

SMALL ACTS OF KINDNESS

smallactsofkindness.co.uk

01923 372717

Hertfordshire



**Population
1,166,300**

Mid 2015 estimate

**Population over 65
194,300**

Mid 2015 estimate



**Every day throughout the UK
one in five
over 65s spends the entire day alone**

Age UK and Campaign to End Loneliness websites



This means that today, in Hertfordshire
38,860
older people spent the day alone




**Sources and distributes gifts
to older, often lonely and socially isolated people throughout Hertfordshire
with the aim of reducing feelings of isolation and loneliness and
the associated negative impacts on physical and mental health**

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From
60 gift bags
to
2,500 gift bags
in
two years











**SMALL
ACTS OF
KINDNESS**
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**We hope that you enjoy your gift from
Small Acts of Kindness**

We would like to ask you to tell us a little more about yourself, to help us
plan for more Small Acts of Kindness gifts

We promise that we will not pass this information on to anyone else

Please tell us which gift you received:

Warm in Winter Gift Bag ☒ Celebrate Christmas Gift Bag ☐

Other – please tell us what gift you received

If you know the person/organisation who sent you the gift please tell us who it was

PHILIP FROM DECORUM AGE CONCERN

What would you like to tell us about the gift you received?

SUCH A PLEASANT SURPRISE

JUST LIKE GOING BACK XMAS ES

OF MY CHILDHOOD

YOUR NAME AS MAW ACT KINDNESS

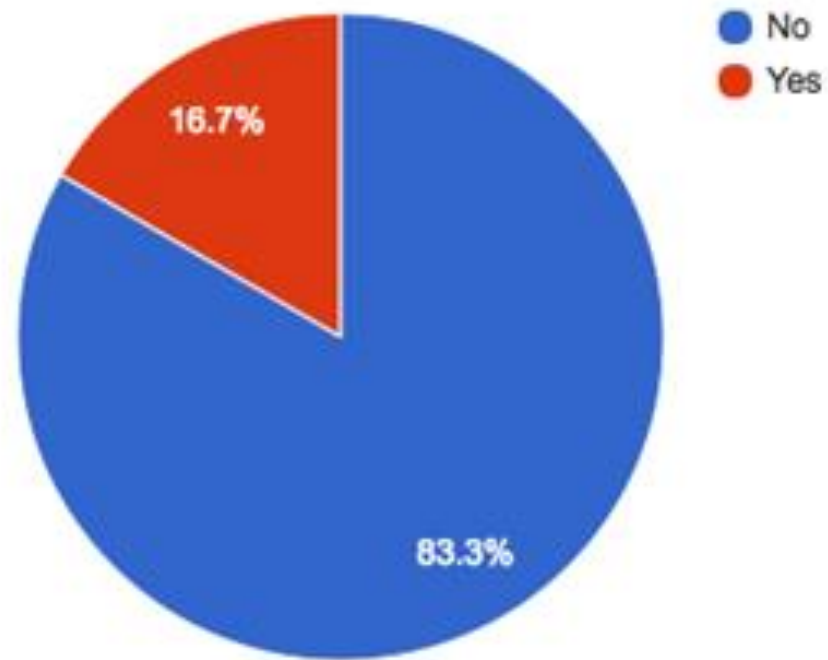
TO ME IT WAS A MESSAGE OF KINDNESS

Have you received a gift bag from us before? Yes ☐ No ☒

Is there anything that you would like us to include in future bags?

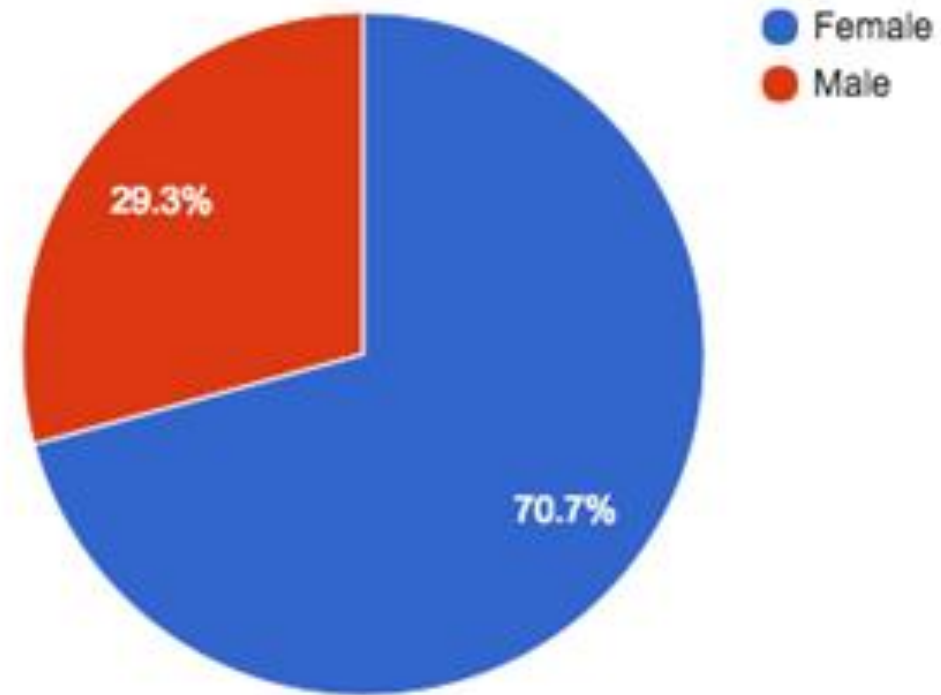
I ENJOYED IT INTENSELY IT WAS A FUN
THING

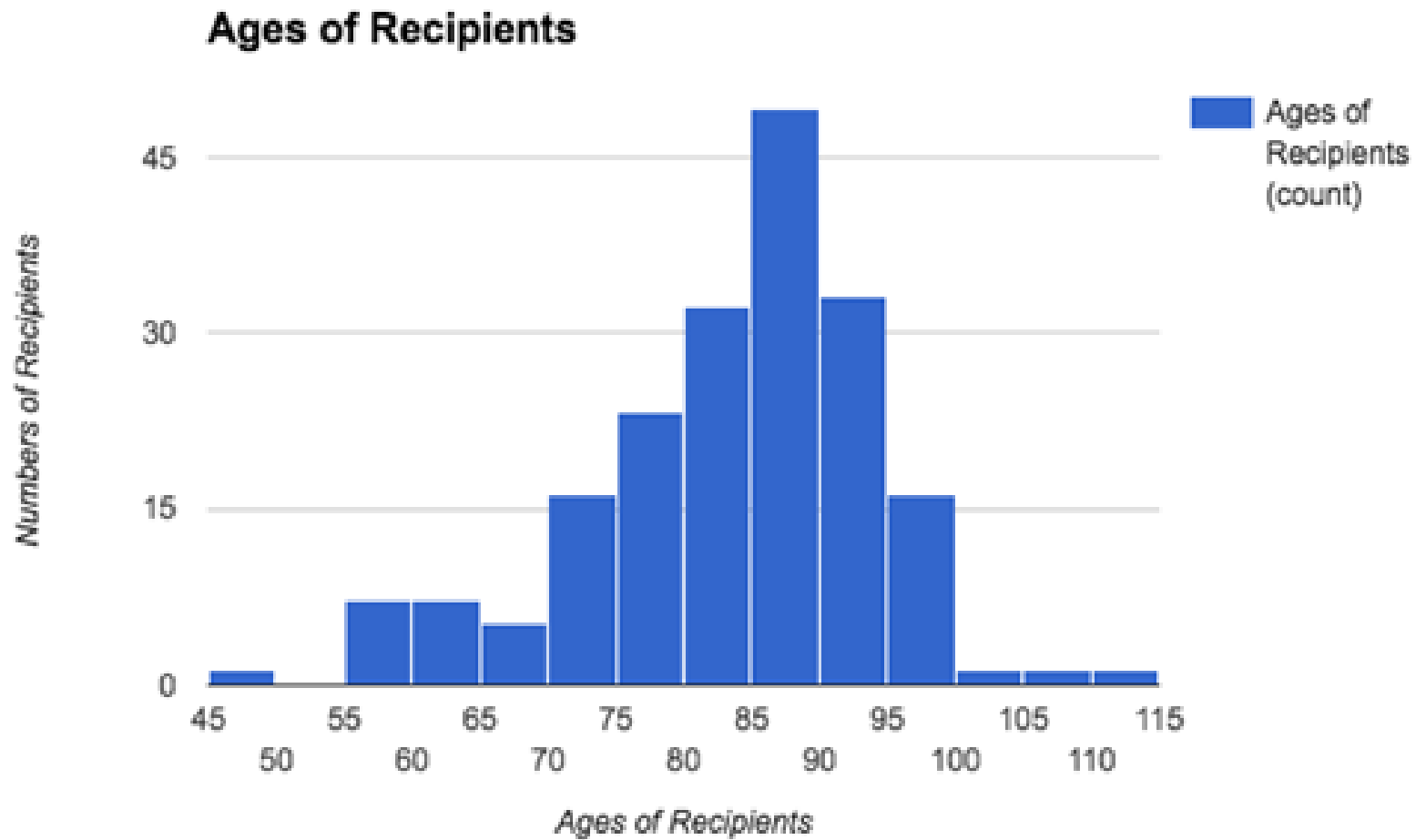
Have you received a gift bag from us before?



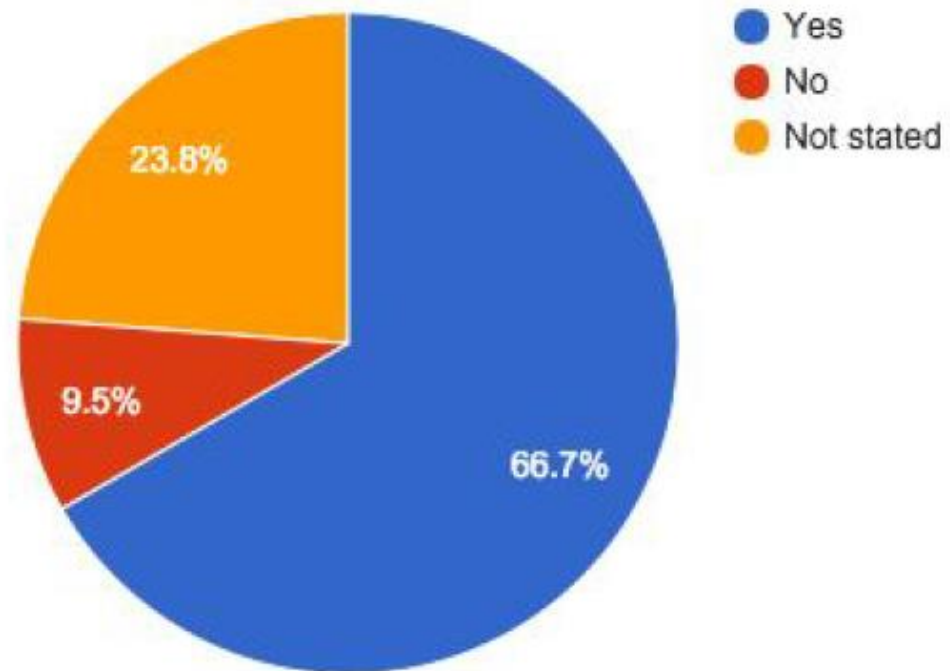


Gender breakdown





Count of CONTACT



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“What a wonderful surprise. Every one of those super gifts will give me joy & thankfulness daily. I have MS and live alone. This Act of Kindness has brightened my day. First time I have had gifts. Overwhelmed.”

“I was delighted to receive this very thoughtful gift. It put a smile on my face to realise some people do care about the elderly. Thank you”

**“After the loss of my darling Ben, it was so nice to see someone and your gift was so unexpected. It’s so nice to know someone was thinking of me.
Thank you so much”**



Lynne Misner
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No act of kindness however small is ever wasted

Aesop