

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)

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

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](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.

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](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](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