

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

Share your small acts of kindness at
#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

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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

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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/)



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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

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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

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