

TALISKER™
WHISKY

ATLANTIC
CHALLENGE

MINDS MATTER

ATLANTIC ROWING CHALLENGE DECEMBER 2022 INFORMATION PACK

As serving fire fighters, Adam, Stu & Craig have all had to overcome some form of mental health problem during their working life. Coping with the loss of colleagues at work, the regular pressures of making life and death decisions whilst attending a wide variety of life threatening incidents or daily pressures such as keeping a roof over their families' heads. It is of no surprise that over the last few years we have all witnessed a dramatic increase in mental health issues in the workplace which is why the team are determined to do something about it, for everyone's benefit.



**Hampshire
& Isle of Wight**
FIRE & RESCUE SERVICE



sponsored by



Adam Bundle

Watch Manager, Blue Watch, St. Mary's Fire Station, Southampton



"After serving five years in the Royal Navy and fourteen in the fire service, I regularly see the mental strain that working in the emergency services can have on your life.

I support my colleagues and friends through my work as a Mental Health First Aider and I'm soon to be a qualified instructor in this field too.

To give back to the two amazing charities through completing this challenge will be an incredible experience. I can't wait to cross the finish line."

A personal update from Adam:

"I personally really struggled with the postponement of the 2020 race. We had lived and breathed it for 2 years and my mental health took a bit of a dip. I had purposely put on 15kg in preparation, which I had to lose and I felt we had let everyone down. I utilised my mental health training to overcome the disappointment and I focused on my family, health & work as a positive coping strategy.

Unfortunately my mother-in-law, Ali, was taken ill on Christmas Day 2020 and contracted COVID-19 whilst in hospital. She spent 99 days in ICU and had we not postponed our race in 2020 I would have been in the middle of the Atlantic and not been able to support my family. I guess everything happens for a reason. Ali has since made an amazing recovery; it's been a long and worrying road for the family but I'm relieved I was here to support everyone.

After seeing the impact COVID had on my family, I volunteered to work on an emergency project during the height of the pandemic. Hampshire & Isle of Wight Fire Service provided personnel to assist Intensive Care Units across the county and help prone COVID patients that were on ventilators. My role was to oversee the deployment and ensure the firefighters were supported and safe, whilst carrying out this mentally and physically challenging role."

A personal update from Stu:

"Wow what a couple of years it has been, by now I thought I would have achieved my life time goal of rowing across an ocean. However once again my dreams were put on hold. The day we made the decision to pull out of the 2020 Talisker Atlantic Challenge was one of the darkest of my life. Sat in the Solent at one in the morning in excruciating pain looking at Adam and both knowing the decision we had to make, it was devastating. All that hard work, all the arguments, the planning all out of the window because of my injury.

Hindsight however, is a wonderful thing as it turns out. If we had gone ahead with the challenge as planned I would have missed the birth of my beautiful twin daughters and Adam would not have been there to support his family during some really challenging times. Its strange how life transpires at times.

So here we are in 2021, more determined, more focused, becoming better prepared and ready to complete in the 2022 race. I can only hope that third time lucky runs true. The continued support we have had from family, friends and our amazing sponsors has been incredible and I cant thank you enough.

And finally to Adam thank you mate for not going without me."

Stu Vince

Station Manager for Redbridge, Totton, Hythe & Lyndhurst



"During my 21 years in the fire service I've witnessed too many colleagues suffer from depression and anxiety because of the intense challenges we face daily at work.

I became a Mental Health First Aider to help not only my colleagues but anyone that may be suffering. To be able to undertake this incredible challenge to raise money for both The Fire Fighter's Charity and Solent Mind is an absolute honour. Both charities have helped in both my physical and mental fight to return to operational duty within Hampshire Fire and Rescue Services."

Craig Sadler

Watch Manager, White Watch, Cosham Fire Station in Portsmouth



'I have been in the Fire Service for 24 years. During this time, I have witnessed first-hand the effects of poor mental health across all areas of the Service. I decided to become a Mental Health First Aider so that I could better understand, help and support my colleagues through tough times.

I think all emergency service personnel experience poor mental health at some point in their career including myself. I feel I can pull on my own experience to help others.'

A personal update from Craig:

"I am not in the same position as Adam and Stu.

In August 2021, Adam and Stu asked me to attend a meeting about the row. They outlined their challenge and shared their disappointment at the postponement of the race last year. They then offered me the opportunity to be First Reserve in the event of any unforeseen circumstance that resulted in either of them being unable to complete the row. I didn't hesitate in saying 'yes'.

I am honoured and privileged that they believe I have what it takes to step into their shoes if needed. I am always up for a challenge. I enjoy pushing myself and being out of my comfort zone and I genuinely believe that is when you find out who you truly are. I am made up to be part of the team and I will give it my all.

The two charities that have been chosen are both close to my heart and do a phenomenal job helping and supporting many."

THE AIM

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Mental health issues are responsible for 72 million working days lost, costing the UK economy £34.9 billion each year. Poor mental health severely impacts both individuals and their families, especially those in the emergency services.

**1 in 4 people
experience mental
health issues each
year***

With a proactive approach to sponsorship, the team are determined to raise awareness of mental health issues in the workplace, reduce the stigma of mental ill health, educate and train people to become Mental Health First Aiders, as well as raising £50,000 in total for their chosen charities: Solent Mind and The Fire Fighters Charity.

Solent Mind

Solent Mind is the leading mental health charity across Hampshire. Their mission is to ensure that anybody experiencing a mental health issue has somewhere to turn for advice, information and support.

The charity is here so that no-one in Hampshire's diverse community has to face mental health problems alone; a value that the entire team hold close to their hearts.



[visit their website](#)

Charity Registration Number: 1081116

The Fire Fighters Charity

Every year, thousands of fire and rescue service personnel are physically or psychologically impacted by their work or injured in a manner that prevents them from doing their job.

Adam, Stu and Craig chose this charity to help support the running costs of their recently renovated mental health centre at Harcombe House in Devon.



[visit their website](#)

Charity Registration Number: 1093387

*According to Mental Health First Aid (MHFA) England, October 2020

THE CHALLENGE

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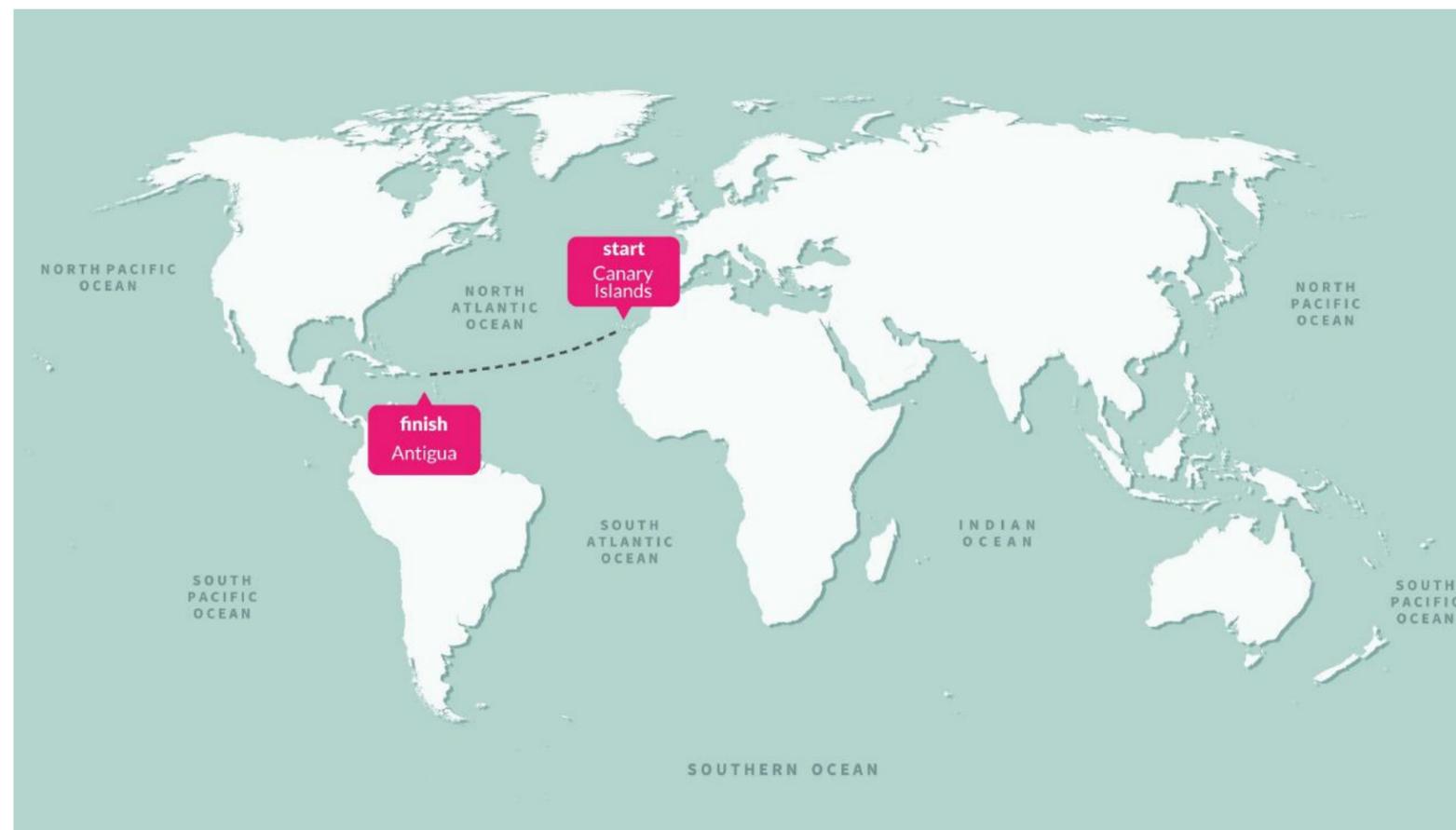
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The Talisker Whisky Atlantic Challenge is known as the world's toughest row. It takes place over 3,000 nautical miles of treacherous, shark infested waters from San Sebastian in the Canary Islands to Nelson's Dockyard in Antigua & Barbuda.

Throughout the journey, the team are likely to battle severe sleep deprivation, 20ft waves, salt sores, huge calorie deficits, hallucinations, minimal shelter and homesickness - particularly on Christmas Day.

They will be left with nothing but their thoughts, the vast ocean and the arduous task of getting the boat safely across the pond.

The fundraising goal is high, but this is to ensure the team has the strength and endurance to reach the goal. The race is bigger than all of us and we will not let the charities down.



The pair will row every day for 2 hours constantly, for 37 days



Rowers usually burn over 5,000 calories rowing every single day



More people have climbed Mount Everest than have rowed an ocean



Each rower loses 12kg on average whilst completing the challenge

SPONSORSHIP PACKAGES

	BRONZE (sponsorship worth £500+)	SILVER (sponsorship worth £1,000+)	GOLD (sponsorship worth £5,000+)	GOLD+ (sponsorship worth £10,000+)	PLATINUM SOLD OUT
you/your company mentioned on our social media channels	✓	✓	✓	✓	✓
small logo on the outside of the boat	✓	✓			
regular email updates throughout the challenge	✓	✓	✓	✓	✓
a photo at the finish line with your logo on a flag		✓	✓	✓	✓
mental health first aid training for an agreed number of your employees			✓	✓	✓
large logo emblazoned on the hull of the boat			✓	✓	✓
significant coverage across all our social media channels			✓	✓	✓
signed photo from Antigua			✓	✓	✓
your logo on the crew's rowing vests				✓	✓
team mental health awareness training sessions					✓
an invitation to the victory event					✓
the offer for our team to be guest speakers at a company event					✓
a day on the crew's boat with two members rowed across the Solent					✓

TRAINING AVAILABLE

Adam and Stu also have an exciting opportunity for your staff to attend courses to raise awareness of mental health in the workplace.

All proceeds, after stationary costs, will aid their campaign and chosen charities:

- **Mental Health First Aider Two-Day Course** **£300 per person**
- **Half Day Team Awareness Course (for 8-20 People)** **Coming Soon**

Alternatively, the team will also welcome donations of any required equipment, supplies, donations of any amount or creative fundraising ideas to help the success of their voyage and support these incredible charities!



SPECIAL THANKS

Special thanks go to Solent University for working in collaboration with Adam and Stu to assess their performance by monitoring and testing their physiological, psychological, biomechanics and nutrition. Another mention goes to the pair's employer, The Hampshire Fire and Rescue Service, for their continued support in all areas of the challenge. Thank you.



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CONTACT US

For more information about the challenge, the Mental Health First Aid Training Courses available, general enquiries or for quotes from the team, please email:

mindsmatter2022@gmail.com

Alternatively, if you would like to make a personal donation, please follow these links:

[Solent Mind](#)

[Fire Fighters Charity](#)

To follow the team on social media, click one of the links below or search **@MindsMatterARC** on Facebook, Twitter and Instagram to stay up-to-date with their progress.

