



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](mailto: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.**