

## Press Release

11<sup>th</sup> March 2010



### **We provide the Tower... You bring the Power!**

Rugby League legend Ellery Hanley MBE, one of Yorkshire's finest sportsmen, with an incredible 30 year sporting career, is fronting The Sick Children's Trust: 2010 Tower Power Challenge.

Ellery is encouraging runners of all abilities to get to the top of Bridgewater Place, the hard way...by running up the stairs. 30 Storeys, 600 steps for one great cause.

The Sick Children's Trust is organising a tower run up the tallest building in Yorkshire, Bridgewater Place in Leeds on the 22nd of May 2010.

This will be the first of its kind outside London and aims to raise £90,000 towards its target of £1.7 million for 'The Big Move' appeal. The SCT Leeds 'Home from Home', Eckersley House, has to be relocated from St James's Hospital to Leeds General Infirmary. If The Sick Children's Trust doesn't move Eckersley House hundreds of children will go through prolonged treatment without their families being close by.

"Tower running is one of the toughest new sports to capture the imagination of fitness addicts all over the world. I'm encouraging runners to be one of the 300 hundred people running up 600 stairs in this adrenaline fuelled tower race. The 2010 Tower Power Challenge goes one further than your average 10k race. The average runner will burn 704 calories an hour flat running—but racing upstairs increases that by 50 percent—it's quite a challenge," says Ellery.

"But it's not just an endurance test, the 2010 Tower Power Challenge is a brilliant fundraiser and Eckersley House needs public support now more than ever to complete the build of the new house at the Leeds General Infirmary. We need to raise the final £500,000 to open new house in June." says Ellery.

The Sick Children's Trust ensures that the very basic of all medicines has a chance to work; family love and support. The charity helps families stay close by to their sick child at all times making a real difference to their recovery.

Vicki Smith, fundraiser for the 2010 Tower Power Challenge says, "This is our final fundraising drive for the new house and we're looking for enthusiastic runners to help us raise £90,000 towards our £1.7million target for The Big Move appeal. Now's the time to lace up the sneakers and download that form and start training. The Tower Power Challenge is an unusually healthy way to get to the top!"

Participants must be 18 years old or over and a training plan will be available to download on The Sick Children's Trust website.

Register and download your sponsorship forms at [www.sickchildrenstrust.org](http://www.sickchildrenstrust.org)

Or contact us via email: [towerpower@sickchildrenstrust.org](mailto:towerpower@sickchildrenstrust.org)  
or phone Vicki, Regional Fundraiser, on 07525 424406

## **ENDS**

**For interview or media enquires contact:** [sarah@sickchildrenstrust.org](mailto:sarah@sickchildrenstrust.org) or ring 020 7791 2266 or mobile 07870210025

**Photo caption:** From left, Shemaiah Jerome (8) holding Kea (18month), Mea Jerome (2) and Ellery Hanley holding Zara (18 months)

## **Notes to editors:**

For 16 years Eckersley House has supported the recovery of seriously ill children across Yorkshire by providing high quality accommodation and caring staff for families, just minutes away from the hospital wards.

St James's Hospital is moving its children's wards to the LGI to create a paediatric Centre of Excellence. By May 2010 the majority of children's wards will be moved to the new centre. This development means that Eckersley House will no longer be needed in its present location at St James's Hospital, but will be in great demand at the LGI.

The Sick Children's Trust will be the sole provider of family accommodation at the LGI; so if Eckersley House isn't moved, every year hundreds of sick children from across Yorkshire would have to undergo prolonged medical treatment without their families being close by.