

Press Release

Date: 7th May 2015

FOR IMMEDIATE RELEASE

Rumble's Run for Local Bereavement Charity

Former Bereavement Matters client David Rumble successfully completed the 2015 Virgin London Marathon and raised much needed money to help support the work of Bereavement Matters.

David attended some counselling sessions at Bereavement Matters - the St Albans & District Bereavement Network after losing his Dad in late 2013. Commenting on the support received David said *"counselling gave me a chance to go through a thought process and spend some time getting to grips with a new reality."*

David was inspired to pull on his running shoes for this year's London Marathon on Sunday, 26th April 2015 and completed his 26 mile run in an impressive time of 4:00:36. He smashed his **£500** fundraising target and to-date has raised **£1,113** more than double the amount!



St Albans & District Bereavement Network
10 years of bereavement support in the local community

website: www.sabn.org.uk
email: help@sabn.org.uk (helpline)
admin@sabn.org.uk (admin)

PO BOX 671, St. Albans, Herts, AL1 3ZX
Tel: 01727 841841 (Helpline) 01727 841914 (Admin)
Registered Charity no. 1094636



Bereavement Matters

St Albans & District Bereavement Network

But the success did not stop there, his employers are donating a further £500 bringing the grand total raised so far to **£1,613**. This money will go directly to delivering services to those in need of practical and emotional bereavement support.

Bereavement Matters Clinical Services Manager, Jo Spilling, commented that *"many people are motivated to fundraise for charity following illness or bereavement and we are delighted that David valued the help he received from Bereavement Matters and chose to support our charity. Physical challenges can be a very effective way of finding a positive outlet for the raw emotions of grief."*

If you would like to support the St Albans & District Bereavement Network our website gives details of upcoming events and other ways to help raise funds www.sabn.org.uk or give us a call on 01727 841914.

For more information about our services, or if you would like to talk to someone about the loss of a loved one, please contact our **Helpline** on **01727 841841** or visit our website for further advice and support www.sabn.org.uk.

- Ends -



St Albans & District Bereavement Network
10 years of bereavement support in the local community

website: www.sabn.org.uk
email: help@sabn.org.uk (helpline)
admin@sabn.org.uk (admin)

PO BOX 671, St. Albans, Herts, AL1 3ZX
Tel: 01727 841841 (Helpline) 01727 841914 (Admin)
Registered Charity no. 1094636



Bereavement Matters

St Albans & District Bereavement Network

Notes to the editors:

Bereavement is a part of life and the St Albans & District Bereavement Network has been providing support to bereaved children, young people, adults and their families living in St Albans City and District for more than twelve years. Our network of specially trained volunteers and qualified counsellors have helped more than 3,000 people cope with their grief, make sense of their loss, and move forward with hope. The consequences of the death of a close relative are huge for everyone, particularly for children, whose lives may be totally disrupted. Each year we support an average 160 adults, children and young people. Services are provided free of charge however we are dependent on grants, legacies and voluntary donations to be able to continue to support the bereaved in our local community.

Bereavement Matters, for more information:-

Contact: Sandy Walkington (Vice Chair)
Fran Brown (Network Administrator)

Tel: 01727 841914 (Admin Line)

email: admin@sabn.org.uk

Website: <http://www.sabn.org.uk>

ENDS



St Albans & District Bereavement Network
10 years of bereavement support in the local community

website: www.sabn.org.uk
email: help@sabn.org.uk (helpline)
admin@sabn.org.uk (admin)

PO BOX 671, St. Albans, Herts, AL1 3ZX
Tel: 01727 841841 (Helpline) 01727 841914 (Admin)
Registered Charity no. 1094636