

A Fundraising Appeal from our Technical and Member Services Officer, Mathew Crawley



I love a challenge as much as anyone. For those of you that don't know me that well, every two years I try and embark on something which physically tests me or I try a new activity which pushes me beyond that which I'm normally comfortable with, for a bereavement related charity.

Over the past 12 months I have been confronted with the very real effects that personal and mental health challenges can have on not only the people concerned, but their wider networks of friends and colleagues. This had led me to discover a charity that I was not previously familiar with.

The Survivors of Bereavement by Suicide (SOBS), are a registered charity which provide care and help to adults who may benefit from their support following an unexpected bereavement. During this last year I have personally seen how far reaching their work and efforts can stretch on limited resources. Many of their staff have been affected by suicide and they are on hand at the end of the telephone 24/7 to anyone who may require their help. What makes them even more remarkable is the fact that they are entirely supported by sponsorship.

With this in mind I have decided that instead of driving to the ICCM Learning Convention and Exhibition this year, I'll take a walk there instead. This will be over 5 days from my home in Newton-Le-Willows, Merseyside, to the Chesford Grange Hotel, Warwickshire. At the moment it is expected that the route will be at least 111 miles – this distance could and will most likely change dependant on my map reading skills! I will be raising money so both the ICCM and I can support SOBS in their ongoing work.



If anyone would like to sponsor me a few pence or pounds, you can do so via the following link. Any donation, no matter how small or large, will be sincerely and gratefully appreciated, and will help make a difference to those affected by suicide:

<https://www.justgiving.com/fundraising/mathew-crawley6>

Alternatively, you can share the post on the ICCM Facebook page or even better still, why not join me for a few miles to show your support if I'm passing through your area?

The current route details can be found below. Should you wish to join in, then please get in touch via email to maticcm@hotmail.com or telephone on 07581 006 035.

Thursday 19th September – 07:00 – 16:00 – Newton Le Willows to Winsford (22m)

Friday 20th September - 07:00 – 16:00 – Winsford to Stoke on Trent (26m)

Saturday 21st September - 07:00 – 16:00 – Stoke on Trent to Birmingham North (23m)

Sunday 22nd September - 07:00 – 16:00 – Birmingham North to Solihull (24m)

Monday 23rd September - 08:00 – 14:00 - Solihull to Chesford Grange Hotel (16m)

There are also limited corporate sponsorship opportunities available which I would be happy to discuss with anyone should they be interested.

In the meantime, thank you for your support in advance and for more information on SOBS and what it is they provide for bereaved people, please visit the following link:

www.uksobs.org

