

## Perennial announces new Marathon Month for June 2019

Run, walk, wheel or skip a marathon and help people in horticulture



To help mark Perennial's 180<sup>th</sup> anniversary, the charity that helps people in horticulture has launched [Perennial Marathon Month](#), a new virtual fundraising event taking place throughout June 2019. Perennial is challenging people to walk, run or wheel a marathon within a month and the best part is, every step counts. Whether you want to boost your fitness, or simply enjoy summer evenings with a regular stroll, the pressure's off and you can set your own pace.

Chris Crooker, Events Manager at Perennial, says:

"We know how busy life can be, especially for people who work in horticulture, and it can be difficult to fit training and fundraising in to life's many demands. But so many people tell us they would raise money for Perennial if they had the time. So we've created a virtual event that requires no training and can be done anytime during June. What's more you don't have to be able-bodied to take part – those with mobility aids can also take part. Just sign up on our Marathon Month fundraising page, tell your friends and family about the challenge and how they can sponsor you, and then track your steps throughout June."

Mike Ferguson, a senior gardener on a private estate in Surrey, has signed up already. He says:

"I've known about Perennial for years but I've never been able to take part in fundraising that I've been able to fit in around work and busy family life. The Marathon Month is perfect as I can track my steps over the course of the month, including while I'm at work, and it gives me the opportunity to ask friends and family to support the industry that I love."

For people who want to get more competitive, the Perennial Marathon Month page has an in-built leaderboard that automatically tracks your progress when you plug in an exercise tracking app. Chris continues:

"We're asking people to raise £180 but every penny raised helps us support people in horticulture who are dealing with life-changing events. As an example, £180 could help someone living with cancer reach their treatment sessions or it could help someone who has retired from horticulture heat their home."

It's easy to sign up. Just visit [everydayhero.co.uk/event/perennialmarathonmonth](http://everydayhero.co.uk/event/perennialmarathonmonth) and 'Start Fundraising' or 'Sponsor a Friend' today.

GARDEN PRESS EVENT  
27 February 2019  
MEDIA INFORMATION



– ENDS –

**For all media enquiries, interviews, photographs and additional information, please contact:**

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**ABOUT PERENNIAL:**

Perennial helps anyone who makes or looks after gardens, parks, sports facilities and other green spaces. If you work with plants, trees or grass, Perennial is your charity and can help you if you need support. Everyone working in or retired from horticulture can receive our free and confidential tailored one-to-one advice, support and financial assistance.

Perennial's friendly, experienced and professional team helps families and individuals for as long as extra support is needed. We help around 1,500 people and their families every year as they deal with life-changing events such as serious injury, long-term illness, family bereavement, redundancy or family breakdown. We want everyone who works in horticulture to know that help is here if they need it and that no problem is too large or small.

[www.perennial.org.uk](http://www.perennial.org.uk)

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