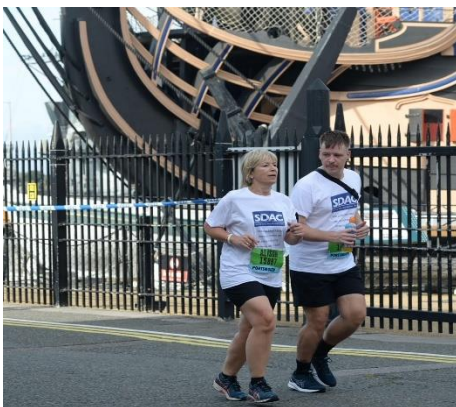


## GREAT SOUTH RUN, 17<sup>th</sup> OCTOBER 2021

We started the day of the "Great South Run - 10 mile" with anticipation as both Sam (my son) and I had foolishly not prepared for the run!

The support around the course was amazing, lots of people urging you to carry on running and offering words of support and various sweets and cakes! Luckily the day was beautiful, and it was very still. The course took us past HMV Victory and Historic Dockyard.



It was quite an emotional day, as the reason for taking part, was in memory of a lovely family, who had sadly lost their beautiful boy through mental health and addiction. The family wanted to raise funds for charities like SDAC, who had helped them, during the most difficult period of their lives. They wanted anyone struggling with addiction or their families to have free support with SDAC.

Reaching the final mile with burning feet, I felt quite emotional, reflecting on the family and all the amazing people I have had the privilege to work with as a counsellor at SDAC. It is humbling to hear how valuable SDAC support is to people.

May I thank you all for sponsoring me and raising £850 as these contributions may be **life changing for somebody**

