

NOTICE THE SIGNS: EVERYDAY ACTS OF KINDNESS

GIVING TO THE COMMUNITY

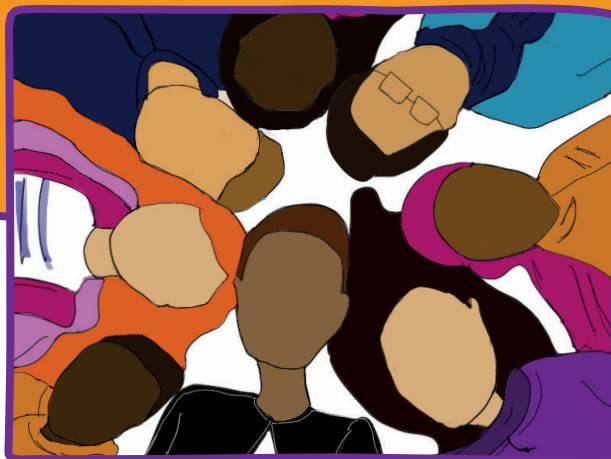
Giving to the community can bring a sense of belonging and wellbeing

Even if you only donate a few hours of your time each month, you will be making a huge difference to the lives of others

Without volunteers many services and events we enjoy in our communities wouldn't be so readily available

Giving to the community is a great way to get to know your community and its citizens

Give a sense of purpose



It's easy to distance yourself from what's going on around you especially this year, but don't underestimate the importance of your community and the sense of belonging and what effect on your wellbeing it can bring.

It could be as easy as joining your local community group on Facebook or volunteering some of your time to a worthy cause. These things can help you to feel more connected and a part of your community.

In doing some of the ideas below, you may make new friends and find things in common with others, which in turn will help you to feel more connected and able to GIVE the best of yourself to your community!

**Community is much more than belonging to something;
It's about doing something together that makes belonging matter**

5 ways to GIVE back to the community

- 1 If you see someone juggling handfuls of groceries why not ask if they need help - it is a generous act that leaves a lasting impression.
- 2 Write a letter to someone - it can lift spirits considerably and lift yours in the process.
- 3 Download apps that donate proceeds to local charities - or check to see if a local charity or community group are part of a gift aid scheme.
- 4 Volunteering - consider if you could give hour or two hours per week.
- 5 Donate - it can make an immediate difference and impacts other peoples lives.