ACTION DAY

ACTION DAY FOR THOSE SHORT ON TIME...

Doing good doesn't have to take up all your spare time – and here's the proof! Check out our suggestions below. There are loads of ways you can take part in Action Day 2020 and contribute to our national initiative.

Passionate about environmental issues?

You could...

- Clean up your local park
- Substitute car journeys with more environmentally friendly alternatives
- Plant a tree or some bee-friendly flowers
- Switch to paperless mail
- Educate others on how to reduce their food waste

Value your community?

Why not...

- Shop/eat local and support small businesses
- Leave a positive review for one (or more) of your local businesses
- Run an errand for a friend, family member or neighbour
- Offer a helping hand at a local event
- Give out thank you notes and brighten up your loved ones' days

Interested in helping vulnerable people?

Try this...

- Donate things you don't need/use anymore to your local charity shop
- Read books or letters to a person who is visually impaired
- Visit a friend or family member in a care home and have a tea break with them
- Check in with your local hospital to see if they need gifts or donations

...You get the idea!

Ok, maybe none of these feel quite right for you. If so, take a few minutes to think about what matters to you most. How do you think you could make a difference? Remember, it doesn't have to be a big deal. Sometimes it's the smallest gesture that means the most.

And whatever you decide to do...

Don't forget to tell us all about it by adding your action/s to our Impact Map.