



**Kind Cumbria**

Whilst taking five from the daily grind, think of some ways you could be kind,  
Sharing a cuppa, having a chat, Giving a friend a pat on the back.

The little things count the most, and none of us really like to boast,  
But we'd love to hear what "kind" means to you,  
Then you can be part of our #KindCumbria crew!

Join in with #KindCumbriaDay 2021 on the 13th November, sharing random acts of kindness across Cumbria.  
Let us know what Kindness means to you and share with us using #KindCumbria

For more information visit [www.cumbriaaction.org.uk/what-we-do/kind-cumbria](http://www.cumbriaaction.org.uk/what-we-do/kind-cumbria)

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