at the event's conclusion.</p>

* 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.



"Awesome event from start to finish, wonderful cause, fun people, classic course, safe and the most divine food and to top it off a soak in the thermal mineral springs to ease the body and mind... spectacular!"

6-day tour

Submit Expression of Interest

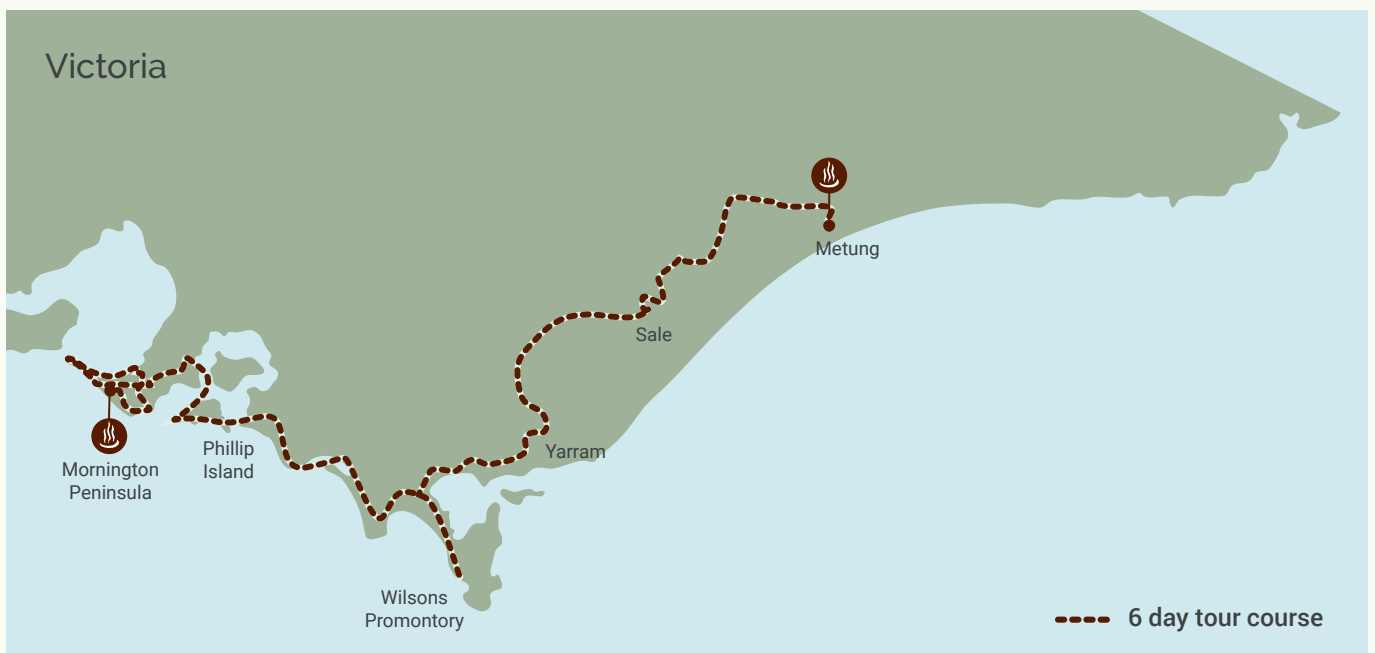
the experience begins

On Sunday, 16 February 2025, a team bus will depart Peninsula Hot Springs for Metung. The group will ride southwest back towards the Mornington Peninsula, staying overnight in Sale, Yarram, Wilson Prom, Phillip Island, and Pt Nepean National Park along the route. Hot springs bathing will assist riders in conditioning at the beginning in Metung and recovering at the

end of the tour when they arrive at the goal at Peninsula Hot Springs.

Every morning, the riders will set off in a peloton. Each peloton, up to 30 riders, includes 3 lead riders and a lead-and-follow car to support the team on the road.

An on-road support crew, including a bike mechanic and first aid personnel, will fully support the riders.



Subject to change slightly

The experience begins.

Sunday 16 February 2025

Arriving in Metung

The team will meet at Peninsula Hot Springs before boarding the bus headed for Metung. Upon arrival, the members will enjoy bathing at Metung Hot Springs prior to attending a community fundraising dinner at Metung Country Club. The funds raised at the dinner will be donated to Wellways Bairnsdale, a local branch of a national mental health and disability support organisation, for providing benefits to the local Gippsland community.

stage 1

Monday 17 February

Metung to Sale

133.2km & 914m elevation

The team will depart the beautiful town of Metung after breakfast at the Metung Country Club. Our first stop will see the team enjoying morning tea beside the Mitchell River in Bairnsdale. Heading north-west out of Bairnsdale the rolling hills will commence before our lunch stop in Meerlieu. The final 50km's into Sale is fairly flat and a great way to finish day 1.

stage 2

Tuesday 18 February

Sale to Yarram

120km & 1,312m elevation

The start of the ride today is relatively flat for the first 68km's and then the fun starts. The first climb of the day is 7.4km's long with an average gradient of 6.3% and pinches of 17%. You will then get a short downhill to recover before tackling a 5km climb with an average of 3.5% gradient. The good news is that once you reach the top of the second climb of the day you will descend a

picturesque road through the Tarra Valley, one of the most beautiful roads in Victoria. With 1,312m of climbing today the team will be happy to see them finish line in Yarram.

stage 3

Wednesday 19 February

Yarram to Wilsons Promontory

125.1km & 1,196m elevation

Following the same course from Yarram to Foster as followed in 2024, those riders who are joining us once again may recognise some of the roads in the morning. But following our morning tea stop we will be on new roads, never used in the history of the Ride for Relief, as we make our way south towards Wilsons Promontory. We plan to arrive early so we can enjoy lunch on the beach and make use of this beautiful location in the afternoon.

stage 4

Thursday 20 February

Wilsons Promontory to Phillip Island

163km & 1,512m elevation

The 'Queen Stage' of the tour. The ride to Phillip Island will be our longest day in the saddle, but we are in for a great day on the bike. There are a few challenging climbs as the team makes its way west via Inverloch and Wonthaggi. Crossing the bridge onto Phillip Island will be a welcome sight for everyone.

stage 5

Friday 21 February

Phillip Island to Point Nepean

140km & 1,156m elevation

We will start the morning exploring Phillip Island before enjoying morning tea down by the water in Cowes. The cyclists will then catch the ferry across to Stoney Point while our Support Team drive around

to the other side of the peninsula. The ride will take the team out to Point Nepean for a team photo before arriving back at our accommodation at the Point Nepean Discovery Tents. Tonight, will be a special night as we celebrate our final night together as a team.

stage 6

Saturday 21 February

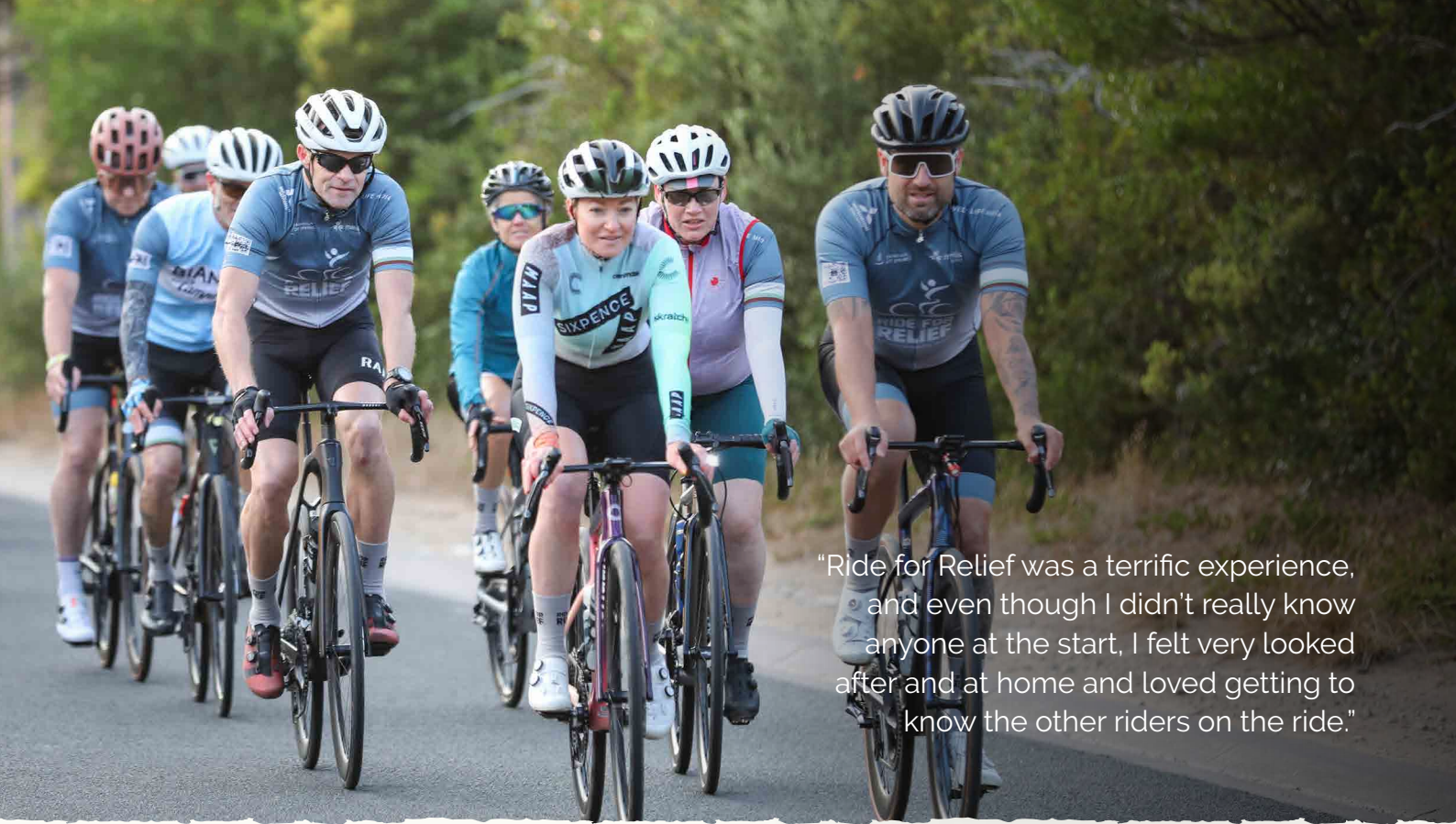
Point Nepean to Peninsula Hot Springs *80.2km & 990m elevation*

The final day of the ride will be a little different in 2025. To allow more time to have breakfast at the Point Nepean Discovery Tents and pack your bags in the daylight the ride will depart from Point Nepean at 8:00am.

Today will be a special day as the 1-day Ride for Relief peloton start their ride from the Peninsula Hot Springs and make their way down to Point Nepean and arrive just after we depart. They will then follow the same course as the 6-Day riders as they tackle the climb up Arthurs Seat. Those with any energy left in their legs can then have a crack at the KOM and QOM up the 2.9km climb up Arthurs Seat. We can then all enjoy morning tea at the Eagle Café before heading off on the final leg of our long journey. We arrive back at the Peninsula Hot Springs after six long days of riding, raising awareness and much needed funds to support those facing mental health challenges.

Time to enjoy an amazing lunch with the 1-day ride team and the many others who have joined us on the final day, before collapsing in the hot springs.

Time to celebrate!



"Ride for Relief was a terrific experience, and even though I didn't really know anyone at the start, I felt very looked after and at home and loved getting to know the other riders on the ride."

1-day ride

On the morning of Saturday, 22 February 2025, participating riders will meet at Peninsula Hot Springs to take off on a spectacular scenic ride around the Mornington Peninsula.

Submit Expression of Interest

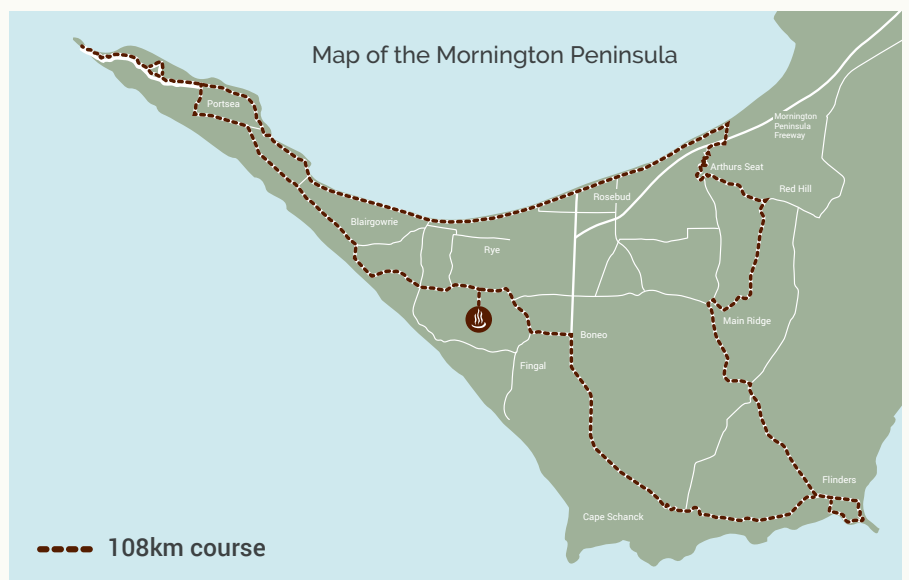
The one-day ride will explore the picturesque Mornington Peninsula, which has Bass Strait on one side and Port Philip Bay on the other. It offers beautiful stretches of beaches, charming seaside villages, and gorgeous countryside with established vineyards and farmland in Red Hill. The total distance will be 108km.

The 108km course takes you to some of the region's top-rated attractions and towns, such as Sorrento, Point Nepean National Park, and Flinders Golf Course.

It includes the challenges of hill climbing, including Arthurs Seat and the 'corkscrew' section of Boneo Road near Cape Schanck.

As with the 6-day tour, this professionally arranged and fully supported ride is managed by cycling event specialist **Connect Sport Australia** and includes lead riders, a bike mechanic, and a first aid specialist.

The ride will finish at Peninsula Hot Springs, where participants and support team members from both the 6-day tour and 1-day



ride get together and enjoy a celebratory presentation over a buffet lunch, followed by a relaxing recovery bathing in natural geothermal mineral-rich waters.

* Subject to demand – minimum 10+ riders required per ride

Walk for Relief — 10km walk 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.

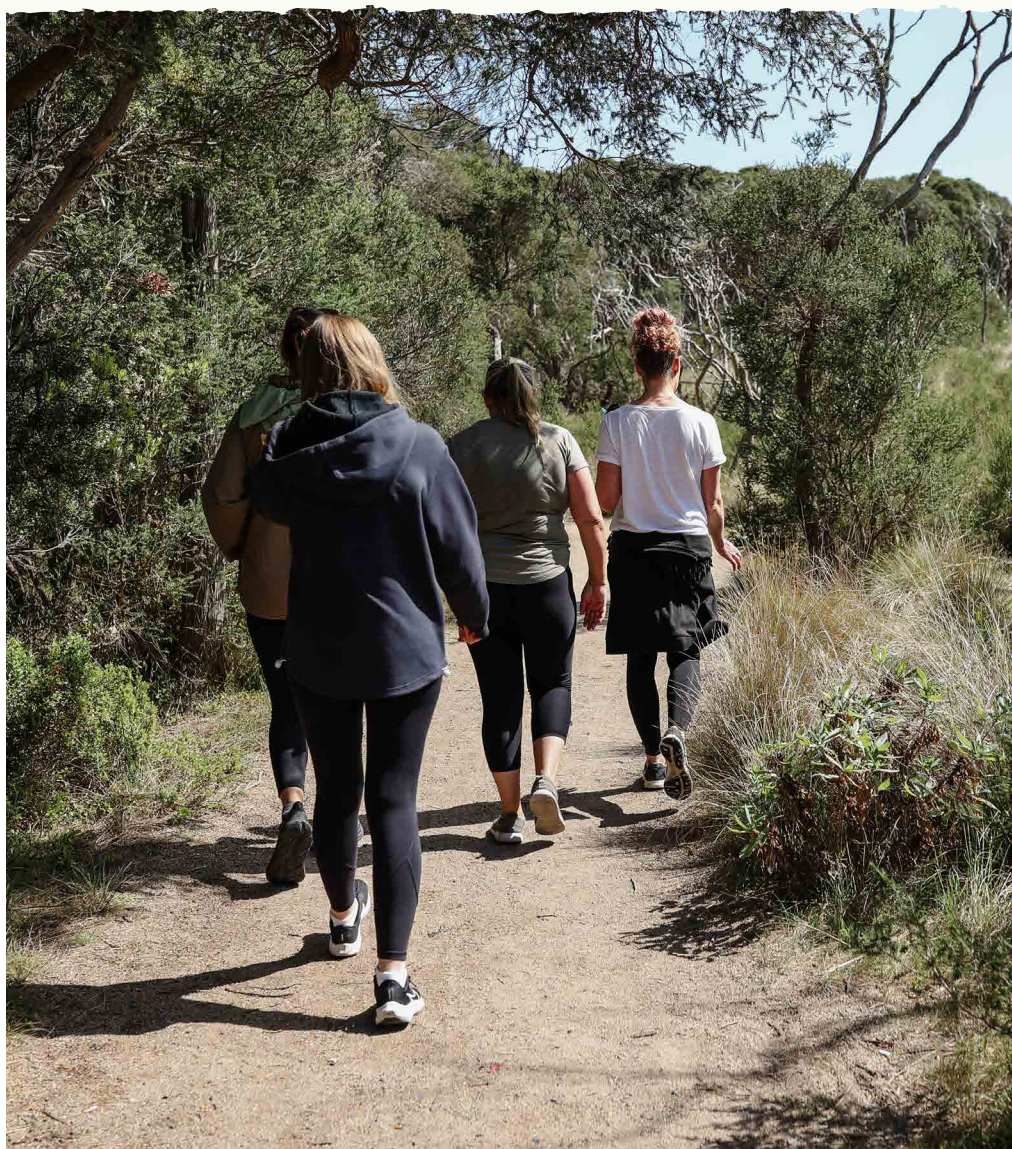
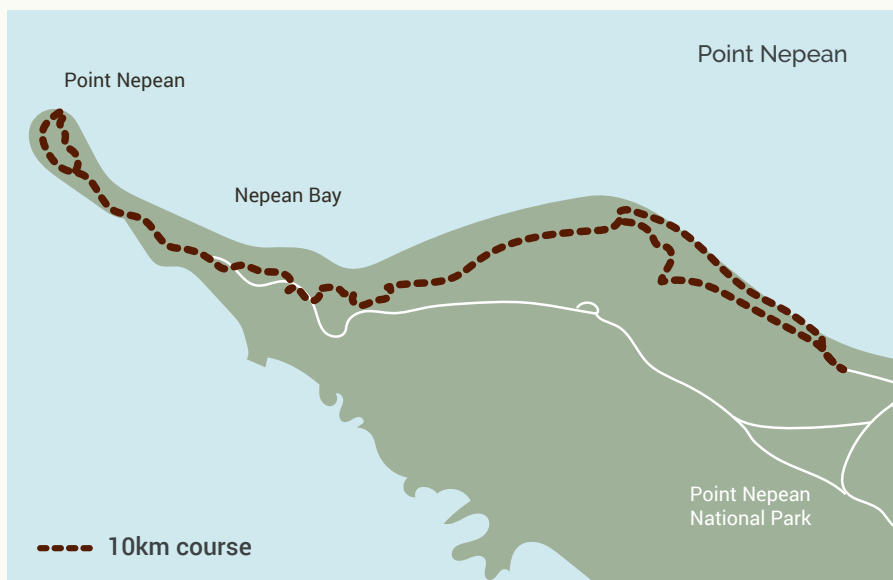
It opened the door for more people, not just road riders, to join the community event, which naturally ignited a conversation for a common cause, paving the road towards improving mental health one step at a time.

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 entry, 'Walk for Relief and 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.





Fundraising terms and conditions

Ride and Walk for Relief is a fundraising event in support of mental health awareness and making a difference in the quality of life of people who live with mental illness.

With the Ride for Relief event, each rider is requested to achieve a specified fundraising target and meet the conditions outlined below.

Part of the total funds raised will go towards the event's associated running costs, which enables the organiser to offer a reduced registration fee equal to more than half of the actual cost per entry.

Fundraising terms and conditions

6-day tour riders

- You agree to a minimum fundraising commitment of \$4,000.
- You will pay a non-refundable registration fee of \$800 (or \$700 with early bird entry) within seven (7) days of being notified that you are a successful applicant to participate in the Ride for Relief 2025 event. If you do not pay your registration fee within this time, PHS reserves the right to cancel your application.
- You agree to meet the following fundraising milestones (or provide plans for fundraising activities to reach your target):
 - \$1,000 by the end of September 2024
 - \$3,000 by the end of December 2024
 - \$4,000 by the 15th of February 2025 (a day before the tour starts)

Incentives for fundraising achievements over and beyond the target

- If you raise \$5,000 and over, a voucher for a PHS spa package 'unwind' (60 mins treatment + bathing in the entire facility) will be offered in recognition of your efforts.

- If you raise \$6,000 and over, a voucher for a PHS spa package 'unwind for two' will be offered in recognition of your efforts.
- If you raise \$7,000 and over, you will receive a voucher for an overnight stay for two at PHS glamping accommodation (including breakfast, wellness classes, and bathing) in recognition of your efforts.
- You understand that if you fail to meet the minimum fundraising commitment (or do not have suitable plans in place to achieve your goal), you will not be able to participate in the event or may be reduced to the one-day option, subject to the amount raised and spot availability.

1-day riders

- You agree to a minimum fundraising commitment of \$600.
- You will pay a non-refundable registration fee of \$280 (or \$250 with early bird entry) within seven (7) days of being notified that you are a successful applicant to participate in the Ride for Relief 2025 event. If you do not pay your registration fee within this time, PHS reserves the right to cancel your application.

Incentives for fundraising achievements over and beyond the target

- If you raise \$1,000 and over, 2x 'PHS Bath House bathing vouchers will be offered in recognition of your efforts.
- If you raise \$1,500 and over, a PHS spa package 'unwind' (60 mins treatment + bathing in the entire facility)) will be offered in recognition of your efforts.
- If you raise \$3,000 and over, a PHS spa package 'unwind for two' will be offered in recognition of your efforts.
- If you raise 4,500 and over, a voucher for an overnight stay for two at PHS glamping accommodation (including breakfast, wellness classes and bathing) will be offered in recognition of your efforts.

- If you raise \$6,000 and over, a \$1,000 gift certificate, which can be redeemed at PHS and other group hot springs, will be offered in recognition of your efforts.
- You understand that you will not be able to participate in the event if you fail to meet the minimum fundraising commitment (or do not have suitable plans in place to achieve your goal).

Fundraising support

To assist you in meeting your fundraising commitment, Peninsula Hot Springs and Mentis Assist will provide you with fundraising support including:

- A dedicated Ride & Walk for Relief fundraising website with Grassrootz, a sophisticated online fundraising platform, which allows you to create your own personalized fundraising page to share with your family, friends and colleagues to help you reach your target.
- A fundraising handbook specifically prepared by Mentis Assist for Ride & Walk for Relief participants, providing you with ideas on how to plan your fundraising activities.
- An online fundraising raffle with a collection of appealing prizes. All the raffle tickets you well will be added to your fundraising total.
- Tips and tricks from past participants who have achieved success with their fundraising efforts.
- Dedicated support through Mentis Assist and the fundraising committee for any queries you may have along your fundraising journey.



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. The Breaking Barriers 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

