

## Joe Healy shares his story for the Great Sock Appeal 2020



Joe Healy is passionate about helping those less fortunate than himself. His main role is as a station manager for Thameslink, but he's committed to supporting his local community. He is sharing his story to support this year's Great Sock Appeal.

"What's scary for me is that for the vast majority of us, we're only a few pay cheques away from becoming homeless ourselves. It really can happen to anyone – and I've met people that have gone from having successful careers, to having absolutely nothing. That's why it's so important for us to support the vulnerable people in our societies.

"I've been working with [NOAH Enterprise](#) for over five years now. They are a Luton-based charity that seek to help the most disadvantaged people in the local community. A couple of years ago we did a really simple bake sale and raised over £1,000 for the organisation. That money helped to house three homeless people in a shelter over a few days during Christmas, where they had access to beds and hot meals. Some people think you have to go to great lengths to raise money for charity, but you don't – that's why the Great Sock Appeal is such a good initiative.

"When we get dressed in the morning, we probably don't give socks a second thought, but for those sleeping rough in wet and cold weather – a pair of clean, warm socks could make all the difference. It's a real shame that we're unable to do physical collections at our stations this year because last year we had sacks and sacks of donations! You can still donate a pair of socks to someone who really needs them this year by doing it virtually instead.

"Meeting lots of people through NOAH every year and hearing their stories has really opened my eyes to what life can be like. I particularly remember a lady who worked for the NHS for over 30 years but had to have an operation on her hand, which stopped her from being able to do her job. Slowly, she lost everything.

"Nobody chooses to be homeless – or if they do, it's to escape an unimaginable situation. So my advice would be not to judge those less fortunate than yourself and help them instead by giving a little bit of warmth and comfort this winter with a pair of socks."

**To find out about this year's Great Sock Appeal and donate to those in need, please visit <https://bit.ly/3fMEBXK>**