

# National Family Week

WHAT do Richard Madeley and Judy Finnigan, Rebecca Adlington, Colleen Nolan, Trisha Goddard, Antony Worrell Thomson, Sally Gunnell, Professor Tanya Byron and Janet Ellis have in common? They are all supporting the first ever National Family Week, which will take place for the very first time from May 25 to 31. These household names are among those that have rallied behind National Family Week to encourage other families across the UK to take part.

Like all of us, they recognise the benefits of close family ties and are planning to spend National Family Week reflecting on their own relationships, spending quality time with their families and endorsing National Family Week's message.

Rebecca Adlington credits her family's support for her success, as well as her competitive streak, which was inspired by her sisters. Antony Worrell Thompson was voted Dad of the Year and is passionate about his family's health and nutrition; Sally Gunnell somehow finds the delicate balance between her community commitments, her boys and their menagerie of pets (including tortoises), while Richard and Judy expertly manage their work-life balance and keeping their family together both on-screen and off, and Professor Tanya Byron has contributed hugely to families across the nation with her appearances in Little Angels and House of Tiny Tearaways.

National Family Week will be calling for families across the country to spend more quality time together - starting with the National Family Week Picnic on May 25.



It is hoped that this will become the 'World's Largest Simultaneous Picnic' by the day's end - and smash the Guinness World Record. In order to break the World Record, which is currently held by Spain, more than 8,100 people must join in.

Families and organisations can invite friends and relatives to their own event and use it as a fundraiser, a family gathering, or just to host a great day out. As long as there are more than 10 people picnicking it can be counted towards this fun record-breaking attempt.

For more information please visit [www.nationalfamilyweek.co.uk](http://www.nationalfamilyweek.co.uk).

