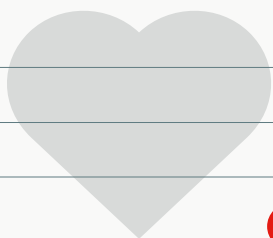
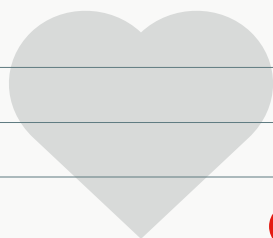


Red Cross Week 6-12 May

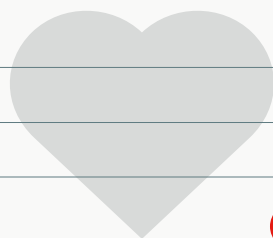
Sunday



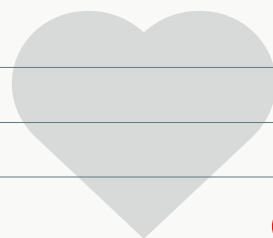
Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



Example

*Send a card to say thank
you to someone who has
been kind to me*



How to use your kindness calendar in 3 easy steps

1. Pick 7 kind acts from the list or make up some of your own.
2. Tick off your kind act each day of Red Cross Week.
3. Take a photo or video of your kind act or other kind acts you've seen during the week and share the **#PowerOfKindness** on social media. Don't forget to share a photo of your completed calendar at the end of the week!

Why not double your kindness and be sponsored to complete your calendar?

Contact your local fundraiser
0300 456 1005
getfundraising@redcross.org.uk

#PowerOfKindness

**The power
of kindness**

Celebrating the power of your kindness

Your kindness is a powerful thing. Choose your daily activities from the list below or come up with your own ideas personal to you!

10 ideas for your week of kindness

- ♥ Hold a tea party: Get your colleagues, friends or family together and hold a Red Cross Tea Party – **download** a tea party pack for tips and ideas to host a successful cake sale.
- ♥ Help us respond when crisis strikes and sign up to be a community reserve volunteer. Already a CRV? Share the sign up link with friends and family: redcross.org.uk/get-involved/volunteer
- ♥ Sign up to help at a collection for the Red Cross: contact getfundraising@redcross.org.uk or **0300 456 1005**
- ♥ Get sponsored to do one extra kind act every day for a week.
- ♥ Share the kindness calendar on social media and the best kind act you've seen this week.
- ♥ Sponsor someone who is doing a Red Cross fundraising challenge or get sponsored by taking on your own challenge.
- ♥ Be someone else's sunshine. Be the reason someone smiles today.
- ♥ Organise a bake sale at work. Cheer up your colleagues with some delicious cake and raise funds for the Red Cross.
- ♥ Ask everyone at work or school to wear red and donate £1 (or more!) to Red Cross Week.
- ♥ Ask people to donate to the Red Cross instead of giving a gift on your birthday.

Red Cross Week 6-12 May redcrossweek.org.uk

How the Red Cross helps share your kindness



Responding to emergencies

We provide the people, equipment, space and resources to support those affected by an emergency, helping them to recover.



Up to the challenge

Trekking, abseiling, running, cycling. Each challenge has its own character and all are achievable. Join as an individual or a team and you'll receive full support, day and night.



Tackling loneliness

We support people who are living with loneliness or social isolation by helping them connect with their local community and to meet new friends.



Getting people out and about

We help people regain independence. You can borrow or hire a wheelchair from the British Red Cross for a single trip or for short-term use.



Speaking out

We give a voice to people in crisis. We aim to change opinions and thoughts by engaging with politicians, local councils, journalists, celebrities, and the wider public.



Your kindness will change lives

People in crisis need your help. A donation to the British Red Cross allows us to be there whenever we're needed most.