Student nurse sets month long 50 mile running challenge to raise money for The Sick Children's Trust

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A Newcastle student nurse is lacing up her trainers to complete 50 miles of running before 2021 to raise money for The Sick Children's Trust.

19 year old Charlotte Porteous, a second year Children's Nursing student at University of Northumbria, is hoping to raise £300 for the charity which supports families with seriously ill children in hospital with a place to stay across its ten 'Homes from Home'.

Charlotte, who has been undertaking a placement at Newcastle's Royal Victoria Infirmary, has seen first-hand the difference the charity makes to families with children undergoing treatment at the hospital by giving them a place to stay at Crawford House. As a running novice, this challenge is pushing Charlotte's boundaries however she is determined to complete it**. Charlotte said:**

"I've heard a lot about The Sick Children's Trust during my placement as the charity runs Crawford House which is just a couple of minutes' walk from the children's wards. I think it is so important for a child to have their family nearby in a 'Home from Home', especially if they are in hospital for more than a couple of days. It benefits a child in so many ways, and for the family it is more relaxing and comfortable than sleeping in a chair on a side wing.

"I've been taking the running easy and will be doing it as much as I can in order to hit those 50 miles before the end of the month. Although I am hoping to raise £300 which would give a family a place to stay for ten nights, I think any amount raised would go a long way in helping the charity and keeping families together."

The Sick Children's Trust runs ten 'Homes from Home' across the country, giving families a warm and comfortable place to stay. This year, due to cancelled fundraising events, the charity expects an income loss of 25-30% and has launched its Together this Christmas appeal, which calls on people to donate £30 to give a family with a sick child in hospital a place to stay. **Crawford House Manager, Andrew Leadbitter, said:**

"We're so grateful to Charlotte for taking on this huge challenge for us, especially as the weather gets colder! By raising money for us, Charlotte is directly helping to keep families together this Christmas as it will go towards giving a family somewhere to stay just minutes from their child's bedside. From everyone at The Sick Children's Trust, we'd like to say a huge thank you."

After a year of being separated from our loved ones, Christmastime is when we want to be together. The Sick Children's Trust wants to keep families together by their child's hospital bedside, and a donation of £30 can do that. To make a donation to Charlotte's fundraising page visit: www.justgiving.com/fundraising/charlotte-porteous

For further information about The Sick Children's Trust, please visit sickchildrenstrust.org

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