



Combat Stress' Peer Support co-ordinator for Scotland finishes first in Nightrider Glasgow

Combat Stress' Peer Support co-ordinator for Scotland, Robert Lappin, was first to complete the 100k course in Nightrider Glasgow cycle ride.

The inaugural event started at 10.30pm on Saturday 19 May, with Robert crossing the finishing line ahead of everyone else less than five hours later.

The route passed many famous sights including the Ibrox Stadium, Glasgow Science Centre, BBC Scotland, Glasgow Cathedral and Celtic Park. Along the way, Robert had to contend with dodging midnight revellers and cycling on a full stomach after eating too much pizza at the 2.30am pit stop.

Robert was joined by four other cyclists in Team Combat Stress and together they raised more than £2,000 for the veterans' mental health charity.

Robert served in the Royal Engineers for more than 20 years, during which time he was deployed to Northern Ireland, the Balkans and the Gulf. He said:

"Taking part in Nightrider, even as an experienced cyclist, was a very unusual experience. The most memorable part was passing through the city centre between 0100 and 0200. Crowds of revellers shouted encouragement (of sorts) and we left the traffic in our wake.

"I took part in Nightrider to raise money but also to help further awareness of Combat Stress' work which truly does change lives of those with mental health conditions.

"Completing Nightrider was hugely satisfying. It felt far further than the 100km due to the focus required to ride at night and follow the hundreds of arrows around Glasgow."

ENDS

Notes to editors:

About Combat Stress

Combat Stress is the UK's leading charity for veterans' mental health.

For almost a century, we've helped former servicemen and women deal with trauma-related mental health problems such as anxiety, depression and post-traumatic stress disorder (PTSD).

Over the past five years (2012 to 2017) we have seen an average of more than 2,000 referrals each year. Demand for our services continues to grow – we have seen a 143% increase in referrals from ten years ago.

On average it takes 12 years after leaving the military for veterans to contact Combat Stress for help, by which time their condition is often highly complex. However, veterans of the Afghanistan and Iraq conflicts are coming to Combat Stress much sooner (three and four years respectively).

To help veterans rebuild their lives, we provide a range of free services:

- **Short-stay clinical treatment** at our treatment centres
- **A specialist Intensive Treatment Programme** – delivered at our treatment centres
- **Community Teams** – providing treatment and practical support to veterans. Last year our regional community teams undertook almost 5,400 face-to-face appointments
- **Outpatients** – assessment by psychiatrists and psychologists – at our treatment centres and in the community – enables us to diagnose, define and deliver the treatment veterans require
- **Occupational therapy** – delivered at our treatment centres and in the community, we use meaningful and creative activity to encourage hope, wellbeing and recovery
- **Peer Support Service** - Led by veterans for veterans, it's the first UK-wide service of its kind for those with mental health problems. The service enables them to share their experiences, receive support and socialise with others with similar experiences.
- **Substance Misuse Case Management Service** – helping veterans to access the services for their drug and alcohol problems so their mental health issues can be addressed
- **We have a 24-hour Helpline** available to veterans and their families (**0800 138 1619**) and to serving personnel and their families (**0800 323 4444**)

Useful links

Our website: combatstress.org.uk

On Twitter: @CombatStress

On Facebook: facebook.com/CombatStress

On LinkedIn: linkedin.com/company/combat-stress