



FIFTY MILES WITH MY DAD

A journey on the Suffolk coast

Author: May de la Rue

Key points

- The true story of how a ten-year-old's charity challenge captured hearts, established an endowment, and led through young philanthropy to a career in medicine
- A light-hearted but poignant parent-child journey, its narrative of excitement and suspense, purpose and fulfilment, recalled by the girl as a young woman
- A portrait of coastal Suffolk, its cultural and natural heritage

Description

A girl's charity trek in memory of her aunt, in stages over eight weeks, is a chance to see more of her City dad. Together they explore the shores and estuaries of her native county, fast changing but ever enchanting.

When her venture makes headlines the pressure is on. Will she finish in time? Will she make an ambitious fundraising target? Or will they be forced back by the tide?

As she reaches her goal the sense of achievement she sought is surpassed by what she discovers: the difference she is making to people in need, and the vocational path that now lies ahead.

Recounted ten years later, *Fifty Miles with my Dad* is an inspiring celebration of quality time, and of rewards from philanthropy that are open to all.

May de la Rue is a medical student who was born in Suffolk and educated locally before moving to Rugby School, where she was a chorister, clarinettist and studied composition. A requiem she composed was recorded at its première performance in 2016 by the school's choral society and the Bliss Sinfonia. The following year she began studying medicine at Bristol University. Committed to young philanthropy, she is closely involved in grant-giving from the endowment established with The Suffolk Community Foundation by her fundraising in 2009, as described in this book.

In collaboration with her father Colin, a semi-retired City lawyer, and with help of his contemporaneous records and research, May tells the story of their trek and its sequel.

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