

KINDNESS

...costs nothing, in fact it is free.

**We could all be much richer,
just try it...you'll see...**

- **Donate essentials to a local food bank.**
- **Call someone you know who is lonely.**
- **Share something positive on social media.**
- **Lend a hand to help someone struggling.**
- **Say thank you to someone.**
- **Do something special for a friend.**
- **Treat someone to a cuppa.**
- **Tell someone how important they are to you.**
- **Spend time with an older person.**
- **Remember someone who's been bereaved.**

"Ask me if I'm really okay" is a campaign relating to loss and bereavement.



My name is Lauren Nicholson, I am a student at Dudley College and I am passionate about young people being well informed about the impact of grief.

I hope my badge campaign helps people to talk more openly and enables them to get the support they need.

"I am really pleased my badges have inspired the Dudley CVS Kindness campaign. I hope that you will wear my badge as a reminder to ask people around you if they really are okay."



Please give my 'Ask Me If I'm Really Okay Campaign' Facebook page a like and follow my story