

## Random acts of Kindness



There is a movement encouraging people, to be world changers, through simple acts of kindness to others. Glasgow is famed for being the friendly city so we already know about looking out for and caring for each other; we want to build on that, to work with people where we have a whole community which nurtures kindness. For more information on the Random Acts of Kindness Movement follow this link

<https://www.randomactsofkindness.org/>

We would love with others to become Random Acts of Kindness Volunteers and if this is something you would also like to know more about then get in touch by e-mailing [hilda@cope-scotland.org](mailto:hilda@cope-scotland.org) or phone 0141 944 5490, or follow us on twitter @COPEScotland

There is also Do One Thing for a Better World for more information follow this link <http://www.dooneething.org/> and again, rather than reinvent the wheel we would like to work with others to build on this, and if you would like to help make a better world then we would love to hear from you get in touch by e-mailing [hilda@cope-scotland.org](mailto:hilda@cope-scotland.org) or phone 0141 944 5490, or follow us on twitter @COPEScotland

## Kindness Pledges

So far 137 people in Drumchapel have made pledges to be kind to others these pledges include:

- Give someone a happy day to remember
- Tidy my room for mummy and daddy
- To be nicer to my brothers
- Leave work early to make boys dinner
- Invite a friend for tea and cake
- Buy a homeless person food at Christmas
- Check my older neighbours smoke detector and spend time chatting
- Donate £5 of food to Drumchapel food bank
- Look after my grandson's dog
- To treat someone who is having a rough time to a meal out and a listening ear
- Apologise when I am wrong
- Cook a meal for my neighbour who lives alone
- Give someone a compliment
- Say thank you, let my wife know I appreciate her and all the things she does so she doesn't feel taken for granted
- Do something anonymously for a stranger which makes them smile
- .....what would you pledge to do?

### COPE Scotland

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Follow on @COPEScotland

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## Building Kinder, Safer Healthier Communities

A Scottish Government People and Community funded project delivered in partnership with the community and agencies that care about safety, health and wellbeing

**COPE Scotland**

Core funded by Glasgow City Council IGF



## BUILDING HEALTHIER, KINDER, SAFER COMMUNITIES TOGETHER

### Why get involved?

Do you want to?

- Help tackle inequality
- Help build a safer community
- Be kind to others
- Know what is going on and get involved
- Be part of the solution
- Help build a safer future for children
- Get skills for work
- Get experience for work
- Help people feel more connected
- Help build a healthier community
- Make a difference?

### What we will offer

- A formal volunteering training and support plan
- Improved signposting to services and supports which promote community safety
- Hints and tips on how to support safety in the home
- Improved signposting to services and supports which promote financial security
- Hints and tips for financial security



### We will also offer

#### Anger Management

Learn and understand more about your emotions and how to control them rather than they control you

#### Individual support

One to one support to help address mental and emotional distress caused by domestic abuse or the anger and bullying of others

#### Stress management

Sometimes it can all get a bit much and sometimes our coping strategies don't help e.g. drinking too much alcohol, smoking a lot, comfort eating, closing ourselves off from people, giving up things we enjoyed doing. There are better ways to control and manage stress and we will offer advice on this.

#### Drug and alcohol misuse

Improved signposting to services and supports where drug or alcohol misuse is an issue as well as tips and advice on issues around substance misuse and how to make healthier choices

#### Workshops

Community workshops on safety, health, well-being and managing the challenges of inequality which can lead to anger and frustration

#### Kindness Campaign

Community events and gala days promoting kindness to the self and others

For more information phone  
944 5490, e-mail  
[hilda@cope-scotland.org](mailto:hilda@cope-scotland.org)  
or drop in and see us we are  
based at 20 Drumchapel Rd  
G15 6QE



This particular project is focused on Drumchapel, however, the materials will be on the website so can be accessed by anyone, also workshops we will open up to the West of Glasgow and we want to share learning and ideas with others from all over Scotland, the rest of the United Kingdom and the World. We want to build on work already going on in the world. Scotland has its own delegate for the World Kindness Movement <http://www.kindnesscotland.co.uk/> and we would like to see how we can build connections there too, but we can't do it alone, please help us build kinder, safer, healthier communities for you, your children and your neighbours and for us all



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