



PRESS RELEASE: Thursday 28th July 2016

DERBYSHIRE MIND ANNOUNCED AS WILNE 10K OFFICIAL CHARITY



everyone. He finished the 2013 Wilne 10k in 1:03:54 finishing 739th and had volunteered many times since the event started in 2011.



Phil Clampin

This year's charity for the Wilne 10k is Derbyshire Mind, in memory of Phil Clampin, a fellow Wilne 10k runner, volunteer and friend of the race organisers who tragically died on 6th November 2015. Phil was a fun loving character, with a real lust for life and was adored by

We would like to encourage all Wilne 10k – taking place on Sunday 4th September 2016 – runners and spectators this year to support Derbyshire Mind to raise the awareness of mental health and help us fundraise towards a much needed service in Phil's memory.

Derbyshire Mind is a local charity which delivers services to local people who are experiencing, or caring for someone with, a mental health problem.

1 in 4 people in the UK are likely to experience a mental health problem every year, and over a lifetime 17 out of every 100 people will experience suicidal thoughts – that is equivalent to

170 runners on the start line of the Wilne 10k.

It is vital that organisations such as Derbyshire Mind are able to provide support. Much of their work relies on donations, all of the funds raised from the Wilne 10k are used to provide direct services for people and solely enables the Enjoying Derby Project to exist.

Enjoying Derby is a walking for wellbeing project which aims to improve the mental wellbeing of its participants. Over the years it has positively changed lives for the better, providing sanctuary, peer support, increased self-esteem and social interaction for hundreds of people experiencing or trying to recover from mental ill health.



Sinead Dalton, Derbyshire Mind's Corporate Administrator, said "We are delighted to be the Wilne 10k's official charity for the 2016. Derbyshire Mind relies on fundraising and donations in order to provide its community services for people affected by mental health issues. We hope that the runners have a fantastic run on race day and we look forward to being a part of it".

To fundraise for Derbyshire Mind, runners can simply choose the option when [entering the race](http://www.wilne.co.uk/enter/) at <http://www.wilne.co.uk/enter/>

We are also grateful to receive donations via the Wilne 10k official fundraising page <https://mydonate.bt.com/fundraisers/wilne10k>

For more information about Derbyshire Mind, visit <http://www.derbyshiremind.org.uk>.

Follow us on Facebook www.facebook.com/wilne10k and Twitter www.twitter.com/wilne10k and engage with us in the run up to race day.