

ACTS OF KINDNESS

Send someone a "I'm thinking of you" card, and it is easy with the internet with e-cards now!

Pick up some shopping for an elderly person in your life .

Buy the Big Issue which helps the homeless and it does have good articles

Do a Charity Run or walk for a good cause I have loved doing these and is very rewarding.

Donate clothes and food to charity shops or food banks

When Lockdown is clear have a McMillon Coffee and tea party and you can even do this now for Alzheimer's

Open the door for someone and if they got one item when shopping let them go first

Work as a volunteer. You can do this in hospitals, charity shops or fundraising events