




Good Neighbours Advent Calendar



1. Ask a neighbour if they want anything from the shop when you are going anyway. 

2. Buy presents, cards, paper etc from online charity shops. Many charities have a 'shop' on their website.

3. Watch Age UK video: 'Just another Day' <https://www.youtube.com/watch?v=inyaBPWdZIM>

4. Recommend a good TV or Radio programme to someone who is on their own.

5. Introduce yourself to new neighbours



6. Walk a neighbour's dog



7. Knit a Christmas decoration, paint a picture or give a plant you have grown to a neighbour.

8. Arrange a doorstep conversation with someone who lives on their own.

9. Give someone a book you have finished reading that will make them smile.



10. Call someone you know who is lonely and spend at least 15 minutes listening to them.

11. If you have children make home-made decorations and give them to people who don't have children.

12. Donate to a charity. Even a donation as small as £3 makes a difference.



13. Put a card  through your neighbours' doors with your phone number on; especially people who live alone.

14. Talk somebody through the setup for video calls so they can connect with their friends and family remotely.

15. Offer virtual tutorial sessions if you have expertise in a particular subject area e.g. cooking or gardening etc.

16. Start a conversation with someone while out; especially someone who is on their own.

17. Remember those who have been bereaved this year. Send them a card or give them a call.

18. Compliment someone who serves you at a till. Be one of the nice customers.



19. Go carol singing! Sing or play music at the end of people's paths without asking for money.

20. Have Christmas Drinks or Coffee over Zoom with someone.



21. Say thank you to the bin collectors, posties and people who maintain the green areas near where you live.



22. Tell someone stacking shelves or spraying shopping trolleys they are doing a great job.

23. Remember your friends who can't have family over for the holidays this year. Send a text or photo message.

24. Drop off a piece of cake or a mince pie to your neighbours.



25. Take time to be thankful for anyone who has helped you this year and the good things in your life. Put your feet up and **RELAX.**