



*children's heart*  
FEDERATION

## Sample Press Release

### Local Teen Takes Part in Sponsored Bike Ride for the Children's Heart Federation

For Immediate Release 5/2/10

Lucy Shaw from King Street, Maldon will be taking part in a sponsored 12 hour bike ride for Children's Heart Federation around the local area on Saturday, 13th February in order to raise money for children with heart defects.

Lucy, 15, decided to organise this event after one of her classmates at the Christchurch school was taken ill last year due to a heart condition. Lucy said, "When Aimee went into hospital, I was really worried about her. She coped really well even though it was really difficult for her. I really wanted to help other people like Aimee, and I thought that taking on a challenge like this would be a great way of raising some money for the Children's Heart Federation, who have supported Aimee's family through everything".

Lucy will be launching her challenge at the end of the pier at 8am, and welcomes all visitors and supporters to come along and cheer her on, as well as other cyclists who would like to join her for any part of the day. Lucy is aiming to raise £500. To help Lucy meet her target online, you can sponsor her at [www.justgiving.com/lucyonwheels](http://www.justgiving.com/lucyonwheels).

If you're interested in joining Lucy on her bike tour, please call her on 05555 555 555.

#### Notes to Editor

For more information, contact Lucy Shaw on 05555 555 555

The Children's Heart Federation is the leading national charity and the umbrella body for voluntary organisations working to meet the needs of children and young people affected by congenital and acquired heart conditions.

The Children's Heart Federation works hard to raise awareness of congenital heart conditions and bring about permanent improvements in the social and medical care of heart children.

Every year, the Children's Heart Federation give thousands of families the advice, information, and practical support they need through a free information line and a series of factsheets, as well as support grants and medical equipment.