

## **Press Release**

6<sup>th</sup> April 2009

### **The Sleep Walk Alarm Is Ringing!**

Entry is now open for the 2009 St Peter & St James Hospice Sleep Walk which is taking place on Saturday 18<sup>th</sup> July. Organisers at the Hospice in North Chailey are looking for fun loving females to take part in the 10km sponsored midnight walk around Haywards Heath and Lindfield. Last year's inaugural event raised more than £27,000 and this year it is hoped that at least 700 ladies will sign up.

Gill Cronin, Head of Fundraising said: "We care for patients from Burgess Hill, Haywards Heath, Lewes, Uckfield and the surrounding villages and are calling for ladies from right across our catchment area to join in. We have made some changes to the route and have decided to lower the minimum age for Sleep Walkers to 10 years old. We are also pleased to announce a change of venue for this year as the Sleep Walk will start and finish at Olympos Haywards Heath. Among our supporters this year we welcome Tracmaster, Icon Live, Sainsbury's, Bright FM, Profiles, Burgess Hill Haywards Heath & District Round Table and Mid Sussex District Council. There are still sponsorship opportunities available and if there are any other local businesses who would like to support the Sleep Walk then please get in touch."

Entry for the Sleep Walk costs £10 which includes a free baseball cap, finisher's memento and breakfast. There is no minimum amount of sponsorship required to take part although walkers are asked to raise as much sponsorship as possible and trophies will be awarded to both the individual and the team who raise the most money.

For an entry form please call the Fundraising Department on 01444 471598, email [fundraising@stpeter-stjames.org.uk](mailto:fundraising@stpeter-stjames.org.uk) or visit [www.stpeter-stjames.org.uk](http://www.stpeter-stjames.org.uk). The Hospice would also like to hear from anybody interested in helping to fill a range of volunteer roles on the night. If you can help please contact Karen Lambert on 01444 470208.

- ENDS -

**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. 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)