Newcastle Nurse takes on London Marathon for children with heart conditions

Thursday 31 March, 2016

Sarah Lane, a Sister at Newcastle's Freeman Hospital, will be travelling down to London later this year to pound the capital's pavement as she takes on the Virgin Money London Marathon for The Sick Children's Trust.

Sarah Lane, 33 who works as a Sister on the Children's Heart Unit at Freeman Hospital, will be competing in this year's London Marathon for The Sick Children's Trust which supports families with children undergoing treatment at the hospital. Sarah, who has worked at the Newcastle upon Tyne specialist hospital for ten years, decided to take on the iconic course for the charity after witnessing first-hand the difference the charity's work makes to families with children on the heart unit.

The Sick Children's Trust runs ten 'Homes from Home' across the country, including Scott House at Freeman Hospital, which provide vital emotional and practical support to families with sick children.

Since opening in 2014, Scott House has helped over 300 families with sick children on the Children's Heart Unit - many of whom have been waiting for heart and lung transplants. **First-time marathon runner Sarah says:** “I was a student when I first started working at Freeman Hospital and over the years there have been many changes. Now we see lots of children and families from all over the country coming to Freeman Hospital for the specialist treatment it offers.

“For over a year now, Scott House has made a remarkable difference to our families on the Children's Heart Unit. Many are completely uprooted when their child is sick, and Scott House means that they can be there for their child, while regaining a sense of normality in a 'Home from Home'. Having something as simple as an en-suite bathroom and being able to socialise with other families going through something similar over a cup of tea, makes a huge difference.

“Our families and children are our world. Knowing that there is such a good team over at Scott House makes a huge difference to us. Andrew, the House Manager, really cares and will do all he can to help. Scott House has simply just been excellent; above all else, it keeps families together – mums, dads, brothers, sisters and grandparents. I can't stress enough the importance of Scott House."

Scott House is one of two 'Homes from Home' in Newcastle upon Tyne, and has 18 en-suite bedrooms with a direct line to the hospital ward, a transplant flat, communal kitchens, living and dining rooms and playrooms. It costs The Sick Children's Trust £28 per night to provide a family with a free room.

Sarah, who is currently running 30 miles a week in preparation for the race, hopes her fundraising will help more families who may need a room in Scott House. **House Manager, Andrew Leadbitter, says:** “We have a great relationship with the team over on the Children's Heart Unit and we all want to help each and every family with a sick child stay together. It means a great deal that Sarah has chosen to run the London Marathon for us - she is very much a super supporter!"

Sarah is one of 16 runners raising money for The Sick Children's Trust through the Virgin Money London Marathon, if you think you could support our runners by cheering them on, please contact diane@sickchildrenstrust.org.

To read Sarah's full story and support her fundraising, please visit: https://www.justgiving.com/sarah-l-lane

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