

December 2020 Newsletter

Dear Supporter

This has been a tumultuous year worldwide with COVID-19 affecting all our lives. Here at MHRUK we have been very conscious of the impact of the pandemic on people with pre-existing mental health problems, but also on others coping with home working and schooling, with economic uncertainty, and with loneliness and lack of contact with family and friends.

We had also been concerned about the impact on us as a charity, but our supporters have responded amazingly and continued to raise funds for us in extraordinarily original ways. These included the 2.6 challenge in place of the cancelled London Marathon, where participants could do any challenge that involved 2 and 6, like 2.6 miles, 26 yoga poses or juggling for 26 minutes. Also a 24 hour indoor rowing challenge on the world record, a family Ironman and an ascent of the North Face of Mayfield Cottage in place of the Eiger. Together these supporter challenges raised more than £12,000 for MHRUK. If you would like to read more on some of these challenges, click [HERE](#)

So in spite of everything we have raised more than £280,000 in 2020, greatly exceeding our expectations. As a result we were able to award four new PhD Scholarships in the fields of schizophrenia (2), psychological trauma and eating disorders. See the details on our [website](#).

We were fortunate that, serendipitously, we managed to hold our annual Scholars' Day in Cardiff just before the first lockdown in early March. We had a really great day hearing from all our Scholars, with supervisors, our supporters and trustees in the audience. See our [website](#) for details

Next year we plan to award scholarships to research the mental health impacts of COVID-19 and the differential impact of schizophrenia on different racial groups, in support of our commitment to do more to address racial inequalities in mental health research. We have set ourselves the challenge of raising funds for the COVID-19 scholarship and there are more details [HERE](#). Challenges are beginning to open up for 2021. The Ultra Challenge events start with a London Winter Walk on 27 and 28 February 2021, more information [HERE](#)

I am attaching our e-Christmas Card to this email. Please feel free to use it to send to family and friends – if you would like to make a donation in lieu of the postage saved that would help MHRUK.

[Donate](#)

Finally, I wish you a very Happy Christmas and hope you and your family enjoy the festive season. Let us hope that in 2021 we will at last be coming out of the darkness. I wish you all the very best for the New Year.

Clair

Clair Chilvers
Chair of Trustees



Happy Christmas

MentalHealth[•]
ResearchUK

Chris Clarke *Christmas Arrangement*, 2020

Charity No 1125538