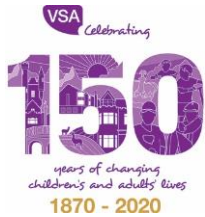


World Kindness Day

NOVEMBER 13TH 2020



What would **your** random
act of kindness be?

Did you know that giving to others has a direct impact on your mental wellbeing?

In the run up to World Kindness Day on Friday, November 13th, we want to encourage **150 random acts of kindness** throughout our community - as you can see from our examples, there's so many simple ways for you to make someone's day!

We therefore invite you to share your random act of kindness on our social media channels, whether it be filling in our digital kindness template on Instagram or sending us a photo of you displaying one of our kindness print at home signs – it's up to you!

There is also an opportunity to “Pay your act of kindness forward” to VSA, to enable us to help change the life of a vulnerable child or adult, for example, £30 could pay for one hour of mental wellbeing support. To donate to VSA and support our 150 random acts of kindness, simply scan in the QR code below to access our online fundraising page.

No matter how small or big your gesture the impact of your kindness will be remembered for life.

Thank you for supporting VSA and helping us to change lives.

 VSA Aberdeen  @SupportVSA

Scan here
to donate

