

BECOME A
SOUTH DERBYSHIRE
CVS VOLUNTEER



Find our more at sdcvs.org.uk

Share your small acts of kindness at
[#YourCalke](https://twitter.com/YourCalke)

GET
CONNECTED

Don't wait for people to come and see you – travel to visit them!

Share your small acts of kindness at
#YourCalke

BECOME A
VOLUNTEER
AND HELP MAKE
SOCIETY BETTER



**Leicestershire
County Council**

Find out more at www.leicestershire.gov.uk/jobs-and-volunteering/volunteering/volunteer-with-leicestershire-county-council

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NEVER STOP
LEARNING

Take a night class or join a club.

Share your small acts of kindness at
#YourCalke

MAKE 1
EXTRA

Baking a cake? Give one to a neighbour. Having Sunday lunch? Invite someone over.

Share your small acts of kindness at
#YourCalke

SMILE

Research shows that smiling makes you,
and others, feel better.

Share your small acts of kindness at
[#YourCalke](#)

LOOK
AFTER YOUR
WELLBEING

Research tells us that there are 5 Ways to Wellbeing: connect with others, be active, take notice of the small things around you, keep learning, give some support to someone else (New Economics Foundation 2008.)

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#YourCalke

JOIN A DOG WALK
AT CALKE ABBEY

Find out more at www.nationaltrust.org.uk/calke-abbey/features/visiting-calke-abbey-with-your-dog

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[#YourCalke](#)

HUMAN'S BEST
FRIEND

Donate a fleece blanket to your local dog rescue centre.

Share your small acts of kindness at
#YourCalke

SPARE TIN
OF SARDINES?

Donate some food to your local animal rescue centre.

Share your small acts of kindness at
#YourCalke

WRITE A
LETTER

Take some time to write a letter or send a card to someone who will appreciate receiving it.

Share your small acts of kindness at
#YourCalke

1 IN 5 OF THE UK
POPULATION LIVE IN POVERTY

HOST A FOOD
COLLECTION



Leicester South Food Bank urgently need food items.

www.leicestersouth.foodbank.org.uk

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1 IN 5 OF THE UK
POPULATION LIVE IN POVERTY

DONATE FOOD



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TAKE TIME
TO LISTEN TO
SOMEONE ELSE

Hen-ry the lis-ner

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GET YOUR
RUNNING
SHOES ON



You can make a real difference for local homeless people by doing a sponsored run.
fundraising@frameworkha.org

Share your small acts of kindness at
[#YourCalke](#)

MAKE FRIENDS
WITH SOMEONE
WHO IS BEING
BULLIED



Find out more at www.anti-bullyingalliance.org.uk/alltogether

Share your small acts of kindness at
[#YourCalke](https://twitter.com/YourCalke)

BE KIND
ONLINE



Find out more at www.anti-bullyingalliance.org.uk/alltogether

Share your small acts of kindness at
[#YourCalke](https://twitter.com/YourCalke)

CREATE A CULTURE
OF WELCOME IN
YOUR COMMUNITY,
SCHOOL OR
WORKPLACE



City of Sanctuary

Find out more at

www.cityofsanctuary.org/groups

Share your small acts of kindness at
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BE KIND TO
YOURSELF

If you are looking after someone else,
take 10 minutes each day and do
something kind for yourself.

Share your small acts of kindness at
[#YourCalke](#)

BUY ONE
EXTRA

Donate a gift for a child who, regardless of faith, might not otherwise receive anything at the holiday season.

[www.toysonthetable.org.uk/
how-can-you-help/](http://www.toysonthetable.org.uk/how-can-you-help/)



Share your small acts of kindness at
#YourCalke

START
TALKING

‘Starting a conversation each day in your neighbourhood can be a radical act of community service.’ (Jo Cox Commission)

Share your small acts of kindness at
#YourCalke

CHECK IN ON
A NEIGHBOUR

For people struggling with loneliness, small contacts with the people around them can make a huge difference to their health and happiness.

Share your small acts of kindness at
[#YourCalke](#)

PHONE A
FRIEND

Phone a relative you haven't heard from for a while. For people struggling with loneliness, small contacts with the people around them can make a huge difference to their health and happiness.

Share your small acts of kindness at
#YourCalke

BE HAPPY TO
CHAT

‘...once people do start talking and remember how good it feels, it is contagious.’ (Jo Cox Commission)

Share your small acts of kindness at
#YourCalke

INVEST IN YOUR
FRIENDSHIPS

Research suggests we should each nurture 4 'thick ties'. Having 4 strong, positive and stable relationships in our lives is tied to our health and happiness (Jo Cox Commission).

Share your small acts of kindness at
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TAKE
ACTION

The Campaign Against Living Miserably (CALM) runs campaigns to raise awareness of male suicide, provoke debate and change culture around gender, mental health and masculinity. www.thecalmzone.net

Share your small acts of kindness at
#YourCalke



HELP US CARE
FOR THE
SPECIAL PLACES
YOU LOVE BY
VOLUNTEERING



National
Trust

Find out more at

www.nationaltrust.org.uk/find-an-opportunity

Share your small acts of kindness at
[#YourCalke](https://twitter.com/YourCalke)

DONATE A
BOOK

Donate a book to our second hand
bookshop: [www.nationaltrust.org.uk/lists/
second-hand-bookshops-in-the-midlands](http://www.nationaltrust.org.uk/lists/second-hand-bookshops-in-the-midlands)

Share your small acts of kindness at
[#YourCalke](#)



National
Trust

HUMAN KIND

Sending a postcard to a friend or relative is a great way to tell them you are thinking about them. Take this card to the Calke Abbey shop to receive 2 free HumanKind postcards. Keep one and send one!

Share your small acts of kindness at
#YourCalke