Anita D’Attellis

We’re lucky to have a wide range of amazing supporters here at Sue Ryder, who take part in some extraordinary challenges to help us to be there when it matters most.

Anita D’Attellis, a solo pianist, chamber musician and accompanist has raised the funds in memory of her husband, John. “Sue Ryder was invaluable when my husband was ill, and I can’t imagine how I might have coped if they had not been around supporting us. John had cancer and when his condition began to deteriorate, Sue Ryder did all they could to help keep John at home and as comfortable as possible. It meant that we were able to be together at the end. When we started receiving the support in 2019, I decided to hold my Winter Recitals in 2020 to raise funds for them. That year I raised £1,500.”

Alongside piano performances, Anita has been pounding the pavements, “I first started running in 2020. I was never a runner before but I worked towards taking on my first 10k and this raised £1,465. I then took on the December Daily Dash in 2020 raising a further £847, and in 2021 I took on the London Marathon which raised £3,552. It was such an amazing experience and John’s love has given me a lot of strength to do the next things in life!”

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

call: 0118 955 0433
email: thamesvalley.fundraising@sueryder.org
visit: sueryder.org

/SueRyderNational
@Sue_Ryder

This document is available in alternative formats on request.
Events 2023

1 January 2023
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.
[Sueryder.org/skydive](http://sueryder.org/skydive)

2 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 by signing up to take on the Reading Half Marathon. Sign up now!
[Sueryder.org/support-us/fundraise/events/reading-half-marathon-2023](http://sueryder.org/support-us/fundraise/events/reading-half-marathon-2023)

2 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 matters most!
[Sueryder.org/support-us/fundraise/events/london-landmarks-half-marathon-2023](http://sueryder.org/support-us/fundraise/events/london-landmarks-half-marathon-2023)

28 May
Ride London – Essex 2023
Saddle up and join 20,000 riders riding 100 miles through the heart of London and neighbouring Essex.
[Sueryder.org/ridelondon](http://sueryder.org/ridelondon)

10–11 June
Snowdon by Night
Join Team Sue Ryder for this epic trek by moonlight up the highest mountain in England and Wales.
[Sueryder.org/snowdon](http://sueryder.org/snowdon)

11 June
Chiltern Chase
Join us for a challenging 10km run around the beautiful South Oxfordshire village of Ewelme. This multi-terrain race will take you through the picturesque scenery of the local area while tackling tough trails of the Chiltern Way. Join #TeamSueRyder by signing to the Chiltern Chase today!
[www.chilternchase.org.uk](http://www.chilternchase.org.uk)

13 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 sueryder.fundraising@sueryder.org

20 May
You & The Wolds
Join Team Sue Ryder for this challenging half marathon around the Vale of York in Yorkshire.
[Sueryder.org/sahara](http://sueryder.org/sahara)

21–25 October
Saharan Mini Adventure (Morocco)
A challenging 5 day trek against the backdrop of the awe-inspiring Sahara Desert, this short but adventurous trip offers perfect wind-blown sand-dunes, ancient fossils and unforgettable star-strewn night skies. Accompanied by Berber guides and a small caravan of camels, nights spent around the campfire are a real highlight of this desert adventure.
Registration fee £99, Fundraising Target £1800
[Sueryder.org/sahara](http://sueryder.org/sahara)

21–25 October
Thames Path Challenge
England’s greatest river provides a fantastic backdrop for an unforgettable challenge. Starting at Putney Bridge the full 100km route heads upstream to Henley, along the famous Thames Towpath. Sign up through Ultra Challenge and fundraise for Sue Ryder.
[Sueryder.org/thamespath](http://sueryder.org/thamespath)

23 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!
[Sueryder.org/londonmarathon](http://sueryder.org/londonmarathon)

24 June
GS Henley Sportive – The Graeme Taylor Ride
Explore the serenity of the countryside as you take on the 55km onroad leisure cycle ride to raise money for Sue Ryder. Challenge yourself by taking on the third annual Graeme Taylor Ride and be accompanied by a welcoming and friendly group. Bring your bike and a couple of friends too! Contact us for information on how to sign up.

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15 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.
[Sueryder.org/oxfordhalf](http://sueryder.org/oxfordhalf)

19–20 August
Snowdon by Night
Join Team Sue Ryder for this epic trek by moonlight up the highest mountain in England and Wales.
[Sueryder.org/snowdon](http://sueryder.org/snowdon)

December
December Daily Dash
Run, walk or jog 5k every day this December, and raise funds to help Sue Ryder support people when it matters most.
[Decemberrdailydash.com](http://Decemberrdailydash.com)

December (Date TBC)
Lights of Love
Come together at this special event to remember and celebrate the lives of loved ones.
[Sueryder.org/thamesvalleylight](http://Sueryder.org/thamesvalleylight)

31 December–January 2024
Christmas Tree Recycling
Get New Year ready and book your Christmas Tree collection! Leave your real Christmas tree out for us to collect in January and we will recycle your tree in exchange for a donation.
[Sueryder.org/treethames](http://Sueryder.org/treethames)

April 2024
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 many bucket lists. Please email us to discuss your application in more detail prior to submitting online.
[Sueryder.org/londonmarathon](http://Sueryder.org/londonmarathon)

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[Sueryder.org/treethames](http://Sueryder.org/treethames)