

SPREAD WARMTH THIS WINTER

Small acts of kindness to keep your community cosy.

MAKE TIME TO TALK

Start a conversation with a **friendly hello** – it could be the person next to you in a queue or someone you see often but you've never spoken to before.



SPREAD CHEER

Create a ripple effect by **being kind** – compliment a stranger, hold the door open for someone or give somebody a boost by leaving an anonymous gift.



BE PRESENT

Give the gift of time to your community – can you support a local event by going along, be there for someone who needs a listening ear or spend time getting to know somebody better?

SHARE FESTIVE FOOD

Bring people together for a **tasty treat** – invite neighbours, colleagues or your wider community to share friendship, festive food and fun.



LEND A HAND

Reach out and ask how **you can help** – perhaps it's walking a neighbour's dog or collecting some shopping, or why not get involved with a local volunteering opportunity?



BE KIND TO NATURE

Step outside and love where you live – plant spring bulbs, make bird feeders or arrange a litter pick in your local park or green space.



SHOW YOUR SUPPORT

Get behind a **local business, charity or good cause** – fundraise to support the good work they do, shop small or recommend a business with a positive review.



BRING JOY

Brighten someone's **day** – get together with others and decorate your street, community centre or local space or leave a positive message to make someone smile.



GIVE GIFTS

Share with those around **you** – make something special for someone who shines bright in your community, or donate items to a person or charity who might appreciate them.

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Let us know how you keep your community cosy this winter.

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