

## A LITTLE KINDNESS GOES A LONG WAY...

1. Say hello to an older person at the bus stop.
2. Surprise an older relative with a home cooked meal.
3. Ask an older person sitting alone if they'd like company
4. Leave a bunch of flowers and a note on an older persons doorstep
5. Help an older person with weeding or watering their garden
6. Come and volunteer at one of AGE UK B&NES lunch clubs
7. Write a letter to a grandparent
8. Pay for an older person's paper at the newsagent
9. Carry an older person's shopping onto the bus
10. Crack a joke with an older person in the queue for the post office.
11. Hold open the door for an older person at the library.
12. Drop off games or magazines to your local community centre.
13. Share your talents at our day centres.
14. Offer your place to an older person in the queue.
15. Deliver a gift to an older person who you know is poorly.
16. Ask an older relative for advice.
17. Offer to sweep up leaves from an icy front step.
18. Take something to the tip for an older neighbour.
19. Strike up a conversation in a queue.
20. Go and help an older person weed or water their allotment or garden.
21. Offer to take the bins out for an older neighbour.
22. If you see an older person sitting alone, ask if they'd like company.
23. Leave a book and a note on an older persons doorstep.
24. Offer to walk an older person to their car or bus with your umbrella.
25. Compliment an older person's dress or hairstyle.
26. Come and help an older person get online at our gadget busters club.
27. Offer to take an older neighbour's dog for a walk.
28. Offer to drive an older person you know to church or a group.
29. Ask your grandparents about their family tree.
30. Visit an older relative who you haven't seen for a while.
31. Plant flowers in a care homes garden.