# LAST FEW PLACES LEFT FOR GREAT NORTH RUN!

# SIGN UP & HELP CHILDREN WITH MENTAL HEALTH DIFFICULTIES

MedEquip4Kids improves the health of children and babies by providing equipment not available from limited NHS resources. We believe every child should have access to the best medical care when they need it most.

You may have heard in the news that children’s mental health in the UK is in crisis. At least one in ten children and young people has a diagnosable mental health issue, and with the demand for professional help rising, services are struggling to cope. MedEquip4Kids provides resources for Child and Adolescent Mental Health Services (CAMHS) that are no longer available from overstretched NHS funding. These resources include sensory toys, books, games, and communication aids to help children express and understand their feelings.

Ben\* was ten when his beloved grandma died. Soon afterwards, he started worrying about his mum, who has health problems too. Ben was so anxious that she would die too that he wouldn’t leave her. He stopped attending school and became withdrawn and isolated. Eventually he was referred to his local CAMHS.Staff used a board game and emotion cards provided by MedEquip4Kids to help Ben to identify his feelings and talk about his anxiety. Ben and his mum used workbooks to help him understand the impact of losing his grandma and to manage his anxiety. As a result, and with his mum's support, Ben was able to cope with returning to school.

You can support us and our CAMHS appeal in many ways, we are particularly looking for people to take on the challenge of the Great North Run on September 10th 2017. This is the world’s largest half marathon, attracting more than 57,000 participants in 2016. The 13.1 mile route takes you from the city centre streets of Newcastle on Tyne, passing over the iconic Tyne Bridge, where if you’re lucky, you might get a glimpse of the Red Arrows passing overhead.

No matter what your running ability – you can sprint the entire length or walk at a snail’s pace if you desire – this is an event everyone enjoys.

Registration is £40 and we ask you to raise a minimum £300 in sponsorship.

For a first hand experience of this event – contact Sarah one of our fundraisers who will be taking part for her 5th time this year.

To support this appeal please contact us on 0161 798 1600 or visit our website [www.medequip4kids.org.uk](http://www.medequip4kids.org.uk) and click on events. Your help is greatly appreciated.

The organisation was set up in 1985 by a couple, after their daughter became seriously ill with meningitis and was treated at Booth Hall Children’s Hospital in Manchester, where she made a full recovery.

At the time, the hospital was unable to afford some vital items of equipment, so to show their gratitude to the hospital that saved their daughter’s life, the couple began fundraising for the equipment. Since then, MedEquip4Kids has raised over £20 million to care for around 128,000 children a year at hospitals across Greater Manchester, Merseyside, Cumbria, Lancashire, Yorkshire and beyond.

**- Ends –**

ENDS

NOTES TO EDITORS:

1. MedEquip4Kids exists to improve healthcare for children and babies across the north of England by providing specialist paediatric equipment for hospitals and community health teams.

2. MedEquip4Kids was founded in 1985 and, to date, has raised more than £20 million.

3. To contact the charity, call 0161 798 1600 or email info@medequip4kids.org.uk

4. More information on individual projects at hospitals across the region are available via our website: www.medequip4kids.org.uk