



NORSACA
quality of life for people with autism

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Dog helps owner prepare for challenge of a lifetime

Over the last year, loyal dog Benji has been helping his owner, Phil Carpenter of Long Eaton, prepare for the challenge of a lifetime. At the end of February, Phil will be swapping his suit and tie for a waterproof jacket and hiking boots when he sets out to climb Mount Kilimanjaro to raise funds for young people with autism.

Phil, a senior manager at autism charity NORSACA, says "The support from everyone has been wonderful – especially Benji who's been motivating me to get out training whatever the weather. Benji's even been writing a blog to keep everyone up to date with how the training's been going!"

Phil is undertaking the trek to raise funds towards a respite facility for young people with autism which will provide them with high quality care for short periods whilst also giving their families a much needed break. So far Phil has raised over £4,000 in sponsorship but he hopes to raise even more before the trek begins.

To read Benji's blog please visit www.norsaca.org.uk/kilimanjaro.htm, where you can also find a link to Phil's online sponsorship page.

- Ends -

Note to Editors:

Phil (and Benji) are happy to be interviewed and can be contacted via the numbers below.

NORSACA (Nottingham Regional Society for Adults and Children with Autism) is a registered charity (No. 517954) and a company limited by guarantee (No. 2053860). The Society was started on the initiative of a group of parents in 1968 and today is still led by the parents and friends of people with autism.

Each year NORSACA delivers high quality services to over 500 people with autism, or affected by autism. The people who benefit from NORSACA's work principally come from the East Midlands and South Yorkshire.

Autism is a complex, life-long disability which affects the development of communication, social and life skills.

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