

BECOME A  
SOUTH DERBYSHIRE  
CVS VOLUNTEER



Find our more at [sdcvs.org.uk](http://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](http://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.)

Share your small acts of kindness at  
#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](http://www.nationaltrust.org.uk/calke-abbey/features/visiting-calke-abbey-with-your-dog)

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



HUMAN'S BEST  
FRIEND

Donate a fleece blanket to your local dog rescue centre.

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#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](http://www.leicestersouth.foodbank.org.uk)

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DONATE FOOD



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TAKE TIME  
TO LISTEN TO  
SOMEONE ELSE

Hen-ry the lis-ner

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#YourCalke

GET YOUR  
RUNNING  
SHOES ON



You can make a real difference for local homeless people by doing a sponsored run.  
[fundraising@frameworkha.org](mailto: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](http://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](http://www.anti-bullyingalliance.org.uk/alltogether)

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[#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](http://www.cityofsanctuary.org/groups)

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

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](https://twitter.com/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  
#YourCalke

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](http://www.thecalmzone.net)

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#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](http://www.nationaltrust.org.uk/find-an-opportunity)

Share your small acts of kindness at

#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