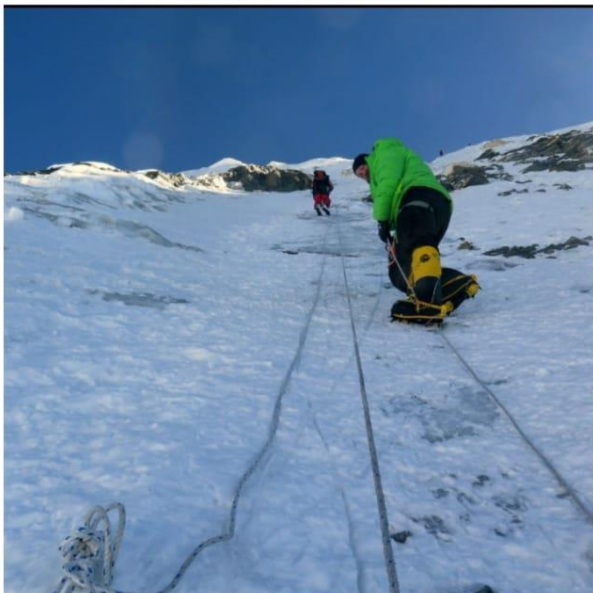


## Shads Palmer is at Mount Everest. 17th May - 3rd June 2020



**The reason we were very keen to support Mental Health Research UK as one of our charities during our rugby clubs Everest Challenge is twofold.**

One - as a team we are almost all involved in promoting positive mental health and wellbeing in our various roles as teachers, HSE or industry leads, also supporting a charity that carries out research and supports PhD students in the subject, is a big draw for us.

Secondly, most of the team carrying out the challenge have direct experiences of losing friends, especially ex military colleagues, to various mental health issues. As we test ourselves throughout the 20+ days, these memories of

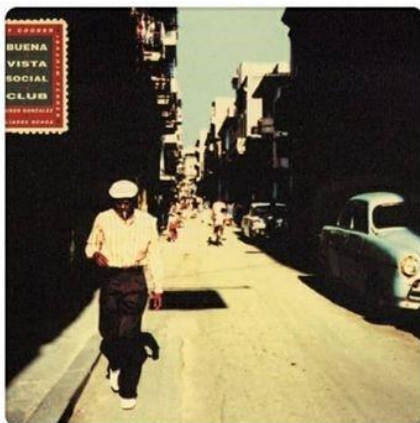
friends keep driving us forward to complete the task to help raise funds and awareness to prevent further loss.

Today's charity, chosen by Shads is Mental Health Research UK, the first charity to fund research into mental health illness and PhD Scholarships. Please visit @mrhuk or <http://www.mentalhealthresearchuk.org.uk/mental-health-rese...> or Facebook <https://m.facebook.com/mhrukcharity/> Day 12 team 1 / Day 5 team 2 of @gulflegendsrugby Everest Challenge - min 18 days of 1 hour stair climbing with 25kg rucksack. 8 regular climbers representing different charities each day.

To donate to Mental Health Research UK [COVID 19 Psychological Trauma PhD Scholarship](#),

# MHR UK

Welcome to Mental  
Health Research UK  
The first UK charity dedicated  
to raising funds for research  
into mental illness, their  
causes and cures.



Buena Vista Social...

