



Media Release

27th January 2011

Marathon runners receive support by Green Coaching at jacksplace

Naomi House children's hospice marathon runners arrived at jacksplace over the weekend to receive advice from local personal training company, Green Coaching. The marathon runners will be supporting Naomi House at both the Reading Half Marathon on 20th March and the London Marathon on 17th April.

The day involved a tour of the new young people's hospice jacksplace, training and nutritional advice along with an outdoor running session in the grounds of the hospice.

Last year's team of marathon runners raised over £50,000 through the Reading Half Marathon and London Marathon. This is a huge contribution towards the £5 million running costs it takes to keep the doors of Naomi House and jacksplace open.

Liz Byrne, one of our runners said "The training day has really motivated me to improve my training and increase my fundraising efforts. It was great to meet up with other runners and talk about our goals, and it was also fantastic to remind ourselves what a special place Naomi house is"

Naomi House provides respite, palliative and end of life care including bereavement support to over 280 families across central southern England. It is with the help of local people who take part in these types of events that the hospice is able to provide this care to those families most in need of their help.

Emma Willshire, Events Coordinator said "We're still looking for runners who are hoping to shed those extra pounds gained over the festive season! We have places

available for the 2011 Reading Half Marathon and we are asking London Marathon runners with their own place to consider running for 'Team Naomi House'.

Entry is £50 for the Reading Half Marathon which needs to be paid before your place is confirmed. Each runner is then asked to try to raise at least £350 in sponsorship from friends, family and colleagues helping Naomi House reach the £5million running costs needed each year.

To buy your place, please contact Emma Willshire, Event's Coordinator on 01962 843513. Alternatively, email emma.willshire@naomihouse.org.uk

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Notes to Editors

Wessex Children's Hospice Trust, known as Naomi House, provides support to children and young people with life limiting conditions from across central southern England. The charity offers one-to-one palliative care that includes respite stays, terminal and bereavement care. This support is available 24 hours a day, 365 days of the year.

The services the Trust provides are available to families from two purpose built hospices, Naomi House and ***jacksplace***, situated just north of Winchester in Hampshire. In addition the community service supports families who need our help during emergency situations.

It costs around £5 million a year to provide these services to the children, young people and families. With less than 15% of income coming from Government and other statutory bodies, the Trust relies on the generosity of people in the community to continue its work. Their support enables the charity to provide these crucial care services, free of charge, to children and their families.

For more information call Emma Willshire, Events Co-ordinator on 01962 843513 or visit our website www.naomihouse.org.uk