



**Large sponsored walk charity event:**

**SWINLEY FOREST & THE LOOKOUT CENTRE, BRACKNELL**

**Date: SUNDAY 12<sup>TH</sup> OCTOBER, 2008**

Local charity **AUTISM SPEAKS** is holding a major sponsored walk in Bracknell on Sunday 12<sup>th</sup> October.

Up to 600 families and friends are expected to turn up at this flagship event, where they will have a choice of walks to take part in. This is a wonderful event where families with autism in the family can get together for a fun day out – in one of Berkshire's prettiest forests, while raising vital funds for Autism Speaks.

Autism Speaks is the only charity in the UK committed to finding out the causes of autism, through ground-breaking research projects.

Autism is a life-long brain disorder where people have difficulty communicating, forming relationships and making sense of the world. Autism can be a lonely and sometimes distressing condition.

Walk organiser, Lynn Hart says:

'One in a hundred of our school children are now being diagnosed with an autism spectrum disorder and we need to know why. Once we know what is causing autism, we can seek truly effective treatments that will improve the quality of life for those living with autism – and their families. We believe we will have some important answers about autism in 10 years, giving many families in the UK real hope.

'Our walks are a lovely way to bring together families and friends affected by autism and I hope that local people will join us on what will be a memorable autumnal day out.'

As well as information stands, entertainment and refreshments will be available. For more information or to register, contact Lynn on 01491 411569, email [lynn.hart@autismspeaks.org.uk](mailto:lynn.hart@autismspeaks.org.uk) or go to [www.autismspeaks.org.uk](http://www.autismspeaks.org.uk)

**Ends**

## NOTES

### **Autism Speaks:**

Contact Lynn Hart - Email: [lynn.hart@autismspeaks.org.uk](mailto:lynn.hart@autismspeaks.org.uk) / Phone 01491 411569

**For Case studies** of local families living with autism are available, please contact Lynn Hart.

**Autism Speaks** is the only UK charity dedicated to raising funds for biomedical research into the causes of autism. For more information please visit [www.autismspeaks.org.uk](http://www.autismspeaks.org.uk).

**Swinley Forest** is owned and managed by The Crown Estate, located between Bracknell and Bagshot to the west of the A322.

**The Lookout Discovery Centre** is based at Swinley Forest. Ideal for families with many facilities and a hands on Science and Nature exhibition, gift shop, café, picnic area, children's play area. [www.bracknell-forest.gov.uk/be](http://www.bracknell-forest.gov.uk/be)



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Charity No. 1107350

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