

## Help spread kindness!

Please show your support for our staff and residents. Small acts of kindness can bring so much joy.

Could you...

Drop off a magazine or a newspaper

Gift some flowers or a plant

Write a postcard and bring sunshine to someone's day

Send in a video message via email. We love music, messages, jokes and dancing

Or pick an act of kindness of your choice!

All are appreciated. Feeling the support of the community means so much to us.

Please get in touch on:

## Thank you for your support

