

MEDIA RELEASE

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LPT supports special NHS70 parkrun

On Saturday 9 June, the NHS and parkrun UK will jointly host parkrun for the NHS to mark the NHS's 70th birthday. Leicestershire's four parkruns will be part of over 1300 local NHS70 parkruns, an initiative that was launched nationally by double Olympic gold medallist Dame Kelly Holmes. The special events aim to celebrate the contribution of the NHS to the nation, whilst encouraging people to get active.

A number of staff from Leicestershire Partnership NHS Trust have volunteered to organise local events. Locally parkruns will be taking place at Leicester Victoria Park, Braunstone Park, Conkers and Market Harborough.



Leicester Victoria parkrun Event Director, Fern Barrell works for Leicestershire Partnership NHS Trust (LPT), and is one of the volunteers from the Trust who has been supporting the event. She said: "I have been a volunteer at Leicester Victoria parkrun for a while now. I also work for the NHS, so it has been great to be involved

in supporting parkrun celebrating the NHS turning 70. I am thankful for the great institution the NHS is and these special parkruns help to further promote health and wellbeing. Thank you to all the volunteers from LPT who have signed up to help out on the day.”

The parkrun is also the perfect opportunity to raise valuable funds for NHS charities. Raising Health is LPT’s charity and has a number of appeals that runners can support.

Lindsay Woodward, fundraising manager for Raising Health said: “As well as a fantastic reason to get out in the fresh air with friends, family or colleagues you could also use the NHS70 parkrun as an opportunity to do some fundraising for our Raising Health appeals, helping us to go above and beyond to improve our patient experience.”

Current appeals include:

- **Colour my memories** – creating dementia-friendly gardens at the Evington Centre and funding reminiscence activities
- **Diana Children’s Community Service 20th anniversary:** funding equipment and activities for children with life-threatening and life-limiting conditions.
- **Sport at the Bradgate:** funding additional physical activity equipment and activities for the unit.
- **Road to Recovery:** Stewart House (mental health rehab unit) wants to create a mini gym to support mental health recovery with physical activity.
- **Miles for Smiles:** specially adapted vehicle for patients with Huntington’s Disease at Mill Lodge.

The parkruns are free, 5k events that take place in hundreds of locations across the UK every Saturday morning. They are coordinated entirely by volunteers and are open to walkers and runners of all ages and abilities.

Why not get involved in *parkrun for the NHS*? You can run, jog, walk or volunteer. For more information, including details of participating parkruns, visit: www.nhs70.nhs.uk/parkrun

Note to editors

1. **Leicestershire Partnership NHS Trust (LPT)** provides community health, mental health and learning disabilities services for the one million people living in Leicester, Leicestershire and Rutland. We have a budget in excess of £275 million and employ approximately 5,500 staff. For more information visit: www.leicspart.nhs.uk

2. **Raising Health** is our registered charity (number 1057361) which raises funds to support LPT’s excellent care initiatives, equipment and innovations which go above and beyond core NHS provision, to enhance the experience of our patients, service users and staff. www.raisinghealth.org.uk

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