

Donate to the Coast2Coast Rickshaw Charity Ride



and support Local Kids Mental Health

Two local Christchurch lads, Sean Pawson (59 yrs) and Josh Geddes (35 yrs) are undertaking a never-been-done before, 250 km, two day rickshaw charity ride on the weekend of **24-25 March**.

Sean and Josh will share the rider and passenger roles. A small group of friends will help oversee risk management and provide travel support.

They need your help to support kids (& families) affected by parental mental illness.

Two mates, over two days, pedalling 250 kilograms*

250kms up & over 2500 metres of mountain terrain.

THE ROUTE - in Aotearoa, New Zealand's South Island ... begins at Kumara Beach south of Greymouth, heads up and over Arthurs and Porters Passes, crosses the Canterbury Plains, and ends at New Brighton Beach in Christchurch.

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WHAT'S IT ALL FOR?

The aim of the **Coast2Coast Rickshaw Charity Ride**, is to raise a total of **\$10,000** for Stepping Stone Trust's Caroline Reid Family Support Service.



**stepping
stone trust**

Te Roopu o te Taumata Kohatu
COMMUNITY MENTAL HEALTH
RECOVERY SERVICES

HOW THE IDEA CAME ABOUT

Sean is open about struggling with moderate depression for much of his 30 (and counting) years of parenting life.

Currently he works as a chaplain for SST, and has observed up close and personal the burdens carried by children living with parental mental illness.



- He knows firsthand that, as much as parents with mental illness carry demanding & debilitating loads, the children they care for are often weighed down with even bigger ones.
- Sean is also the owner/operator of 'The Cycle Chauffeur' business & has taken over 1500 people on rickshaw tours & rides around Christchurch.

Josh is passionate about this cause.

He grew up in a family where his Dad and Mum both experienced acute mental illness. He knows from his own childhood experience, how challenging and stressful this is for children. He also knows the value of caring professional support.



Josh & Sean are both keen cyclists and outdoor adventurers who love a good challenge!

STEPPING STONE TRUST

The Trust's dedicated and professional team offer support to children and young people (aged 7-16) whose parent(s) experience mental illness. They



provide valuable education, personal support, advocacy, and fun activities for 40+ children and young people living with the challenges of parental mental illness. They also provide important support for the parents. The impact of parental mental illness on family life and a child's well-being is significant. Children whose parents have a mental illness are at much greater risk of developing social, emotional, mental health and/or behavioral problems.

GET ON BOARD! Help us support these kids and families.

Hit the **DONATE NOW** button on the [givealittle](#) page below.
Every \$ given will make a difference.

<https://givealittle.co.nz/fundraiser/rickshawcharityride>

Contact Sean Pawson for more information:
Mobile: 027499282, thecyclechauffeur@gmail.com

*Combined rickshaw, passenger, gear, and rider weight.