

Your stories

From 10 - 16 April I walked from Ilkley to Windermere... which is about 80 miles. It's not a particularly impressive achievement, but this charity is. It provides emotional and practical support for people who can't afford it, and whom the state no longer supports. If, like me, you're lucky enough to be able to support a charity in some way, please consider this one.

Tasia Scrutton—Dales Way Walk

I am passionate about assisting litigants in person during the court process and this is why I chose to take part in the Great Manchester Run in 2015 and raise funds for the PSU. It was an exhilarating day: a great run for a great cause.

Georgia Sessi—Great Manchester Run

I was proud to wear the PSU T-shirt for the Birmingham Half Marathon.

I think it's important to have an event each year that challenges you physically. It's a great focus for your training to the benefit of your health, your family and your business. Raising money ensures others benefit from you efforts and, as importantly, removes failure as an option on the day.

Michael Atkins—Birmingham Half Marathon

The Great Manchester Cycle was a fantastic way to experience Manchester from a different perspective. The course route took in a range of the city's major landmarks, was very well organised and everybody had a great sense of achievement at the end. I chose to raise money in aid of the PSU as I had volunteered for the charity during my time at university and seen first-hand the positive effect it had on individuals facing the daunting prospect of attending Court of their own.

Dominic Lee— Great Manchester Cycle



Zara Khan – Leeds Legal Walk and Skydive