

SISTERS OF SUPPORT

Monthly Email Newsletter curated by our Directors. Issue 004-10/25



4TH EDITION

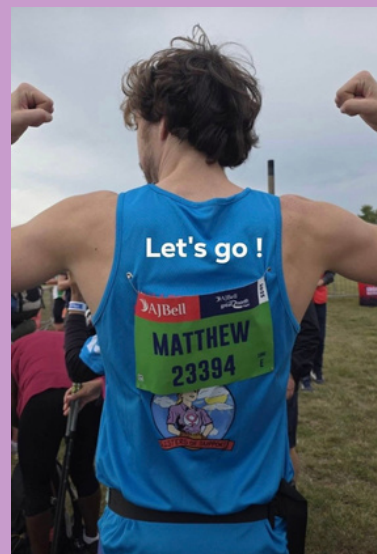
We bring you this 4th edition after a months break, this was due to preparations for the great north run. If you have something you think would benefit our publication, and would like it to be considered as an edition, please email amy@sistersofsupport.co.uk

GNR EDITION

This edition will pay tribute and focus on the Great North Run. We had 5 charity entries taken by Matthew Howarth, Aiden Dunning, Poppy Robinson, Jason Groves and our Director, Amy Turner. You will hear throughout this edition from them about the day they had and what it meant to them, and, as an organisation, we would like to give them our humble thanks! What they achieved is absolutely amazing, and that is before any fundraising. In total, they raised, a whopping **£1517**. As you know, this goes towards our everyday running costs and ensuring we can provide the best service possible.



Photo credit: GNR Official





MATTHEW

My First Great North Run done in 1:51 – missed my 1:40 target, but honestly, it was brilliant. Started at the front of the Green wave, finished mid-Orange, ate far too many ice lollies, and somehow ended up high-fiving a guy on a double-decker bus while getting drenched. And to top it off I was supporting what my sister does – raising money for such a great cause. Totally unforgettable.



AIDEN

The great north run was something that I've never been both just as excited for as I was nervous. But I can say now that I have never been more pleased with myself to accomplish something. And I chose the perfect charity to raise money for along the way, as I know all of it will go exactly where it is needed. Thank you sisters of support for giving me this opportunity for myself and others!



CONTACT US

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SCAN ME FOR OUR WEBSITE



SISTERS OF SUPPORT CIC IS REGISTERED IN ENGLAND AND WALES AT SUITE 18 BLUE BRIDGE CENTRE, ST CUTHBERTS WAY, NEWTON AYCLIFFE, CO DURHAM, DL5 6DS COMPANY NUMBER:15868795



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Group Dates

Bishop Auckland Day Time - 10.30-12.30 Mondays the 6th & 20th

Sildon - 10.30 - 12.30 Mondays the 13th & 27th

Newton Aycliffe Simpasture - 7pm-9pm Tuesdays the 14th & 28th

Newton Aycliffe Gilpin Court - 7pm - 9pm Tuesdays the 7th & 21st

Bishop Auckland Nighttime - 6pm-8pm Wednesdays the 1st, 15th & 29th



Choir Dates

Held at the Church of latter Day Saints, Shafto way, DL5 5QL

Ocotber 6th & 20th (it is held every two weeks, if marking in your diary)

Events

World Mental Health Day

10th October 11am-1pm

Waythrough Wellbeing Hub 10/11

Silverdale place

Newton Aycliffe.



JASON

I ran for Sisters of Support (SOS) in this years Great North Run alongside SOS Founder and Director – my Sister, Amy. I chose to run for SOS as, after running last year for a charity supporting men with mental health struggles, I quickly realised there wasn't much support for women facing the same or similar mental health issues. It was then I decided to run for Sisters Of Support as this is my way of supporting women who face mental health struggles on a daily basis. By raising funds to allow the facilitators of this amazing charity to continue to support the women who pass through their doors every day. My other reason for running for this charity was to run it with my sister, Amy. It was an emotional and hallmark moment for us both and i'm really proud of my sister for crossing the finish line. As a sister and as a Director, her efforts across the 13.1 miles are proof that no matter what you get told you can't do in life, you can do it, with the right help and support behind you, you can do whatever you like, and you might experience pain and discomfort along the way, but you can absolutey reach your own finish line, and let me tell you, Amy was feeling pain from mile 3 onwards, she didn't give up, she pushed onwards and crossed the finish line and received her medal, all you ladies can push on to your own finish lines. Amy let go of 1 year of everything she had been through in her past for every mile that we crossed. With that, i'd like to end on a positive note with a message to all you ladies, whether or not you're at SOS, you are stronger than you think and can do more than you know, just get the right support you behind you and you can achieve whatever you want to achieve.



Poppy

My first and definitely last great north run, it was absolutely fantastic don't get me wrong but between being sick and my sports bra breaking it was definitely a challenge to say the least. So proud to be able to do it supporting such a wonderful charity with my best mate in arm, consumed my weight in jelly baby's, icelollys and a cheeky pint just before the finish line too the atmosphere is incredible and I had an amazing time, best thing I've ever done.

LETTER FROM THE EDITOR

On the morning of September 7th, I woke with a heavy heart. The truth is, I've been struggling with a serious bout of depression, brought on largely by the reality of my failing health. Most days, even dragging myself out of bed feels like a monumental task. That morning, I was full of nerves and utterly convinced I couldn't go through with it. But I did what I've done so many times before: pushed the fear down, plastered on a smile for Poppy (she had stayed over), and set off determined to at least try. Poppy, Jason and I travelled to Gateshead together. Jason had been allocated to the orange wave, having previously completed the Great North Run in an incredible 2 hours and 3 minutes. I felt a pang of guilt knowing there was no way I could manage anything close to that this time – in fact, I wasn't even sure I'd manage to finish within six hours. But Jason never once made me feel like a burden. He was there for me in the truest sense.

When we arrived, the atmosphere was absolutely electric, something I'd never experienced before in my life. The energy of the crowd was contagious. Standing in line to start, we were surrounded by people with incredible stories, each running for causes that meant the world to them. It was humbling, inspiring, and overwhelming all at once. We even bumped into Aiden, which lifted my spirits even more. The first few miles felt almost surreal – I was carried forward by the music, the cheering, and the sheer excitement. But by mile four, the reality of what I was asking of my body began to hit. Every step grew heavier, and the pain set in, reminding me exactly why so many had begged me to reconsider even attempting this. But stubbornness runs deep in me, and there was no way I was backing out.

By mile eight, my entire body had swollen, the pain was excruciating, and doubt was whispering in my ear louder than ever. But still, I kept going. Jason stayed by my side, never once letting me sink into silence or despair. He talked to me about life, about films, about the runners around us – anything to keep my mind moving forward even when my legs barely could. Along the way, people who knew me through our service shouted words of encouragement, and I didn't even realise who some of them were until much later. Every cheer, every clap, every smile kept me putting one foot in front of the other. And then came that final stretch. I rounded the bend and saw the finish line in the distance, and I just couldn't hold back the emotion anymore. I cried the entire last mile. My body was almost finished, my legs giving way beneath me, Jason practically holding me up – but my heart knew I was nearly there. As we approached, I spotted some of our incredible Sisters lining the way, cheering me on with everything they had. That moment will stay with me forever.

When my feet finally touched the rubber finish line marker, my legs gave way completely – I had nothing left. But I didn't care. Because clutched in my hand, hanging around my neck, was the medal. Proof that I had done it. Against all odds, I had finished the Great North Run.



I will never forget the support I received that day. It was beautiful beyond words. And I need to take this opportunity to thank my brother, Jason. So many people – with love and concern for my health – had told me I couldn't do this. But not once did he. He never doubted me. He held me up, dragged me through the darkest miles, and made sure I crossed that finish line. I couldn't have done it without him. I also want to thank our other runners – Matthew, Aiden, and of course Poppy – who each gave their all and helped make the day what it was. Together, we raised a staggering £1,517 – money that will make a very real difference.

September 7th will forever be one of the hardest and greatest days of my life. I may have crossed the finish line broken and exhausted, but I also crossed it proud, humbled, and stronger than I ever believed I could be.

"Never set limits, go after your dreams, don't be afraid to push the boundaries. And laugh a lot – it's good for you!" – Paula Radcliffe



CONTRIBUTIONS BY

Amy Turner, Carrie Howarth, Matthew Howarth
Jason Groves, Aiden Dunnin, Poppy Robinson

Sisters of Support CIC is registered in England and Wales at Suite 18 BLUE BRIDGE CENTRE, St
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