



## **Health in Mind supports NHS workers to travel to work**

14 May 2020

Scottish mental health and wellbeing charity, Health in Mind supports NHS workers by loaning bicycles to help them to travel to work.

The Midlothian Wheelbeing Hub, one of the charity's projects, works to encourage people to use their bikes, as exercise like cycling, has a positive impact on people's mental health. The Hub offers free bicycle check-ups and allows people to loan bikes locally.

Phil Morris, Senior Project Worker at Health in Mind said:

"Due to social distancing measures the Wheelbeing Hub isn't able run as usual and I had been reading about how many NHS workers were struggling to safely get to work. I spoke with colleagues at Health in Mind and put plans in place that allowed us to loan our bikes to NHS workers during this time.

"It's a small way that we are able to support and say thank you to them for everything they are doing for us and our communities.'

Sheona Watson, NHS worker who has loaned a Health in Mind bike (pictured) said:

"Taking public transport to work is just too risky at the moment, alongside the huge risk of working within the Royal Infirmary testing samples in the laboratory.

I contacted Phil from Health in Mind after hearing about the offer of a bike loan on Midspace. I am blown away with the generosity of the offer! The bike is brand new and came with everything I needed to get started - even some cycling clothing kindly donated by BG Cycles! This has definitely given me the confidence to start up cycling again after many years!

This opportunity has also meant I've been able to learn about Health in Mind and realise what an amazing job they do in my local area! What a wonderful and important resource on our doorstep! I can't thank the Health in Mind Midlothian team enough for the support shown during these trying times."

Health in Mind continues to provide support and services during current social distancing measures. They are working flexibly with people in Midlothian and can offer support in a range of ways. If you would like to talk to someone about support or for further information please call 07760 753043 or email [midlothian@health-in-mind.org.uk](mailto:midlothian@health-in-mind.org.uk).

Visit [www.midspace.co.uk](http://www.midspace.co.uk) for latest information about mental health support and information available in Midlothian.

Ends

### **Notes to editor**

1. Health in Mind strives for people in Scotland to live in a supportive and resilient community where mental health is understood and people lead fulfilling lives. We deliver

trauma support and training, counselling and talking therapies and early intervention community based support.

[www.health-in-mind.org.uk](http://www.health-in-mind.org.uk) @Health\_in\_Mind

2. Midspace is Midlothian's online source of mental health and wellbeing information, managed by Health in Mind.

[www.midspace.org.uk](http://www.midspace.org.uk) @midspaceTweets