

Acts Of Kindness

Seeing the pictures of homes flooded because of Storm Bert makes me think about doing Acts of Kindness. It can do wonders, in bringing people together to help each other and is priceless and so here are some Acts Of Kindness you can do and work together to build families and friends.

Each month I buy food for the local foodbank as I have struggled with money and are there to help feed families or just donate by cash or online.



Help a neighbour who may struggle getting out and are on their own and just need to see a friendly face as people around Christmas can feel alone, but just popping around for a coffee or tea can really be good for them and rewarding to you at the same time.



Do Volunteer work. I now work on a local hospital radio station on Sundays and there are always organisations like foodbanks, where you can volunteer to help and in other areas of hospitals or care homes.



Work in a homeless shelter and hostel as it is shame we still have homelessness in this country and perhaps a meal and a cup of tea will help them and get people off the streets.

