



## Walk A Mile for unpaid carers in Swindon and Wiltshire

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### **Media Release – 1 June 2015 - For immediate use Carers Week - 08-14 June 2015**

Swindon Carers Centre and Carer Support Wiltshire are joining forces to promote national Carers Week this year.

They are raising awareness of the work unpaid carers do across the county by organising two “Walk A Mile in My Shoes” events. As the title suggests you could choose to walk the mile in a fun pair of shoes, or you could wear your own shoes and think about the impact of being a carer. The walks will take place on **Saturday 13th June 2015:**

**Swindon:** 10.00am registration at Wharf Green to start at 10.30am. The route will take us through town finishing back at Wharf Green.

**Chippenham:** 2.00pm registration at the Buttercross. Walk to start at 2.30pm. Following the walk there will be a great party in Monkton Park with live music, games and other entertainment. The party is also open to those who are not able to take part in the walk.

Swindon’s MPs Robert Buckland and Justin Tomlinson will both be walking the mile with Swindon Carers Centre. Cath Johnston is Chief Executive of SCC: “1 in 8 of us is a carer. The aim of Carers Week is to improve the lives of carers and the people they care for. Swindon Carers Centre is committed to supporting this aim and by joining our ‘Walk a Mile’ event we can all show how much we appreciate and value carers of all ages across Swindon.”

Chippenham MP Michelle Donelan will be walking the mile in Wiltshire. She said: “I am very excited about taking part in the ‘Walk a Mile in My Shoes’ fundraiser for Carer Support Wiltshire – an amazing organisation that I am proud to back and support. This event will be a fun one for all the family and I hope that lots of people get involved to help the 1 in 8 local people who are carers.”

Parent carer Amanda Cottle is going to be walking a mile to raise awareness for the support services available for carers like her. Amanda cares for her 16 year old son Michael who has high-functioning autism with a learning delay. Due to his condition, Michael struggles to do very simple day to day tasks on his own and is dependent on his mum to help him. She said: “Getting some support as a carer has helped me to have some time out which has given me the chance to have a physical and mental break from caring for Michael. Walking one mile will only take a short amount of time and I hope it will raise public awareness and reach out to those who are struggling to cope. There are still so many carers living in the area who do not know about the charities that can help them.”

To register for the Walk in Swindon, please contact [sandra.chapman@swindoncarers.org.uk](mailto:sandra.chapman@swindoncarers.org.uk) or 01793 531133.

To register for the Walk in Wiltshire, please visit [www.carersinwiltshire.co.uk](http://www.carersinwiltshire.co.uk) or call 01380 871690.

## Ends

## Notes to editors

- Swindon Carers Centre and Carer Support Wiltshire are part of the national network of the Carers Trust
- They offer help and support to people in Swindon and Wiltshire who have caring responsibilities
- There are approximately 19,500 carers of all ages (including children and young people) in the Borough of Swindon and Swindon Carers Centre is available to provide them with much needed support, help and information. You can find out more at [www.swindoncarers.org.uk](http://www.swindoncarers.org.uk)
- There are approximately 47,600 carers of all ages (including children and young people) across Wiltshire and Carer Support Wiltshire offers them support, information, advice and break opportunities. You can find out more at [www.carersinwiltshire.co.uk](http://www.carersinwiltshire.co.uk)
- Walk A Mile In My Shoes is a fundraising event hosted by several carers charities in the South West. The premise is to swap shoes with someone else or wear the wildest footwear you can find.



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