

CHANGE STEP

Support for military
veterans in Wales



For immediate use

Press release

Taffy's team tackle 10km for veterans

A group of novice runners from Taffy's Widget Emporium in Cardiff hope to raise *thousands of pounds* to support Change Step's work with veterans in need throughout Wales.

The Taffy's team will take part in *the Big Cardiff 10km Run* on *October 17*, with all money raised helping to fund practical veteran-to-veteran support in communities across the country.

Jemima Jogger said the group had chosen to support the veterans' service after learning about the range of support Change Step offers for ex-servicemen and women.

"A couple of members of our team served in the forces and have heard about the help their former comrades have received from Change Step. We think it's a really great cause," said *Jemima*, a 34-year-old customer relations manager from *Cwmbran*.

"We're all beginners when it comes to running, so this will be a real challenge – but we're really looking forward to it and hope that the 20 of us can raise lots of cash for this good cause!"

Since it was launched in 2014, Change Step has helped to support more than 1,200 veterans across Wales.

A network of ex-forces peer mentors offer crisis and mental health support as part of a service which has been recognised as "best-in-class".

Change Step director Geraint Jones said: "Change Step is lucky to have the support of many people and organisations across Wales, including health authorities, military charities and other partners.

"We're always delighted when our efforts to provide much-needed support to vulnerable veterans in our communities are backed by generous fundraisers and donors.

"We really appreciate this support, which will help us to continue to deliver a great service to those who have served their country."

You can support *the team from Taffy's* by visiting www.justgiving.com/fundraising/taffysteam10km.

More information about Change Step is available at www.changestepwales.co.uk.

ENDS

Change Step offers
support, activities,
comradeship
and camaraderie
for veterans
throughout Wales



0300 777 2259



www.changestepwales.co.uk



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ChangeStepWales



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Change Step is led by CAIS, and delivered throughout Wales by the DACW network.

CAIS Ltd is a limited company registered in England and Wales. Registered Office: 12 Trinity Square, Llandudno, LL30 2RA. Registered Number: 2751104. Charity Number: 1039386.

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Notes to editors

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Please see attached image of *Taffy's team in training*

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