

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1. Knit</p> <p>BLISS needs folk to knit clothing for premature or sick newborns. If you'd like to help, find patterns on their website:</p> <p>https://www.bliss.org.uk/support-bliss/volunteer/knit-for-premature-babies</p>	<p>2. Write</p> <p>Write to a prisoner in the UK, offering connection, hope and encouragement.</p> <p>https://prisonfellowship.org.uk/our-work/letter-link/</p>	<p>3. Shop</p> <p>Concerned about our Planet? Check out these local zero-waste stores:</p> <ul style="list-style-type: none"> * The Eco Larder: Haymarket * Weigh to Go: Leith Walk * The Refillery: Around the corner from St Peter's * The New Leaf Co-op: Argyle Place 	<p>4. Petition</p> <p>Familiarise yourself with some of Amnesty International's current petitions and take some action on behalf of someone who needs your voice</p> <p>https://www.amnesty.org/en/get-involved/take-action/</p>	<p>5. Download</p> <p>Concerned about food waste and wanting to save money on grocery shopping? Download the TooGoodToGo app on your phone (or ask your grandkids to help you do it!)</p> <p>https://toogoodtogo.co.uk/en-gb</p>	<p>6. Chat</p> <p>Replace one hour of your usual screen time with face-to-face social interaction</p>	<p>7. Sleep</p> <p>Take care of yourself! Go to bed an hour earlier than usual</p>
<p>8. Thank</p> <p>International Women's Day! Write a thank you card to a great woman in your life</p>	<p>9. Visit</p> <p>Know what it feels like to be isolated or completely powerless? Visit individuals trapped in immigration detention with SCOTTISH DETAINEE VISITORS</p> <p>http://sdv.org.uk/volunteer/</p>	<p>10. Volunteer</p> <p>Passionate about animals? Why not contact Edinburgh Cat and Dog Home and volunteer some time?</p> <p>https://edch.org.uk/</p>	<p>11. Befriend</p> <p>Enjoy meeting new people? Consider volunteering for one of the many organisations across Edinburgh that support individuals that are at risk of social isolation</p> <p>https://www.befriending.co.uk/</p>	<p>12. Donate</p> <p>Unwanted winter clothing in your cupboard? Refugees across UK, Europe and the Middle East desperately need warm clothes. RE-ACT clothing donation day is today!</p> <p>https://www.facebook.com/groups/re.act.now/</p>	<p>13. Smile</p> <p>Just for today, challenge yourself to say only positive things. Be a sunny person to those around you!</p>	<p>14. Wake</p> <p>Wake up 30 minutes earlier than usual and use the time for exercise or meditation</p>
<p>15. Dog-walk</p> <p>Love dogs? Consider dog-walking for someone who is elderly or ill</p> <p>https://cinnamon.org.uk/cinnamon-trust/</p>	<p>16. Declutter</p> <p>Do your cupboards need a good clear-out? Consider donating good quality items to FRESH START, to help someone get back on their feet. Find a list of 'starter-pack' items on the website:</p> <p>https://www.freshstartweb.org.uk/uploads/Starter-Pack-items-leaflet.pdf</p>	<p>17. Phone</p> <p>Are you empathetic and non-judgmental? You might want to volunteer some time for the CHILDREN 1ST parent line:</p> <p>https://www.children1st.org.uk/get-involved/volunteer/volunteer-with-us/</p>	<p>18. Forgive</p> <p>For your own peace of mind, take some time today to forgive someone who has hurt you</p>	<p>19. Coffee</p> <p>Buy a cup of coffee for someone less fortunate than you!</p>	<p>20. Reflect</p> <p><u>UN International Day of Happiness</u></p> <p>If you have time, take a look at the UN World Happiness Report and think about not only what makes you truly happy but what makes others in your life happy as well!</p> <p>https://worldhappiness.report/</p>	<p>21. Cook</p> <p>Consider making a dessert or a meal for someone you know is very busy</p>

<p>22. Compare</p> <p><u>UN World Water Day</u></p> <p>Take a look at the interactive map on the UN website to compare your access to safe drinking water and basic sanitation to those in other countries.</p> <p>https://www.sdg6data.org/#Search_country</p>	<p>23. Donate</p> <p>Consider donating to Edinburgh Street Pastors, to help with the awesome work they do here on weekends, making sure people remain safe on their nights out in Edinburgh. You can help to buy items such as water or blankets, or you can train to help out on the ground!</p> <p>https://streetpastors.org/locations/edinburgh/donate/</p>	<p>24. Help</p> <p>Help someone with different abilities to yours, while also meeting new people and learning new skills!</p> <p>https://www.capability-scotland.org.uk/</p>	<p>25. Consider</p> <p><u>UN International Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade</u></p> <p>Read about the work of International Justice Mission and take a moment to think about where, and in what conditions, your clothing might be being made</p> <p>https://www.ijmuk.org/slavery</p>	<p>26. Create</p> <p>Interested in creating positive change for LGBT young people in Scotland? Volunteer with LGBT Youth</p> <p>https://www.lgbtyouth.org.uk/</p>	<p>27. Watch</p> <p>Watch documentary 'A Plastic Ocean' at St Peter's at 7pm</p>	<p>28. Read</p> <p>Start that book on your shelf that you've been meaning to get to!</p>
<p>29. Invite</p> <p>Invite someone to your home (regardless of untidiness!)</p>	<p>30. Campaign</p> <p>We have some great organisations in Edinburgh, working to protect women and children from domestic violence. Help raise awareness about this important issue</p> <p>https://womensaid.scot/worki ng-for-change/campaigns/</p>	<p>31. Give</p> <p>Don't forget that we are still fundraising to reunite Hadil with her father in Aleppo. Please see Kristee to find out how to donate.</p>	<p>1. Discuss</p> <p>SHELTER, Scotland need to collect stories from private tenants in Edinburgh, as they work to make renting fair for all. If you can contribute to this discussion, get in contact:</p> <p>https://scotland.shelter.org.uk/get_involved/private_tenants_forum</p>	<p>2. Attend</p> <p>Come to St Peter's Toddler Group to meet our many lovely parents/grandparents/nannies and their kids. Help build a bridge between our congregation and the wider community</p>	<p>3. Shop</p> <p>Take a wander around your local charity shops</p>	<p>4. Walk</p> <p>Invite a friend or family member (or pet!) to take a walk outdoors with you</p>
<p>5. Watch</p> <p><u>UN International Day of Conscience</u></p> <p>If you've not seen it, watch Hacksaw Ridge and get inspired about what is possible when you follow your conscience!</p>	<p>6. Clean</p> <p>Interested in keeping our beaches clean? Join the Facebook group to follow where and when you can help</p> <p>https://www.facebook.com/groups/403567653706386/</p>	<p>7. Welcome</p> <p>THE WELCOMING is looking for volunteers to attend a social women's group at Wester Hailes on Tuesday mornings. Interested?</p> <p>http://www.thewelcoming.org/volunteer/</p>	<p>8. Cycle</p> <p>THE WELCOMING needs help with mapping cycle routes and taking new refugees cycling once a month:</p> <p>http://www.thewelcoming.org/volunteer/</p>	<p>9. Remember</p> <p>Remind yourself to be grateful for the many ways you are more fortunate than others and for the choices you have in terms of caring for those around you!</p>		