



Martin Ayline is raising money for APP
Create a team

cycle 100 miles · 25 June 2026

Story

Action on Postpartum Psychosis is a UK charity. We're here to make sure mums, parents and families are supported through postpartum psychosis – a severe, but treatable, form of mental illness that occurs after having a baby and affects over 1000 new mums in the UK each year.

We offer information and peer support, facilitate ground breaking research, raise awareness and campaign for improved services.

Our life changing peer support network helps women and families affected by postpartum psychosis feel understood, supported and less isolated.

This 100km cycle ride around the Humber is open to extra participants. My challenge, at 74, is to complete the 100miles by including Aldbrough.