

Proudly supporting
Action on Postpartum Psychosis



**Giro De Humber: 100km or 100miles.
Senior citizens' (open to all) cycle ride around the
Humber to help raise funds for APP,
supporting mums & babies.
Start: 25th June 9:30am, Humber Bridge Car Park
Wellness Hub (what3words: about.zooms.deck)**

Cafe & lunch stop en route

Add your own extra for 100 mile challenge e.g. Aldbrough