

Roz Rides the Length of the UK

Roz Brooks, the former Deputy Director of Operations for the Norfolk and Suffolk (Mental Health) Foundation Trust, is doing a sponsored cycle ride from Land's End to John O'Groats - 1000 miles - in early May. She has very generously chosen The Debenham Project to be one of her two local charities (the other is Norwich Mind) that will benefit. Please support her by clicking on the Virgin Giving button on the Home page. To watch a video of the journey she will be undertaking click here (<https://www.youtube.com/watch?v=2ariEJlr2ts>)