

## **How being an AskAuthor has left me filled with gratitude**

by Sam Herbert

I have been very lucky in my life to meet many inspirational figures. It's not the famous, recognisable faces of those in the limelight that I've found myself in awe of. And not those with immense power, influence and money who set off my aspirations. It's not even those who stand on the pedestals shouting passionate, compelling messages for all to hear. The people who inspire me most are the ones who quietly devote their time, energy, creativity to making life better for everyone. They would say, 'I'm just doing my job,' or, 'I'm just doing what anyone would do.' Perhaps it's this understated, humble attitude that moves me the most. But often these people's everyday actions are lifechanging for others. And it makes me wonder how often they allow themselves to realise it.

I met two such women this week. Both are running organisations in Bristol that exist purely to support people dealing with challenging circumstances. Both are delivering incredible work, making significant differences to people's lives. Both seemed understated and modest about the enormous impact their work has and the importance of how they dedicate their time. Both inspired me enormously.

My time with them came about through volunteering as an AskAuthor for the AskingBristol project. I spent an hour chatting with each of them, discussing their organisations' needs and how the Bristol community might be able to support. We considered everything from volunteering and expertise through to physical objects and spaces that would be of huge benefit to the work they do. I then spent an afternoon crafting those insights into specific Asks. The next step is to find members of the Bristol community who are perfectly placed to answer those Asks. In doing so the AskingBristol project will start connecting those who have something to offer with those who will benefit the most – a beautiful network of benevolence.

It has felt like an absolute privilege to meet these people and play a small role in supporting them. It is a beautiful thing to finish your work at the end of the day feeling like the world might just become a little bit better for your efforts. Perhaps it's time we all started to recognise that is where true value and happiness lies, in doing our part to make this world a little bit better for everyone.