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**PRESS RELEASE:**

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**Lace up your running shoes and take on the Great Manchester Run 10k for your local youth charity**

Are you looking for a fun challenge to push yourself out of your comfort zone? Would you like to be part of a community helping to transform the lives of vulnerable young people in Greater Manchester? If so, please sign up to join Team GMYN at the Great Manchester Run.

[Greater Manchester Youth Network \(GMYN\)](#) have places available for you to take on the iconic 10k run on Sunday 26th May. You can make a huge difference to the young people they support by taking part and raising as much as you can.

Many of the young people the charity support have been through very challenging situations and trauma in their life, meaning they are often more vulnerable now as a young person.

GMYN often provides the only positive, informal relationship with a trusted adult.

With the cost-of-living crisis pushing some young people into incredibly precarious positions, the need for GMYN is greater than ever. This is why they'd love for you to sign up and fundraise for their young people.

All places are free when you sign up to run for GMYN, they simply ask that each person taking part in the race raises £250 in sponsorship.

Before the race you can meet the GMYN team to talk to other people taking part in the race and the staff who are so grateful that you're taking part.

Louis Cane, a Programme Coordinator at GMYN, is taking part in the race. Louis says: "I'm not a runner but I'm not letting that stop me!

"I know the impact our work at GMYN can have on young people, we provide such a valuable service and I love being part of that. I'm excited to start fundraising towards my target!"

You'll get a free t-shirt/vest with the GMYN logo on to show spectators who you're supporting on the day.

You can also get a team of your colleagues together to see who can raise the most in sponsorship and to boost awareness of your local charity with those around you.

You'll receive emails from the team to motivate you with your training and make sure you're on track with your fundraising.

Don't worry if you don't want to run yourself - you can sponsor a place on either the 10k or the junior race so that one of the young people GMYN supports can take part!

Some of our young people would love to participate and the charity knows it would be a memorable and empowering experience for them. You can give them the opportunity to take on the challenge by sponsoring just one place.

Often, when young people start attending sessions at GMYN, they live complex, chaotic lives due to past trauma or current mental health needs.

GMYN is able to provide an emotionally safe and confidential holding space for every young person needing their help and provide the urgent care needed.

One of their young people in Trafford has been benefitting from their wellbeing sessions, they say: "GMYN have helped my mental health... I feel happy. GMYN is something to look forward to every week and I've learned new things."

If you'd like to sign up for a free place for the Greater Manchester Run 10k, please email [phil.harris@gmyn.co.uk](mailto:phil.harris@gmyn.co.uk) with your name and contact details.