



**NORSACA**  
quality of life for people with autism

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## **Workshop Fun Run to Benefit Autism Charity**

Local autism charity NORSACA has been chosen as the official charity of the Workshop Fun Run. The run takes place on the morning of Sunday October 25<sup>th</sup>. It is organised by the Workshop Harriers running club, covers 2 ½ miles and is suitable for runners of all ages.

Gary Edwards, Secretary of the Workshop Harriers said "NORSACA works tirelessly to help people with autism from across the region. We're proud to have selected this wonderful charity as the official charity of the Fun Run".

Within Workshop the charity's work includes a further education college for students with autism, residential units, support for independent living, day care for adults and advice, training and counselling for parents and carers.

Darren Worthy, Fundraising and Communications Manager at NORSACA said "This is a fantastic opportunity for families to get active and have fun together whilst helping ensure that people affected by autism get the help and support they need".

People wishing to enter the fun run and support the work of NORSACA can visit the running club's website at [www.worksopharriers.co.uk](http://www.worksopharriers.co.uk) or call NORSACA on 0115 976 1805.

**- Ends -**

**Note to Editors:**

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 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.

The common characteristics of autism are:

- Difficulties with social interaction, making friends and in understanding others' feelings and experiences
- Difficulty with communication, including not fully understanding facial expressions, gestures or tone of voice
- Difficulty in thinking flexibly and understanding abstract ideas

**For further information contact:**

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