

**Press Release**

10<sup>th</sup> February 2009

**Set Your Alarm To Sleep Walk!**

St Peter & St James Hospice have announced Saturday 18<sup>th</sup> July as the date for their 2009 Sleep Walk. Fun loving females of all fitness levels are invited to join in the 10km midnight walk around the streets of Haywards Heath and Lindfield to raise money for the Hospice in North Chailey.

Gill Cronin, Head of Fundraising at the Hospice said: "Last year's event had a very special atmosphere and we were overwhelmed by the support that we received and the £25,000 that our 340 Sleep Walkers managed to raise. Our challenge this year is to double the number of people who take part and to raise even more money. We care for patients from Burgess Hill, Haywards Heath, Lewes, Uckfield and the surrounding villages and hope that women from all parts of the area that we serve will step up to the challenge. The theme of the Sleep Walk is to 'wear what you sleep in' and last year we saw some wonderful outfits which we hope will be repeated again this year!"

Sacha Thompson from Burgess Hill who took part last year and raised more than £700 said: "I had so much fun doing the Sleep Walk. The atmosphere was great and to raise money for such a good cause and have some fun with all the other ladies and girls made it even better! I did the Sleep Walk in memory of my Dad who died the week before the walk, which made me even determined to do it!"

If you would like to pre-register your interest please call 01444 471598 or email [fundraising@stpeter-stjames.org.uk](mailto:fundraising@stpeter-stjames.org.uk). Entry will open on Wednesday 1<sup>st</sup> April when you will be able to download an entry form from the Hospice's website at [www.stpeter-stjames.org.uk](http://www.stpeter-stjames.org.uk), pick one up from the Hospice's charity shops or request one from the Fundraising Department. Entry is £10 which includes a free baseball cap, finisher's gift, goody bag and breakfast. The minimum age for walkers is 10 years old and all 10 – 16 year olds must be accompanied by a responsible adult.

The Hospice is also looking for local businesses to support the event with several exciting sponsorship opportunities. Anyone interested in doing so can call Gill on 01444 470206 or email [gill.cronin@stpeter-stjames.org.uk](mailto:gill.cronin@stpeter-stjames.org.uk)

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

**Attached photograph:** Ladies at the start of the 2008 Sleep Walk

**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. 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](http://www.stpeter-stjames.org.uk)

**Email:** [fundraising@stpeter-stjames.org.uk](mailto:fundraising@stpeter-stjames.org.uk)

**Registered Charity Number:** 1056114

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