

Be inspired to do something amazing like David



David took up wild swimming when his wife Sarah was diagnosed with a life-changing illness. The couple were supported by Sue Ryder as Sarah approached the end of her life. Since Sarah's death in March 2023 wild swimming has continued to bring David solace. He recently completed the Thames Marathon swim event to raise funds for Sue Ryder.

David explains: "I have swum for years but I only started wild swimming in the river when I started to care for Sarah four years ago. It gave me the chance to go out in the morning to meet people and swim which has been good for me in lots of ways.

"In 2018, Sarah had a seizure and was diagnosed with a glioblastoma. She had an operation and received treatment. Although there was a long, slow decline in her health, we were able to do as much as possible together. Sarah lived for three-and-a-half years after her diagnosis.

"In June last year, the doctors, in a very gentle way, said there was nothing more they could do and at that point Sue Ryder happened. Sarah's Sue Ryder Nurse, Michelle, was around to see her straight away and continued to see us right up until she died. She was always on the end of a phone which was important, particularly for me at the end.

"The Thames Marathon was a 13.5km swim from Henley to Marlow. I have done long swims before but never like this. It was loads of fun to be amongst so many people who love swimming. I was delighted to have raised more than £2,000 for Sue Ryder."

If you've been inspired and would like to support Sue Ryder in your own way, get in touch with the fundraising team on the details below.

call: **0118 955 0433**

email: thamesvalley.fundraising@sueryder.org

visit: sueryder.org/takepart

 [/SueRyderNational](https://www.facebook.com/SueRyderNational)

 [@suerydercharity](https://www.instagram.com/suerydercharity)



Sue Ryder is a charity registered in England and Wales (1052076) and in Scotland (SC039578). Ref. No. 07694.
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Events Calendar 2024

There are so many great ways to get involved and support us



Because no one should face death or grief alone

Events 2024

1st January

2024 Skydive

Kick off the New Year with the biggest adrenaline rush of your life! You can select your date, airfield and jump type when you book.



14th April

Reading Half Marathon

Runners, are you ready? Whether Reading is your hometown or you're just visiting you can unleash your full potential by taking on the 13.1-mile race to the home of Reading F.C at the Select Car Leasing Stadium. Experience your name cheered on by thousands of spectators as you join



#TeamSueRyder.

7th April

London Landmarks Half Marathon

London Landmarks lets you enjoy a closed road tour of the best sights our capital has to offer. Join #TeamSueRyder today to be there when it really matters and experience the magic for yourself.



21st April

London Marathon

There's nothing that quite compares to the London Marathon. The iconic route, unparalleled crowd support, and unbeatable spirit make it one of the best loved Marathon World Majors and a must-do on your bucket list!



4th–5th May

Snowdon by Night (Yr Wyddfa)

Join Team Sue Ryder and climb the highest mountain in England and Wales by moonlight.



11th May

You're a Vision

Celebrate Eurovision in style with help from our fundraising party pack, forfeit list and sweepstake kit.



Order your pack at

thamesvalley.fundraising@sueryder.org

8th–9th June

Snowdon by Night (Yr Wyddfa)

Join Team Sue Ryder for this epic trek by moonlight up the highest mountain in England and Wales.



17th–18th August

Snowdon by Night (Yr Wyddfa)

Join Team Sue Ryder for this epic trek by moonlight up the highest mountain in England and Wales.



14th–15th September

Thames Path Challenge

England's greatest river provides a fantastic backdrop for an unforgettable challenge. Starting at Putney Bridge the full 100 km route heads upstream to Henley, along the famous Thames Towpath. Sign up through Ultra Challenge and fundraise for Sue Ryder.



October

Starlight Hike

Get together with family and friends and walk under the stars to remember someone special, while raising funds for our vital end-of-life care and bereavement support.



13th October

Oxford Half Marathon

Run through the historic, winding streets of Oxford to the sound of live entertainment. The route passes through Old Marston village, the River Cherwell, Oxford University's impressive Lady Margaret Hall, before finishing on Parks Road.



12th to 21st October

Inca Trail to Machu Picchu (Peru)

See Machu Picchu, one of the most iconic sights in South America, and the culmination of the magnificent Inca Trail trek through the Peruvian Andes. This breath-taking challenge through valleys and high passes is truly a once in a lifetime experience.



December

Daily Dash

Walk, jog, run or roll every day in December and raise funds to support people when it matters most.



December

Celebrate a Life

Sue Ryder's Celebrate a Life events invite you to remember someone special. It is an opportunity to write a personal dedication to your loved one, listen to readings and music, and share memories of those who have meant so much to us.



January 2025

Christmas Treecycling

For a suggested donation we will collect your real Christmas tree from your home and recycle it.



April 2025

London Marathon

Please email us to discuss your application in more detail prior to submitting it online.

Call us on 0118 955 0433.



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