



WELLBEING



THOUGHTS ON KINDNESS

By Lady Philippa Dannatt MBE

"It is indeed the little acts of kindness
that make such a difference.

The two boxes of eggs left on our doorstep by a friend in the village.

The smile and daily wave from our postman.

The kindly chat amongst strangers as we all stand with our trolleys two metres apart in the supermarket queue.

The unexpected call from a friend who rings three people a day who she hasn't seen for a while.

The slice of birthday cake brought round yesterday by one of the teenage children living next door.

My husband bringing me a mug of tea in bed each morning.

You know, when one stops to think about it, kindness is everywhere you look.

Moreover the best sort of kindness costs us nothing at all.

It costs nothing but means everything.

It is free, yet it can be a life changer.

No act of kindness, however small, is ever wasted.

Enjoy this Festival of Kindness!"

Lady Philippa Dannatt MBE
HM Lord-Lieutenant of Norfolk
Patron of Norfolk and Waveney Mind

Best kindness book?

"*The Boy, the Mole, the Fox and the Horse* by Charlie Mackesy. It's brilliant, so do get hold of a copy if you can."

Best kindness poem?

"*Small Beginnings* by Charles Mackay."