



We rise by lifting others
Robert Ingersoll

500 Suffolk Reasons

is a small local fundraising group run by five friends who want to make a difference.

The premise is simple, 500 people each donate £1 a week and are then able to nominate a person or family in need of a helping hand.

This could be a front line worker unable to afford a vital car repair or MOT, someone who hasn't seen family since the pandemic began but can't afford the travel, a family who need particular equipment, school kit or tech for a child, a recently homed person who needs furniture.

The reasons will be as varied as we are as humans.

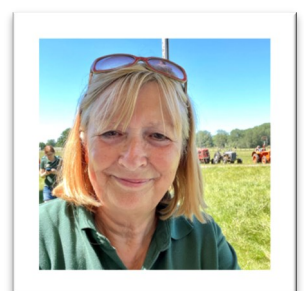
The rising cost of living and increases in energy prices will be adding financial pressure on people across the county.

Many of these people never imagined they would find themselves in these situations.

Recently, in my role at the Rural Coffee Caravan, I have been both privileged and humbled to be asked to award 'hardship' funding to families experiencing financial stress because of Covid induced problems, job loss, furlough, etc.

I have been so moved to hear some of those stories. It has made me realise how a small amount of money can fix many of the genuine difficulties that are being experienced. Money that cannot be found by any means other than generosity. This is why 500 Suffolk Reasons has been created.

Annaliese



Wherever there is a human being, there is an opportunity for kindness

Lucius Annaeus Seneca

So..... Inspired by Joe Sims who set up the original 500 Reasons group in 2017, I have asked four friends to join me, and together we have set one up in Suffolk for Suffolk residents.

We just want to be able to help in a clear, straightforward, non-bureaucratic way.

Who are we..? We are a small, simple, transparent fundraising group comprised of five like minded pals who all work in the third sector in Suffolk.



*Ann Osborn
Chief Exec of the
Rural Coffee Caravan*



*Sue Hughes
Independent Chair
of Suffolk Dementia
Forum and Non Exec
Director of
Healthwatch Suffolk*



*Andy Yacoub
Chief Exec of
Healthwatch Suffolk*



*Jo Reeder
Chief Exec of BSEVC*



*Sally Connick
Project Manager Get
Suffolk Reading.
National Literacy
Trust*

In our various roles within Suffolk, it is clear to us that there have always been hidden needs and hardships in our county and the pandemic has exposed further inequalities and significant difficulties.

If you live, love or work in Suffolk - please consider joining us.

We are aiming for 500 participants, each donating £1 per week by standing order. This will enable us to give out up to £500 per week to a struggling household.

If you would like to become a member of 500 Suffolk Reasons, here's how to join:

Set up a standing
order for

£1 a week

Acc. name: **500 SUFFOLK REASONS**

Sort Code: **52 - 30 - 31**

Acc. number: **4 9 8 9 1 9 7 9**

Reference: **Your Full Name**

Payments to be
made each

Monday

Please email 500suffolkreasons@gmail.com to let us know you have signed up.

If you enjoy social media you'll also have the opportunity to join the 500 Suffolk Reasons Members Group.

It is really easy to take part and we hope you are able to join us.

Together we can cut through the red tape to deliver some simple kindness each week.