



## Simon becomes BRIT ambassador

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Commonwealth Games hopeful Simon Heaps has become an ambassador for a charity supporting mental health in young adults.

The British Inspiration Trust (BRIT) works with UK universities and colleges for an annual challenge to raise money for mental health charity partners.

This year, the challenge is for individuals to work together as teams to complete 2,021 miles by July 1st by hand-cycling, cycling, wheelchair pushing, swimming, walking, jogging, running, rowing, canoeing, kayaking or paddle-boarding.

Every UK university, college and student union is invited to register to take part, enter teams, and support student and staff participation, both on campus or at home.

[Click here to find out more about the BRIT Challenge or to register a team](#)

Former England international Simon, who lost a leg to diabetes in 2019, has transitioned to the para ranks and, when competition resumes, will self-fund competing at international para events to try to gain ranking points and the chance to be selected for the 2022 Commonwealth Games.

Simon said: "Covid has been tough for the whole country and I have certainly felt low a number of times over the past year. Having a goal and keeping active has been so important to my mental wellbeing.

"I am sure that many University and College staff members, as well as their students, have found the pandemic challenging and the BRIT 2021 Challenge is a great way to feel-good and have fun.

"I applaud BRIT for designing their BRIT 2021 Challenge to be inclusive and enabling students and staff of all abilities to take part.

"I hope that staff members, as well as students, will take part in the BRIT 2021 Challenge to improve their mental

health and fitness; all while raising vital funds for five mental health charities who support student and young adult mental health.”

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