

## Running club supports their local town through donations towards Dementia



**Pictured from left to right:** Lisa Bailey (Press & Publicity), Andie Ford (Treasurer, Member Secretary & Coach) & Jon Bodenham (Cleobury Mortimer Town Councillor), Ian Steele (Vice Chair & 10k Race Director), Jo Watson (Chair & Coach)

Members from Cleobury Mortimer Running Club's committee handed over a cheque for £250 to Jon Bodenham, one of the town councillors responsible for the Dementia Friends initiative in Cleobury Mortimer.

The club have raised the money through donations from members at their Halloween fancy dress run as well as lots of red and white hats which were sold to members, kindly knitted by a mum of one of the coaches. This was topped up with a donation from the income generated from the Cleobury Mortimer 10k race held earlier this year.

The initiative was introduced as Cleobury wanted to become a Dementia Friendly Town by providing a place where people with dementia are understood, respected and supported, where they can contribute to community life.

It is important for people living with dementia to remain active and continue to play a part within their local neighbourhood. By encouraging members of the community and local businesses to actively participate in the Dementia Friends initiative, it helps raise awareness and builds support for people living with dementia.

Andie Ford, Treasurer, commented: "We are real advocates of running and the benefits it has to improving physical and mental health, and wellbeing. As the largest club in Cleobury Mortimer, we felt that this was a way we could support the town in its aim to become a dementia friendly town. It is something a lot of us have already been exposed to it in some way or other and a lot of us know someone who is already living with dementia."

"We are very grateful for the club's support", said Jon Bodenham, Cleobury Mortimer Town Councillor. "Not only has CMRC helped raise awareness of dementia but the money that has been raised will help to go towards further dementia friendly projects. Thank you to everyone in the club for all their help."