

## **Sutton Mental Health Foundation**

# **Thames River Kayak Challenge**

### **Event schedule**

#### Date

Thursday July 2nd 2026

#### Start

11:15 meet for 12.00 Departure prompt.

Location: River Gardens Café, 20 River Gardens Walk, London SE10 0FZ

Approximately a 10-minute walk from Maze Hill Station

Direct train from London Bridge approx. 11 minutes

#### Finish

15:00

Location: St. Mary's Church, Battersea Church Rd, London SW11 3NA

Nearest station is Clapham Junction

Suggested location for celebratory drinks – The Woodman Pub, 60 Battersea High Street – 8 minute walk.

Our Kayaking Guides have over 20 years of experience operating and navigating on the Thames and apply the highest safety management standards to their events and operations.

### **Registration fee**

To complete your registration, please contact Andy Sellins on [fundraising@smhf.org.uk](mailto:fundraising@smhf.org.uk) who will send you a registration form. As well as filling out the form, please process your signup fee of £75 to the details below:

To secure your place then please make your payment to the account details below, to ensure we identify that it's you, please use your initials followed by TRK.

#### Bank details

Cooperative Bank

Sutton Mental Health Foundation Charity Company

Sort Code: 08-92-99

Account Number: 67300727

### **Your fundraising page**

We ask everyone to set up their own individual fundraising page and ask all participants to meet a minimum fundraising target of £300.

Sutton Mental Health Foundation is registered with Just Giving, so please set up your fundraising page on the Just Giving site. For information and tools to help set up your fundraising page, please visit <https://smhf.org.uk/setting-up-your-fundraising-page/>

Fundraising with family and friends – There are loads of ways to have fun with others whilst raising money to support the life changing work of the Sutton Mental Health Foundation.

### **What to bring/wear?**

1. You do not need any specialist equipment. All equipment is included such as life jackets and good quality waterproofs.
2. Bring comfortable clothes to paddle in, we would suggest avoiding cotton t-shirts but wear something that is light and breathable.
3. Bring a pair of training/running shoes that you don't mind getting muddy or wet.
4. Bring a complete change of clothes that you can change into after the challenge, there are NO changing facilities at the pub but there will be loos.
5. You have a baggage allowance of 25 litres per person (small rucksack or carry bag), your bags will go inside a watertight compartment in the kayak and stays 100% dry.
6. Bags must be compressible.
7. Don't forget sunscreen, sunglasses and a hat.
8. Bring a small, packed lunch such as a sandwich and some fruit.
9. Light snacks to keep your energy levels up such as; bananas, isotonic gels, protein bars and Haribo.
10. Bring a bottle of water to stay hydrated, we will provide water on the day which will be topped up during any breaks. Please do not bring any alcoholic beverages.
11. We do not plan to stop for comfort breaks before we reach Battersea, however, if we need to on request, we can certainly arrange that with our guides.
12. All phones and cameras will be stored securely in dry bags within the boats.
13. Our guides will take photos throughout the challenge and send them on to us afterwards.

### **Contact details:**

Andy Sellins – Sutton Mental Health Foundation

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