

Lifting the Blues

“Cotswold” Dave seeks 70 women to help Sophie Dodds

Sophie Dodds is running seven half marathons during 2017 representing the seven decades of “Cotswold” Dave Jones’ life to raise money for Lifting The Blues, a charity founded by Dave.

Sophie said, “Dave Jones has been part of my family all my life, living next door to my beloved Grandad for many years. In fact, it was my Grandad (Reg Dodds) who encouraged Dave to start a blues club at The Charlton Kings Working Man’s Club – Vonnies was born!

As a child I wasn’t aware of Dave’s personal struggles with mental illness but I was moved by what he said at the Lifting the Blues gig. This inspired me to help the charity.

I started by deciding to run the Cheltenham half marathon for Lifting the Blues in October but this idea grew more. So my challenge is, seven half marathons all in aid of Lifting the Blues.

What does Sophie need?

Sophie is challenging herself to complete 7 half marathons totalling 91.7 miles. Please donate.

Donate per mile completed	Donate per half marathon
10p per mile = £9.17	£1 per event = £7
20p per mile = £18.34	£3 per event = £21
50p per mile = £45.85	£5 per event = £35

It would also be great for any supporters to greet Sophie over the finish line at any of the 7 events.

Sunday 14th May 2017 Tewkesbury Half Marathon
Sunday 28th May 2017 Liverpool Rock & Roll Half Marathon
Sunday 25th June 2017 Swansea Half Marathon
Saturday 1st July 2017 Birmingham Black Country Half Marathon
Sunday 27th August 2017 Severn Bridge Half Marathon

TBA

Sunday 1st October 2017 Cheltenham Half Marathon

<https://mydonate.bt.com/charity/search-results.html?searchString=Lifting+The+Blues> ,

What does “Cotswold” Dave need?

He needs women. In fact he needs 70, one for each year of his life! They would be “Team Lifting the Blues” and support Sophie in her final run, the Cheltenham Half Marathon

Sophie is running all 7 so if you wish to join her in some of the other races that would be great! And if you do not wish to then to run is very cool too as you could help he fund raise.

Lifting the Blues

Lifting the Blues is a charity dedicated to supporting the loved ones of sufferers through music and with the ultimate ambition of lifting the stigma of mental health.

Music Cafés

Music Cafés are an integral part of what Lifting the Blues aims to do. They provide an evening of respite with live music in a relaxed café atmosphere for the loved ones and carer of people suffering from mental illness.

The venue is the Black Book Café in Stroud, on the first Monday of the month from 19.00 to 21.00.

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<http://www.liftingtheblues.co.uk/>

