

# 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: **01242 246 285**

email: [leckhampton.events@sueryder.org](mailto:leckhampton.events@sueryder.org)

visit: [sueryder.org/takepart](https://sueryder.org/takepart)

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

 [@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

## Skydive

Experience the biggest adrenaline rush of your life! Select your date, airfield and jump type when you book.



## 23rd March

Spring Fayre – sponsored by Perry Bishop

A family-focused, community event in the hospice grounds. Entertainment and refreshments available throughout the day. Follow us on Facebook or email us for further details.



## 31st March

Gloucester Half Marathon & 10km

Run Gloucester Half or 10k. As headline charity partner, we've discounted entry on all distances for those able to fundraise and support Sue Ryder.



## 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.



## 14th April

Reading Half Marathon

Reading Half Marathon is a fast, flat race perfect for beginners and seasoned professionals alike.



## 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 [leckhampton.events@queryder.org](mailto:leckhampton.events@queryder.org)



## June

Xfest – at The Exmouth Arms, Cheltenham

A weekend full of music and fun! Pop along for a drink and to hear some brilliant local talent. Follow us on Facebook or email us for further details.



## 8th June

270 High Ropes Challenge

Test your nerve and your head for heights on one of Europe's tallest, biggest and most exciting high ropes courses. With a series of challenging obstacles over different levels and routes for all abilities it's a thrilling hire-wire experience.'



## 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.



## 22nd-23rd June

Cotswold Way Ultra Challenge

With 100km, half and quarter distance routes and camping options too, this is a great weekend in the Cotswolds.



## 7th July

Ride for Ryder – Sponsored by Cape Homes

Come join us on one of the longest running, best loved charity cycling events in the Cotswolds and raise vital funds for our services. Cycle 40km, 60km, 90km, 130km or 160km.



## 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.



## 25th-26th August

Bank Holiday Festival, The Royal Cheltenham

A weekend full of music, fun and a dog show too! Pop along for a drink and to hear some brilliant local talent. Follow us on Facebook or email us for further details.



## 1st September

Run Cheltenham

Run the Cheltenham Half, 10k or Community Mile. As headline charity partner, we've discounted entry on all distances for those able to fundraise and support Sue Ryder.



## 8th September

Great North Run

Join Team Sue Ryder for an unforgettable experience at the world's biggest and best half marathon.



## 6th October

Royal Parks Half Marathon

13.1 miles of traffic-free central London roads and stunning Royal Parks scenery.



## 19th October

Starlight Hike - Sponsored by Capita

Walk 10km and celebrate the memory of your loved one this October. Get together with family and friends under the stars to remember someone special, whilst raising funds for Sue Ryder.



## October

Trick or Treat Trail

Dress up in your best Halloween costume and enjoy a family fun and dog friendly trail around Pittville Lake with sweet treats to finish at the Boathouse.



## 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.



## 29th November

Winter Ball – Manor by the Lake

Join us for an elegant evening of drinks, dinner and dancing at our traditional Christmas celebration. To secure your table email [leckhampton.events@queryder.org](mailto:leckhampton.events@queryder.org)



## December

Daily Dash

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



## December

The Big Dip

Take the plunge in our annual cold water winter challenge at Sandford Parks Lido and raise funds for Sue Ryder.



## 4th 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 Treecycleing

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 or call 01242 395 450.

