



# Joy rides up from Sydney for a great cause

By **Jenna Daroczy**

JOY Graydon is putting her feet up after 18 days of clocking up an average of 80km a day on her bike.

But the effort has all been for a good cause.

The Wellington Point resident and 10 other riders completed the Sydney to Brisbane leg of the Great Australian Bike Ride at Cleveland Point earlier this month, along with nine support crew.

The ride is raising funding and awareness for mental health through Rotary Clubs of Australia.

“My brother Bob is in Rotary and, knowing I’m a bit of a cyclist, asked

me if I’d like to get involved,” Joy said.

“I’ve had a few friends and colleagues with children who struggle with depression and schizophrenia, so it’s a close issue to me.

“Some of the hills have been pretty tough, but it’s given me a real sense of achievement.”

Manager for stage four, Denis Green, said he was passionate about the cause, and was a past chairman of Rotary Health which managed the program.

“I think we’re really on the right track in identifying the need for supporting people with

mental health issues,” he said.

The Great Australian Bike Ride, under the theme of “together on the road for mental health”, will finish in Melbourne, where it started, on October 10 to coincide with World Mental Health Day.

Riders can opt for as many stages as they want, with 26 expected to pedal off into the next stage from New Farm on Sunday, bound for Townsville. To donate to the cause, visit [www.greataustralianbikeride.org.au](http://www.greataustralianbikeride.org.au)



**MENTAL HEALTH QUEST:** Joy Graydon, of Wellington Point, has just finished 18 days of cycling for mental health. Photo: **Charles Sonnex**