



May 2015

A very good reason to run

Staff at the City of Nedlands have raised \$1,100 so far for Cancer Support WA ahead of the HBF Run for a Reason charity event this Sunday 24 May.

Michelle Newton, Brid Ni Mhuineachain, Daniel Sharples and Robyn Forrest have teamed up to run or walk the course.

Brid, who is the City's Community Engagement Officer, is pulling out all the stops and running the half marathon – 21.2 km. She's been training for months, running around Nedlands, up and down Jacob's Ladder and Kokoda at King's Park with even the occasional sprint through Karrakatta Cemetery.

The other team members are attempting the shorter 12 km course, with Ranger Daniel Sharples pushing his young daughter in a pram and running it. Daniel has been a keen Instagrammer, taking an action photo of himself and Brid at every training session.

Michelle, the City's Senior Communications Officer, chose Cancer Support WA (CSWA) because the organisation is close to her heart.

"I was diagnosed with cancer just over a year ago. I was so lucky to find Cancer Support – in fact, Robyn Forrest put me onto them – I immediately knew that here was an organisation that really cared about me."

"Everyone at Cancer Support feels like family. Through their own personal experience or their experience of loved ones, they know exactly the effect of a cancer diagnosis, just how devastating and traumatising it is. It's a really special place."

CSWA delivers many free services, including a 24-hour cancer support line, counselling, information packs, a library, support groups and home and hospital visits from counselling staff.

In addition to this, Cancer Support WA is known for its wellness program featuring seminars, courses, complementary therapies, guest speakers covering the key areas of cancer wellness.

Did you know?

Staff at the City of Nedlands give to charity every week – each "Free Dress Friday", we collect for a different charity which has been selected because it is close to a staff member's heart. In the past year, staff have raised more than \$2,500 for charities including the WA Deaf Society, the Royal Flying Doctor Service, Beyond Blue and Autism WA.

ENDS

About HBF Run for a Reason

HBF Run for a Reason is a fun and memorable way to improve your health and raise funds for WA health-related charities. This year there are three courses that you can walk, jog or run: the 4 km Ramsay Health Care, the 12 km Ramsay Health Care and the 21.1 km half marathon.

The event helps raise funds for over 130 WA health-related charities.

About Cancer Support WA

Based in the historic Wanslea House in Cottesloe, Cancer Support WA is a leading Western Australian cancer support service provider caring for people with cancer and their families.

Its mission is to assist more West Australians to implement wellness strategies which prevent illness, contribute to cancer recovery, and lead to happiness, longevity and peace.

CSWA delivers its mission through an integrative offering of support services, a cancer wellness clinic, a comprehensive wellness program, and extensive resources. We rely on funding and donations to deliver these vital free services.

About the City of Nedlands

The City of Nedlands is situated 7km from Perth and stretches from the banks of the Swan River to the edge of the Indian Ocean. A population of over 21,000 live in the suburbs of Nedlands, Dalkeith, Mt Claremont, Swanbourne, Karrakatta, and parts of Floreat and Shenton Park.

For further information please contact communications@nedlands.wa.gov.au or 9273 350