

MEDIA RELEASE

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All in the family: Love drives marathon mum and daughter

Mother and daughter runners Maureen (Mo) and Sinead Handley will be making their marathon debut in London this Sunday, in support of mental health recovery.



And it will be a legacy of family love that spurs them on.

Mo, from with Leicestershire Partnership NHS Trust (LPT), and Sinead, an administrator with a sports company, are both running their very first marathon together after securing separate places for mental health charities.

Mo explains "Sinead and I had to cope with family loss in the last year – my mum died after a very short illness last May and then we lost my dad suddenly just three months later.

"It's really made me think long and hard about just how important physical exercise is and it's made us both really determined to achieve our first marathon together.

"I came close four years ago but had to pull out after pulling my hamstring during training.

"Sinead only took up running around six months ago but had already got a marathon place. So we have been training together, we joined our local running club in Broughton Astley, and we'll be running the marathon together – Sinead has certainly spurred me on."

Mo is hoping to raise £1,500 to help provide a mini-gym and equipment for one of LPT's mental health rehab units while Sinead is running in support of mental health charity MIND.

Mo is a bed management co-ordinator at LPT's Bradgate Unit, which provides acute inpatient mental health care for adults. She will run the marathon for the Trust's charity, Raising Health, fund-raising for a cause that's particularly close to her heart, the Road to Recovery appeal to provide a mini gym for Stewart House, LPT's adult mental health rehabilitation unit in Narborough.

She said: "I work part-time as a 'bank' staff healthcare support worker at Stewart House and it seems really fitting that I run the marathon for this appeal which goes above and beyond what is possible within the NHS budget. "The patients at Stewart House have severe and enduring mental illness and usually stay on the ward for around 15 months, working closely with staff to help them re-engage with their family life back in the community.

"We know that physical activity can help all of us with our wellbeing in so many ways and this is never more important than helping in mental health recovery. We want to provide a mini gym and equipment. Just a few key pieces of equipment will make such a difference to our patients' recovery – and I'm aiming to secure £1,500 in sponsorship to help people take these vital and motivating steps on their personal road to recovery. It's really nice to run in support of the Trust I work for."

Colleagues at the Bradgate Mental Health Unit have been supporting her fund-raising drive with fund-boosting activities including a 'Munch for Mo' cake sale and a 'Guess Mo's Time' competition.

- Both Mo and Sinead have set up online fund-raising pages – you can support Mo at <https://uk.virginmoneygiving.com/mohandley> and Sinead at <https://uk.virginmoneygiving.com/SineadHandley>

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NOTES 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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