



Tim Loughton M.P
House of Commons
Houses of Parliament
London
SW1A 0AA

18th January 2019

Dear Mr. Loughton,

Thousands of Servicemen and women are living with injuries and illnesses – both physical and mental – each and every day. Together with their loved ones, they continue to need our help to cope with the challenges they face. Your support means they won't have to battle alone.

On their behalf, please let me thank you so much for your donation of £417.50, made on behalf of The Sussex Bangladeshi Caterers Association. This will help to ensure that every single Hero – serving and Veteran – gets support that's designed especially for them and their recovery.

Long-term recovery is more than repairing damaged bodies and minds; it's about rebuilding lives. Our mission is to deliver an enduring network of support to help our Heroes with their challenges and to go on to live active, independent and fulfilling lives. This is at the heart of everything we do.

From Bernie, and every other Hero we support, thank you for making a difference:

"Thank you with all my heart for being there for me and for others. Please don't go away. **One way or another we're going to need you for the rest of our lives.**" Bernie Bambury, H4H beneficiary.

With our very best wishes,

Paul Sprutt

On behalf of Team H4H

Tel: 0300 303 9888 Email: fundraise@helpforheroes.org.uk www.helpforheroes.org.uk

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Help for Heroes is registered as a charity in Scotland. Scottish charity number SC044984.
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