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Nurse goes the extra mile

When it came to supporting a charity which works with young women and young mothers, nurse Sue Wilson did not choose an easy route, instead tackling a 24-hour, 62-mile ultra-marathon.

She completed the Race to the Stones to raise money for the Young Women's Outreach Project, which is based in Gateshead. The event took place along the oldest long distance path in Britain, cutting from the Chilterns in Oxfordshire across the Thames to the North Wessex Downs and ending at the stone circle in Avebury, Wiltshire. It is just one of 18 ultra-marathons and marathons Sue is doing this year, having first caught the running bug about 15 years ago as a way of keeping fit.

Sue, who works for South Tyneside NHS Foundation Trust's Family Nurse Partnership in Gateshead, said: "I love the challenge and if I can do it for a good cause then that's even better. In my job, I see at first hand the valuable work of the Young Women's Outreach Project, which supports and guides young women through a crisis in their lives, such as finding out that they are pregnant, struggling in school, mental health issues, and domestic violence."

The Family Nurse Partnership is offered by South Tyneside NHS Foundation Trust to young mothers in South Tyneside, Gateshead and Sunderland having their first baby. The nurses in the team have a wide range of experience, from midwifery, health visiting, and school nursing to sexual health.

Young Women's Outreach Project manager Julie Stott said: "Our charity supports young women aged 11 to 19 in Gateshead and the wider North East, including young mothers. We are very nurturing and we work with the young women, who come on a purely voluntary basis, on issues which are relevant to them. We are so appreciative of Sue doing this event for us - we think she is amazing. It is an unbelievable thing to achieve. She is a remarkable woman with so much energy and charisma. We would like to thank her very much for this."

Anyone wishing to sponsor Sue for her completed run for the Young Women's Outreach Project can do so by clicking the link www.localgiving.com/62milesOfSmiles
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Pictured above: Nurse Sue Wilson wearing her Race to the Stones medal and T-shirt

Issued on behalf of South Tyneside NHS Foundation Trust by Kay Jordan

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