

Caring for Each Other

Spreading Kindness DURING THE CORONAVIRUS OUTBREAK



Stay Connected with family and friends

Stay in contact and offer support via phone, email and social media, especially to those who are self-isolating.

Kindness Initiatives

Kindness Pandemic Facebook Group

Share stories and be inspired by how communities are caring for one another

Going on a Bear Hunt!

This is happening in most areas, so why not put a teddy in your window.



Donate Food to your local food bank

This helps vulnerable people who are struggling to get access to everyday items.

Helping Your Neighbours

Connect With Neighbours

Download our Neighbourhood Connection Cards to let your neighbour know you're available to help should they need it.

Help Vulnerable Community Members

Donate food and essentials. Learn how here.

Help Seniors With Their Regular Shop

Learn more about the Communities@Work Assisted Shopping Service.



Offer Help to neighbours

Let neighbours know you're available to help them with collecting supplies or in other ways.

Download our Neighbourhood Connection Cards from <https://bit.ly/2Ji4nUf>

Get Your Free Poster

[Download the full poster](#) for more tips on spreading kindness.

