

Press release

7<sup>th</sup> July 2016

**Carers Bucks team takes on the 'Race to the Stones' Challenge**

**- Raising money to help Young Carers in Buckinghamshire -**



**Carers Bucks' 'Race to the Stones' team 2016**

On 16<sup>th</sup> and 17<sup>th</sup> July, a team from Carers Bucks, the charity which supports unpaid carers in Bucks, will be running and walking a combined distance of 100 kilometres along The Ridgeway, Britain's oldest path, as part of the '*Race to the Stones*' Challenge 2016 ([www.racetothestones.com](http://www.racetothestones.com))

The team is aiming to raise over £1,500 for Young Carers Bucks, which supports children and young people aged 6-18 years old who care for a family member who has a physical or mental illness, a disability or alcohol or substance related problems.

All the money raised by the Carers Bucks team - comprising of Hayley Mountstevens (Carers Bucks Communications Manager), Sandy Briscoe (Carers Bucks Fundraising Manager), Mark Willis (Councillor at Aylesbury Town Council), his son Joe Willis, Felicity

Whitley and Gavin Mansi - will go towards helping support young carers, as young as 6 years in Buckinghamshire, including Young Carers Bucks' '*Young Carers in Schools*' programme which offers schools guidance and practical tools to identify and support young pupils who have a caring responsibility.

Sally Mansi, Service Manager for Young Carers Bucks, whose son Gavin is part of the team says: "Young Carers Bucks currently supports over 700 young carers in Buckinghamshire, many who have to assume a level of responsibility that would normally only be asked of an adult. This can cause them much stress and anxiety, which can often mean they miss days at school, which can have a large impact on their learning, as well as affecting their self - confidence and mental wellbeing.

I really want to say a big thank you to our Race to the Stones team for taking on this challenge and for helping raise such vital funds for our work with young carers."

Young Carers Bucks supports Young Carers living in Buckinghamshire in many ways including:

- regular clubs and activities
- one-to-one support where needed
- someone to talk to in confidence
- targeted group work
- Young Carers in Schools programme
- information, advice
- the opportunity to meet with other young carers

If you would like to make a donation to the Carers Bucks '**Race to the Stones**' team just visit [www.justgiving.com/fundraising/ycb-race-to-the-stones](http://www.justgiving.com/fundraising/ycb-race-to-the-stones) or call 0300 777 2722.

**For further information contact Carers Bucks call 0300 777 2722 or visit [www.youngcarersbucks.org](http://www.youngcarersbucks.org).**

**Ends**

For further information please contact Hayley Mountstevens at Carers Bucks on 01296 392 711 or [hayley.mountstevens@carersbucks.org](mailto:hayley.mountstevens@carersbucks.org)

**Notes to Editors:**

- Carers Bucks is provides a range of support and information for carers in the area. The carers range in age from 6 – 90 years old.
- Carers Bucks and Carers Milton Keynes are part of the Carers Trust Network, which has Carers Centres around the UK.
- There are almost 7 million carers in the UK – three in five of us will become a carer at some point in our lives
  
- The economic value of the contribution made by carers in the UK is £132 bn per year.