

# Community Concepts

by Shannen at Shaping Futures

## Shannen's good-deed activities for half term

Did you know that doing a good deed can actually make us feel happier- whether it's volunteering, helping a charity or simply making someone else smile?

You don't have to raise thousands of pounds or climb a mountain to do this. There's lots of free and creative ways that you can spread joy in your community. The possibilities are endless, but here's some ideas to get you started:

- Have a clear out and donate any old books, games or clothes you don't use to a charity
- Give someone a compliment or make them laugh with a joke
- Write a letter to a friend, family member or neighbour
- Leave food and water out for birds in your garden or local park

## Give nature a helping hand

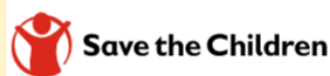
In our busy lives it's easy to ignore the nature that surrounds us. Next time you're outside take a moment to listen to the bird song and notice any plants and trees nearby. It might surprise you how much you don't take in!

Here's some ways that we can help the environment to thrive and do our bit for the local wildlife: Click on the link for the Butterfly Conservation to get some ideas of how we can help nature.



## Support a charity

Why not challenge yourself to something new and raise money for a good cause? There's lots of ways to do this - on your own or with friends and family.



Save the Children have provided an A - Z list full of inspiration!

If you're not sure which charity to support, think about keeping it local.



There will be plenty of people you can help on your doorstep, such as the Liverpool Migrant Solidarity Network:

## Volunteering at University

At University there are lots of opportunities to volunteer and help out in the community.

I loved the benefits of volunteering whilst in education. It expanded my network through meeting new people and making friends. It also allowed me to have fantastic experiences for free- such as sleeping over at Chester Zoo and playing with Guide Dog puppies!!

Moving on from University, I found that the skills and experience I had gained in my voluntary roles set me apart from others and helped me to find employment.

Most Universities have a Volunteering Society within their Students Union where you can find opportunities and meet like-minded people. You can also find your own opportunities by approaching a charitable organisation or researching using websites such as [Do-It](#) which advertises charity work.

## Spread a smile

Making others smile is one of the easiest and cheapest ways to do a good deed. Click on the smile for some suggestions and inspirations from others

