



Epsom Man's 56-Mile Walk to Raise Mental Health Awareness

21 February 2025



A local Epsom resident, Nicholas Mark Dulake, is set to complete an extraordinary challenge this Sunday, 23rd February 2025, as he concludes a 56-mile walk in aid of the mental health charity, Mind. Nicholas embarked on this challenge in January, aiming to raise funds and awareness about mental health issues and the stigma that surrounds them.

His journey is deeply personal. On 20th February 2024, Nicholas attempted to take his own life. His survival led to five weeks in a coma, multiple hospital transfers, and several life-saving operations, during which he was resuscitated four times. As a result of his ordeal, he now lives with a tracheostomy, which presents daily challenges with his breathing. However, rather than allowing his experience to define him negatively, he has chosen to channel his energy into raising awareness and supporting others struggling with their mental health.

To date, Nicholas has raised an incredible £3,705 in sponsorship for Mind. To mark the completion of his challenge, he has arranged a final walk around Epsom Downs and is inviting the local community to join him in showing solidarity for mental health awareness.

"I've had an overwhelming response from people who have read my story and reached out to tell me how much it has helped them," Nicholas shared. Through his personal blog, *Start Again Monday* (www.startagainmonday.co.uk), he continues to share his journey and offer support to others facing similar struggles.

His mission is clear: to break down the stigma surrounding mental health and ensure that those who are suffering know they are not alone.

Local residents are encouraged to take part in the walk on Sunday to show their support for this important cause. For those who wish to donate, details can be found on Nicholas's blog.

Nicholas is also keen to share his experiences in greater detail following the completion of his challenge. If you would like to learn more, follow his blog or reach out to him directly.

For those struggling with mental health issues, charities like Mind provide crucial support and resources. Nicholas's story serves as a powerful reminder that recovery is possible and that support is always available.