

Top Five Acts Of Kindness

If you know of people on their own especially the elderly why not go round or invite them for a coffee.



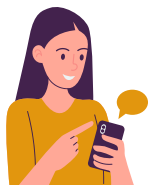
Cook for them and help clean their home or do their shopping for them.



Put a note through their door or write them a letter.



Give them a ring or facetime to know you care for them and if they'd like for you to pay visit to see them.



Take them out somewhere even if it is a local park or in their garden.

