

The London Marathon 2014-Ally's Story

"I started running four years ago and could only just get round the 400 metre track before resorting to walking but with the help and support of my local Run England group I progressed to complete a half marathon. Sadly we lost one of our runners back in 2013 and after participating in the memorial run I heard about The Drop-In Bereavement Centre and the work it does. Completing the marathon was a huge personal achievement and though I did not break any records on speed! I achieved something I would not have dreamt I would be able to do four years ago and was able to help raise funds for the Centre to maintain and continue providing this valuable service for Newham's community". Raising a staggering £585.58 by completing the London Marathon.



The Drop-In Bereavement Centre, 187 Grange Road, Plaistow, London E13 0HA

☎ 0207 511 6444 ✉ dropinbereavement@btinternet.com

🌐 thedropinbereavementcentre.co.uk