"A single act of kindness throws out roots in all directions, and the roots spring up and make new trees.” - Amelia Earhart
“No act of kindness, no matter how small, is ever wasted.” - Aesop

Studies have shown that acts of kindness not only bring happiness to others, but can also benefit our own mental wellbeing. By helping others we can relieve the impact of stress on our health and improve our mood and self-esteem. There’s also evidence to suggest that being kind makes you and others around you kind. When we witness an act of kindness, it can give us an elevated feeling and bring a renewed faith in human nature.

Kindness as a theme is reflected in the values that are shared across NHS Scotland:

- Care and compassion
- Dignity and respect
- Openness, honesty and responsibility
- Quality and teamwork

There are lots of examples of kindness within the NHS which we don’t often hear about.

Spread a little kindness today.

I would like to let the staff involved know how kind and helpful they all were. From the Call Handler to the lovely doctor I managed to see right on time. I was in so much discomfort and I was helped really quickly! Thank you all.

This is the second time this year that I have contacted NHS 24. On both occasions the service I have received has been exemplary. I can think of lots of positive words to describe the people who have dealt with me but I shall restrict myself to three: thorough, caring, kind.

Sincere thanks for the support that Breathing Space has given. It is wonderful to have a service like this and just to be listened to when you feel you have nowhere else to turn.

I simply cannot thank the people who helped me last night enough. The person who spoke to me on the phone at first was helpful, reassuring and thorough. The nurse I spoke to next was similarly reassuring and thorough and managed to convey a sense of caring - really excellent service.

We’re all very quick to complain nowadays, and we don’t seem to have caught up in terms of thanking the people who help us. In a time of real desperation, it made such a difference to be helped not just in a professional way, although that is of course important, but also to have been treated with genuine care. It was my hour of need, NHS 24 met and exceeded all expectations. Many, many thanks for your excellent support.

NHS 24

Spread a little kindness today.
### January

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**KEY DATES**

- World Braille Day

**WEEK 1**
Smile

**WEEK 2**
Pass along a good book you’ve read

**WEEK 3**
Each time you buy a new item of clothing, give something old away

**WEEK 4**
Cook dinner for someone

**WEEK 5**
Volunteer for a cause you are passionate about

---

Phil Dawson, Deer at Loch Lomond

Freephone 0800 83 85 87
www.breathingspace.scot
### WEEK 5
Volunteer for a cause you are passionate about

### WEEK 6
Invite someone out for a walk for a bit of ‘breathing space’

### WEEK 7
Say ‘I love you’ to someone you love

### WEEK 8
Remember to put your shopping trolley back

### WEEK 9
Offer to be the designated driver on a night out

### KEY DATES
- LGBT History Month
- Breathing Space Day
- World Cancer Day
- Rare Disease Day

**Random Act of Kindness Week**, Sun 12th – Sat 18th

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**Freephone** 0800 83 85 87  
www.breathingspace.scot  
Catherine McLellan, Falls of Clyde
WEEK 9
Offer to be the designated driver on a night out

WEEK 10
Say ‘I’m sorry’ when you’re wrong

WEEK 11
Do some litter picking at your local park

WEEK 12
Put your phone down and really listen

WEEK 13
Offer to help a co-worker

KEY DATES
- International Women’s Day
- Recovery 3K
- Clocks go forward

Grant Speirs, Owl

March

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Freephone 0800 83 85 87
www.breathingspace.scot
April

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**WEEK 13** Offer to help a co-worker
**WEEK 14** Give blood if you can [www.scotblood.co.uk](http://www.scotblood.co.uk)
**WEEK 15** Be a more courteous driver
**WEEK 16** Put your loose change in a charity box
**WEEK 17** Write a letter to someone who has made a difference in your life

**KEY DATES**
- World Health Day

Suzy Aspley, Bluebells
May

Vasculitis Awareness Month

WEEK 18  Say ‘please’ and ‘thank you’ and really mean it
WEEK 19  Let someone in the shopping queue with a few items skip ahead
          Be encouraging
WEEK 20  Offer to take the bins out for a neighbour
WEEK 21  When you see someone doing good, compliment them
WEEK 22  

KEY DATES
☐ Vasculitis Awareness Month
Deaf Awareness Week, Mon 1st – Sun 7th
Mental Health Awareness Week, Mon 8th – Sun 14th
⭐ Breathing Space Spring 10k
● Cycle for Alzheimer’s Scotland and Breathing Space

#kindness52

Freephone 0800 83 85 87
www.breathingspace.scot
**WEEK 22**  When you see someone doing good, compliment them

**WEEK 23**  Say hello to people when you are out walking

**WEEK 24**  Make a real effort to listen to everyone

**WEEK 25**  Send a thoughtful text to someone at a time which is meaningful for them

**WEEK 26**  Provide a lift or offer to accompany someone to an appointment

**KEY DATES**

- **Recovery 5K**
- **Armed Forces Day**
- **Carers Week, Mon 12th - Sun 18th**
- **Huntington’s Awareness Week, Mon 12th - Sun 18th**

Danny McCann, Milarrochy Bay
**July**

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**#kindness52**

**WEEK 26** Provide a lift or offer to accompany someone to an appointment

**WEEK 27** Offer to assist someone who needs help

**WEEK 28** Do something special for someone you know

**WEEK 29** Be positive to people around you

**WEEK 30** After a wedding or party donate the flowers to a local nursing home

**WEEK 31** Consider joining the organ donation register

[www.organdonationscotland.org](http://www.organdonationscotland.org)

**KEY DATES**

- World Refugee Day
- Samaritans’ Awareness Day

Freephone 0800 83 85 87
www.breathingspace.scot
August

Heather Robertson, Dog Days

WEEK 31
Consider joining the organ donation register
www.organdonationscotland.org

WEEK 32
If you know someone is having a rough time, ask them how they’re doing

WEEK 33
Don’t take yourself too seriously, share a joke

WEEK 34
Donate some free time to a local charity
www.volunteerscotland.net

WEEK 35
Arrange a get-together with your neighbours or friends you don’t see often

KEY DATES

- NHS Living Life Day

Freephone 0800 83 85 87
www.breathingspace.scot
September

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#kindness52

**WEEK 35**  Arrange a get-together with your neighbours or friends you don’t see often

**WEEK 36**  Encourage others around you to be positive

**WEEK 37**  Hold the door open for someone

**WEEK 38**  If you know someone is overwhelmed by a change in their circumstances (e.g. new baby), offer to help

**WEEK 39**  Bake a cake for a fundraising event

**KEY DATES**

- Recovery 10K
- World Suicide Prevention Day
- World Alzheimer’s Day
- World’s Biggest Coffee Morning

Ann Marie Quinn, Devil’s Pulpit

Freephone 0800 83 85 87
www.breathingspace.scot
WEEK 39
Bake a cake for a fundraising event

WEEK 40
Find opportunities to give compliments

WEEK 41
If you see someone who looks lost and needs directions, don’t wait for them to ask for help

WEEK 42
Praise someone for their hard work

WEEK 43
Recycle more www.recyclescotland.com

WEEK 44
Use your talents to help others

Veronica MacPherson, River Tay

KEY DATES
- Black History Month
- Breathing Space Autumn 10K
- Clocks go back

Black History Month

© 2014 Pete Haylock
November

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KEY DATES

- **Movember**
  - Stress Awareness Day
  - Remembrance Sunday
  - World Kindness Day
  - Anti-bullying Week, Mon 13th – Sun 19th
  - Prisoners’ Week, Mon 20th – Sun 26th

WEEK 44 Use your talents to help others
WEEK 45 Compliment someone on their talent
WEEK 46 Smile and say hello to someone new
WEEK 47 Give someone the benefit of the doubt
WEEK 48 Offer to clear paths of snow and ice for elderly neighbours or relatives

#kindness52

Peter Lewis, Sound of Music
Laura Cowan, Skyline

WEEK 48  Offer to clear paths of snow and ice for elderly neighbours or relatives

WEEK 49  Ask elderly neighbours, friends or relatives what their plans are for Christmas

WEEK 50  Make a donation to your favourite charity

WEEK 51  Allow people to be kind to you with their acts of kindness

WEEK 52  Love your life, remember you’re wonderful!

KEY DATES

World AIDS Day  Human Rights Day
Spread a little kindness today.

We sincerely hope you’ve enjoyed this calendar and have managed to carry out some of the acts of kindness throughout 2017.

Here’s to a fruitful 2018, let’s see if we can all continue from where we left off.