*Press releases are a great way to inform the local press and radio about your event. You can edit the template below to make it suit your specific fundraising activity. If you need any further help with your press release, please get in touch with the team by emailing* [*teamtearfund@tearfund.org*](mailto:teamtearfund@tearfund.org) *or by calling 020 3906 3390.*

**Press release**

**Immediate release [date]** *[This is the date you send the release out, not the date of your event.]*

**HEADLINE** *[Write something short and snappy here]*

Local mum Zara Palmer is running four half-marathons next month – one every weekend – to raise money for people who have been forced to rebuild their lives after fleeing conflict.

[Make sure your first paragraph is only one sentence long, and includes the who, what, where, when, why and how elements.]

Zara was moved to action when she heard how widowed mum-of-three Tamam left everything behind to escape the conflict in Syria. ‘My husband, the garden, my home... they're all gone but I remain,’ says Tamam. She now lives with her children in Lebanon, along with 1 million other Syrian refugees who have fled the crisis. Christian relief and development charity Tearfund have a local partner based in the settlement where Tamam lives. They are providing schooling for children, trauma counselling and healthcare. They have also taught her sewing skills so she is able to earn an income and feed her family. Tamam now has dreams of opening her own sewing workshop: ‘We can make a life from this,’ she shares.

*[Your second paragraph should expand on the action and mention Tearfund.]*

Back in Basingstoke, Zara shares: ‘I only started running last year, after the birth of my second child. This is a huge – and slightly daunting – physical challenge for me, but one I am excited to take on so I can help people who have lost everything to rebuild their lives. I hope you can support me as I take on this amazing adventure.’

*[Include a quote in the third or fourth paragraph. If you’re quoting children, make sure you have signed consent from their carer. You can use* [***Tearfund’s child protection form***](https://www.tearfund.org/~/media/A4B65BE069AF49BCA76BB2B3DC05781C.ashx) *or one belonging to the school or church if the child is taking part through an organisation.]*

Zara has been gathering sponsorship for the past few weeks, and has raised £*[XXX]* so far.

‘Every £84 I raise could help to provide one family like Tamam’s with life-saving support to rebuild their lives,’ Zara says.

*[As the release progresses, you can start to describe the issues Tearfund is addressing around the world.]*

Tearfund is passionate about empowering people like Tamam so they can step into more hopeful futures. Working in over 50 countries, they come alongside communities to help them discover long-term solutions to their problems so they can lift themselves out of poverty.

For more information about Tearfund go to **www.tearfund.org**

*[Include Tearfund’s website address or put your project website, Facebook page or Twitter hashtag here.]*

**ENDS**

For media enquiries contact *[your name]* on *[mobile phone number]*.

[If you’re able to, add a high-resolution photo here that can be used to accompany the story. These can be photos of you as well as training/action shots of you preparing for your fundraising activity. Please credit and caption the photos you include.]