**Nugent Care Director runs to work, to train for the London Marathon.**

With less than a week to go, Nugent Care’s Director of Finance and Business Support, Mark Roche, runs to work, a round trip of 10 miles, to train for his first London Marathon, to raise funds for the Epsom Community Centre in Kirkdale, Liverpool.

Mark is on target to reach £3,000 by April 24th, having raised over £2,500 so far, to fund holidays for children, young people and their families for whom the thought of, let alone the prospect of a break away is not normally an option.

Kirkdale where Epsom Community Centre is based is one of the poorest wards in the UK where 50% of the children and young people are living in poverty and 26% are living on or below the bread line. It also has one of the highest mortality rates in the EU.

Two groups of children and their parents will get the chance to go on holiday, which will include lots of activities such as building rafts, abseiling, high ropes course and singing around the camp fire, and they will also have an opportunity to take care of farm animals.

Epsom parents said: ‘it will be amazing to take our children away to a safe environment where they can relax and be themselves, learn new things and enjoy a bit of time out, something we never have the money to do!

Mark, who is an experienced runner, has been training for eight months for his first London marathon, and has an intensive training programme in place.

Mark said, ‘I’m aiming to beat my previous marathon time of 3:11, and the support so far has been amazing, and is driving me on to make the holidays a reality.’

You can sponsor mark and help raise the funds to take the children on holiday by going to <http://uk.virginmoneygiving.com/MarkRoche4>

Ends

Editors Notes:

**Nugent Care** is a charitable organisation which offers a diverse range of support to adults and children across Liverpool and throughout the North West of England.

The wide range of services Nugent Care has to offer allows us to provide a highly individualised and tailored approach to all our service users.

We work with children, adults and community groups through our homes, schools and community based projects throughout the North West, ensuring people’s rights, independence, interdependence, choice and inclusion are integrated into everything we do.

As a social care provider, and welfare arm of the Catholic Church, Nugent Care works at the heart of some of the most vulnerable and disadvantaged communities. We strive not only to provide the best possible service to individuals and their families in these areas, but to generate interest, awareness and an understanding of the issues they face and the impact of this on our wider communities.