

Free Giving Friday



People who enjoy giving are open to receiving, have improved mental health and wellbeing

- Do something nice for a neighbour or friend
- Thank others who give you their time
- Smile more
- Enjoy helping friends and doing things to help other

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1 Give yourself a compliment every day. This can be difficult at first, be kind to yourself.



Give to a local food bank. Everyone is struggling at the moment, some physically, some mentally and others financially. The Trussell Trust have a foodbank taking donations during Covid-19. The address is Kingfisher foodbank:

Aukland Hall, 25 Sunbeam Close, Smiths Wood, Birmingham, B36 9JR

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Say thank you to the bin men and women. You can put a poster in your window or attach it to your bin. They are continuing to work through this time and without them things could be very different on our streets and in our houses.

