

Show someone some

Kindness

We're giving our community a simple way to connect

Kindness Cards give you a way to offer help and support to others you think are struggling in subtle way.

Kindness benefits both the receiver and the giver and has been shown to improve physical and mental health outcomes for all involved, it's like a smile, a little bit of kindness can go a long way.

FAQ - what you need to know

What are Kindness Cards?

Kindness Cards are a way to show your support or offer help to someone in our community. They might be a neighbour or someone you know through work or community activities that you think may be struggling at the moment.

How do I use the Kindness Cards?

Simply pick up as many as you need from Break O'Day Council's main office in Georges Bay Esplanade, St Helens, fill in the details and then you can either hand it to someone or drop it in their letterbox.

Why have Council developed Kindness Cards?

We wanted to give people in our community a simple way of offering their support or help to others so we can create a more connected community together.

Who should I give the card to?

That is entirely up to you! You may want to give them to your neighbours or someone in your street that you think may be struggling. Or maybe you work with someone who you think may need some help but would never ask for it.

What's in it for me?

Kindness benefits both the receiver and the giver and has been shown to improve physical and mental health outcomes for all involved, it's like a smile, a little bit of kindness can go a long way.



You can collect Kindness Cards during business hours from the main Council Office at 32-34 Georges Bay Esplanade, St Helens.