1. Think of an everyday item that’s in good condition. Find a recipient and give it away.

2. Drop a small card to a hidden hero, just to let them know they’re noticed.

3. Clean the sink in your school, home, office, or staffroom.

4. How often do you say ‘hi’ to your neighbours? Spend time getting to know them a little more. Coffee invitation?

5. Visit the bookshop and buy something - remember all profits are donated to charity.

6. Visit a High Street / Town Street Coffee shop with a friend you’ve never invited before.

7. Contact a homeless shelter and ask what they need. Then meet it.

8. Call into the local library, read “what’s on in Shepton” and support one activity this week.

9. Leave something anonymously for someone you know: a coffee on a desk, an encouraging note taped to their car.

10. Ask others what they think your gifts are, and how you could use them to bring life in and through your community.

11. Become an Age UK Digital Buddy. Half of people over 65 feel out of touch with the pace of modern life.

12. Allow extra time when you are out and about and look for simple ways to be generous – help someone carry a heavy bag.

13. Volunteer for half a day at Open Door Cafe Salvation Army. Phone Pat Penn to arrange.

14. The Do It Trust connects you on the spot with a volunteer opportunity near you. Check here. [www.do-it.org/about](http://www.do-it.org/about)

15. Set a target to encourage everyone you talk with today. Everyone. This might actually be easier than you think.

16. Draft a message telling an old friend or teacher about their impact on you. What might you write on a sincere thank you card?

17. Attend a town council meeting and find out what its priorities are.

18. Let someone know you’re available to help. Let them know they can call on you for anything.

19. Volunteer to help clean the stairwells in St Peters Mews

20. Gather a few friends to organise a car wash in your neighbourhood.

21. Get cleaning. This will work best if you find somewhere that’s important to you like your street or somewhere in your community.

22. Research local clubs, community gatherings or other local initiatives. Can you support any of them – with time, or with resources?

23. Get rid of graffiti. Check with your local council and chat with your neighbours and see who you can gather together to help.

24. Take stock of what you feel passionate about then write a letter, add your name to a campaign, or share something on social media.

25. Go to the market on Friday, chat to three people and buy produce for the week.

26. Donate tinned and dried food to those helping destitute asylum seekers or check out Welcome Boxes welcomeboxes.org.

27. In a queue? Buy the next person in line a coffee/sandwich/pint along with your order. Or pay for a bus ticket for the person behind you.

28. Volunteer for a Friday evening at the roller disco and meet a whole new section of the community. Email [smbtcroller@gmail.com](mailto:smbtcroller@gmail.com)

29. Cook for your friends, family or neighbours tonight and try to make sure everyone sits together to eat at the same time.

30. Start simple: gather together a few bags of your belongings to take to your local charity shop. Give some good stuff away too!

31. Grab a stack of Post-it notes and write down some one-line encouragements. Then stick them up around your house or your workplace.

32. There are plenty of small ways to put others first. Give up your seat on public transport. Let someone else go ahead of you in the queue.

33. What can you do to help? Clear a table in the café, stack the baskets or trolleys in a shop, put something back on a shelf.

34. Fix something quick and simple for someone today. Change a light bulb, sew on a button, or teach a few shortcuts on the computer.

35. We’ve probably all got things at home we can share. A spare nearly-new toolkit, two copies of the same book ... you get the idea.

36. Offer to do the tea/coffee run at work or wash up everyone’s mugs at the end of the day.

37. Bring in your neighbours’ bins this week – or even for the whole street!

38. Come along to the Learning Disabilities skittles evening one Monday evening - email Beth at [egoodhand@icloud.com](mailto:egoodhand@icloud.com).

39. Plant a community garden. Who could you work with in your local area on this? Then share what you grow!

40. The next time you get on a bus or go shopping – take something for the person serving you – some flowers, a bar of chocolate..

41. Buy a haberdashery item from a Town Centre shop and chat to the shopkeeper

42. Bake some cookies or muffins and drop them off at your local fire station.

43. Plant a tree for the Jubilee – [www.queensgreencanopy.org](http://www.queensgreencanopy.org)

44. Make lunch for a family member or friend today and include a nice note in their lunch box too.

45. Leave some coins taped to a car park/ vending machine or on a supermarket trolley for the next person to use.

46. Try wearing the same clothes for a week - Around 2.6 billion people in the world lack basic sanitation.

47. Live Below the Line Challenge - More than 660 million people live on less than $2 a day (about £1) Try living for five days with £1 a day.

48. Write to you MP on matters relating to the environment or poverty in your area.

49. Use no hot running water today either from your taps or shower - 15% of the world’s population is without running water.

50. Go without using the internet today - 40% of the world’s population has no internet access.

51. Survive the day by using no more than 4 litres of water to wash, eat and drink - People in rich countries use 10 times more water.

52. Eat plain rice for each of your meals today - rice is the staple diet of over 3 billion people.

53. Do not put the light on when it gets dark tonight - 10% of the world’s population have no access to electricity.

54. Write a letter to someone facing persecution.

55. Sew some reusable sanitary towels for women in the third world [www.sewconfident.co.uk/charity/](http://www.sewconfident.co.uk/charity/)

56. Buy an arts and craft item from a Town Centre shop and chat to the shopkeeper.

57. Support one of the Town’s restaurants. Treat a friend who doesn’t get out much.

58. Wear second-hand clothes for a weekend after visiting a charity shop.

59. Mow the lawn for your neighbour, parents, or someone you know.

60. Go round the Town centre and take down all the out of date notices pinned up.

61. Sweep leaves from the pavement outside your home.

62. Invite someone who normally eats alone to have a meal with you.

63. Are you a member of a club, sports team, church or other community group? Brainstorm ways in which you can serve your community.

64. Offer to help at the Christians Together Tea Tent on Collett Park Day.

65. Get a group together to pick up litter in a local park or beauty spot.

66. Organise a second hand clothes swap with your friends and neighbours – everyone brings some clothes and gives a small donation.

67. Read the Town Council noticeboard by the library and decide how you could become more involved in the Town’s priorities.

68. Put together simple gift packs for nurses in your local hospital, teachers in your local school with a note of thanks.

69. Ask a local care home if there are residents who have no visitors, who’d welcome a visit. Commit to visiting at least once a month.

70. Write down all the “whole community” events that happen in a typical year and resolve to support four of them. Robert Goodhand can give you a clue to them.