



January 2016

Ranger runs into TV advertising campaign

A City of Nedlands Ranger has been featured in mental health charity beyondblue's latest fundraising advertising campaign, beyondblue Bash.

Ranger Daniel Sharples documents his journey with depression and his fitness regime on Instagram with the hashtag #runningwithdepression. Beyondblue noticed his posts, and his fundraising efforts – Daniel ran the City2Surf last year, raising funds for beyondblue – and approached him to share his story for beyondblue Bash.

Daniel's story and the beyondblue Bash campaign can be seen on TV, in magazines and on social media throughout 2016, and will be featured extensively during the Australian Open Tennis broadcast.

Daniel said, "I'm doing more fundraising again this year by running every park run in WA, and I've been speaking to other runners about depression."

He's also planning to run in Sydney's City2Surf in Sydney in August. Beyondblue has registered him as a Gold Charity runner in that event. The fundraising page for that is <https://city2surf2016.everydayhero.com/au/dan-l>

Daniel has put in much time, effort and energy (not to mention shoe-leather!) into raising awareness of depression and how it can be treated. He firmly believes that his running regime has helped him to deal with the illness, along with counselling and medication.

Beyond Blue works to increase awareness and understanding of depression, anxiety and suicide prevention in Australia and reduce associated stigma.

You can view Daniel's story on beyondblue's beyondblue Bash website at <https://www.beyondblue.org.au/beyondbluebash/be-inspired>

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About beyondblue

beyondblue creates mentally healthy environments and supports people across Australia – whatever their age and wherever they live.

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 3500