

# Walk A Mile for unpaid carers in Swindon.



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## **Media Release – 16 April 2015 - For immediate use Carers Week - 08-14 June 2015**

Walk A Mile In My Shoes – This year, for National Carers Week, we are asking people in Swindon to walk a mile to raise awareness for and funds to support unpaid carers in the town.

As the title suggests you could choose to walk the mile in a pair of shoes owned by a carer. Or you could wear your own shoes and think about the impact of being a carer. The walk will take place on **Saturday 13th June 2015** gathering at 10.00am to start at 10.30am from Wharf Green. The route will take us through town finishing back at Wharf Green.

We are looking to get people signed up for the walk, to raise money for Swindon Carers Centre. Once you've registered with us, you'll receive a sponsorship form to get going. There is a £5 registration fee.

Cath Johnston is Chief Executive of Swindon Carers Centre: "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."

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

## **Ends**

## **Notes to editors**

- Swindon Carers Centre is part of the national network of the Carers Trust
- SCC offers help and support to people in Swindon 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

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