

6 Ways to Support your Community this Festive Season

1. Give to your local food bank

Food banks have seen a surge in usage because of the pandemic and need support. Find your local food bank [here](#), or alternatively most supermarkets now have food bank collections. Check what items food banks need before donating.

2. Arrange a Christmas donation to a charity / organisation

Donations could be monetary or the donation of items such as clothes, equipment etc. The Connection, our charity partner supporting homeless people in London have launched their Christmas appeal [here](#).

3. Volunteer

There are many volunteering opportunities, we would recommend searching for a charity or organisation that you support and get in touch with them or visit their website to see what roles they have available.

Age UK Westminster have a range of great opportunities, which are outlined [here](#).

4. Check in with your neighbours, friends and family

It is essential that we all look out for each other, especially supporting those who live alone, are elderly, have health or mobility issues or are caring for children.

5. Take part in a litter pick

Keep your community space clean. [Keep Britain Tidy](#) help connect #LitterHeroes to organise clean-ups in their communities, but there's nothing to stop you organising your own.

6. Take care of yourself and others

It is often said that you need to look after yourself before you can look after others. Practice patience, kindness and mindfulness. Encourage others to do the same!



(Image Source: Eden Project Communities, 2020)