

Wimbledon Park Runners Raise Funds for stem4

December 2019: The annual Wimbledon Common Santa 5k Parkrun took place this Saturday 14th December, with stem4 lucky enough to be the beneficiary of their Christmas collection. The event was a fun, festive success with runners turning up wearing red or fancy dress and many choosing to don a Santa hat. Guests were out in Christmas dress too for support and encouragement! The Parkrun itself was, as usual free to participate in, but donations to stem4 were welcomed.

stem4 volunteers and staff were at the event from 8.30am with collection buckets, supporting the runners and accepting generous contributions. Post-race, the runners and volunteers alike enjoyed a festive time with stem4 logo cakes, mince pies and more. stem4 extends a big thankyou to the Wimbledon Parkrun and their participants for their ongoing support and charitability. As a Merton based charity stem4 are delighted to be supported by our local community.



Caroline Cox (Head of Fundraising), Sarah Sterne (Education Coordinator) & Yvette Nieslony (IT Project Manager) together with some stem4 volunteers and Parkrunners

stem4 is a Wimbledon based, award winning charity that supports teenage mental health. In order to foster positive teenage mental health, it provides evidence based education, builds resilience, enhances motivation to change, and signposts to ensure early intervention and action. stem4 focuses on commonly occurring mental health issues in teenagers including eating disorders, anxiety, depression, self-harm and addiction.

stem4's work is primarily provided digitally through their innovative education programme, pioneering mental health apps and clinically-informed website. They also host mental health conferences that contribute to helping young people and those around them flourish. stem4 targets and supports families, schools, health professionals and communities as well as the teenagers themselves.

Ends

For information please visit www.stem4.org.uk

Please further enquiries contact Juliette Hellman on 07768 302 323 or via email: juliettehellmanpr@gmail.com. Or contact Anna Clingan, stem4 communications coordinator on 07874350339 or via email: anna@stem4.org.uk

For interview contact Dr Nihara Krause, Consultant Clinical Psychologist, CEO and founder, stem4 07956 396375, dr.nihara.krause@stem4.org.uk

