

Press Release

18th May 2009

Sally Gunnell Launches Hike 4 Hospices 2009

Olympic gold medalist and Sussex sports personality, Sally Gunnell OBE, helped local Rotarians launch their third Hike 4 Hospices event at Shoreham Airport.

Since its inception in 2007, Hike 4 Hospices has raised an incredible £76,000 for four Sussex hospices - St Peter & St James in North Chailey, St Barnabas House in Worthing, The Martlets in Hove and St Wilfrid's in Chichester.

Last year's event took place over two days in August and saw 250 people walking between five and 42 miles to raise a total of £40,000 which was divided equally between the four hospices.

Sally is a staunch supporter of local hospice care and very kindly helped launch last year's event. Said Sally, "I know how much being able to have specialist palliative care means to patients and their families and what an amazing job the nursing staff do. This is a great event and I would encourage anyone to sign up for this year's Hike 4 Hospices to enjoy a healthy walk in the beautiful Sussex countryside while raising much needed funds for their local hospice."

The 2009 Hike 4 Hospices will take place on 22nd and 23rd August following the South Downs Way from Lewes to Goodwood. New for this year is a family walk of five miles, starting at Devil's Dyke, which will include a group start, fancy dress competition, refreshments and some fun surprises along the way. Registration is now open for Hike 4 Hospices 2009 and you can register online at www.hike4hospices.com. Sign up today and stride out for Sussex hospices!

- ENDS -

Photographs: Sally Gunnell at the launch of Hike 4 Hospices 2009

For further information: Karen Lambert or Gill Cronin on 01444 471598

Notes to Editors: About St Peter & St James Hospice & Continuing Care Centre

Our mission as a registered charity is to provide specialist care, love and support for those living with progressive, life limiting illnesses from East and West Sussex. We will endeavour to meet the needs of each patient, their family and friends. We aim to encourage and enable all patients to live their lives to their full potential despite their illnesses.

We care for patients from Burgess Hill, Haywards Heath, Lewes, Uckfield and the surrounding villages. Last year we provided care for more than 400 patients and their families. All of our Hospice services are free of charge and we receive just 15% of our funding from the Government. This means we have to raise more than £1.3 million every year through fundraising. That's £3,600 every single day.

Website: www.stpeter-stjames.org.uk

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Registered Charity Number: 1056114

Images: For logos and photographs please contact Karen Lambert on 01444 471598 or email karen.lambert@stpeter-stjames.org.uk