



POLICE ASSOCIATION OF NEW SOUTH WALES

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Thursday 27th August 2015

PANSW and RAAF walk to raise profile of PTSD

Senior Constable Stuart Churchill from Broken Hill and Corporal Andrew Summers of RAAF Base Williamtown are tomorrow completing a five-day walk at the Lindt Café, Martin Place Sydney.

The pack march departed from RAAF Base Williamtown on Monday 24th August and will end at the Lindt Café, Martin Place Sydney 9.30AM, Friday 28th August 2015.

They have walked upwards of 40km per day to raise awareness of Post-Traumatic Stress Disorder (PTSD).

The march followed the route below:

Day 1: RAAF Base Williamtown to Paley Crescent, Belmont via Stockton Beach and Fernleigh Track;

Day 2: Paley Crescent Belmont South to Two Shores Holiday Village, The Entrance North;

Day 3: Two Shores Holiday Village, The Entrance North to The Esplanade, Umina;

Day 4: The Esplanade, Umina to HMAS Penguin (Umina to Palm Beach via NSW Water Police craft "Nemesis 1") and

Day 5: HMAS Penguin to Lindt Café, Martin Place Sydney.

Senior Constable Churchill said, "This walk is a reminder that anyone can experience PTSD and it not only affects the sufferer, but also impacts on family and friends.

"Raising awareness will hopefully encourage more people who are suffering to put their hand up for help and to know they are not alone."

Corporal Summers was deployed to Iraq and Afghanistan, which triggered his PTSD. The Martin Place Siege in December last year sent Corporal Summers' PTSD into a state where he started scanning for threats whenever he went out in public.

"I went into survival mode so much so that whenever I was away from home or work I was looking at people and searching for threats", Corporal Summers said. "In order to face my fears, I planned this walk to help raise money for Legacy, and to raise awareness of PTSD."

MEDIA:

9.30AM

Friday, 28th August 2015

SC Stuart Churchill & CPL Andrew Summers with supporters/walkers will arrive at the Lindt Café, Martin Place Sydney.

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PRESS RELEASE