



**People United**  
Creating a kinder world

## Celebrating Acts of Kindness Today

Hello to you from the People United team! Slightly earlier in the month than normal, but we just couldn't wait to update you on what we're currently working on and how you can get involved!

The People United team are all working from home, and we've been busy coming up with plans to move some of our projects online. We've launched two new digital projects in the last week (phew!) which you can read all about below. We hope you are keeping well during what is a troubling time for many of us. We're trying to focus-in on the kindness we're seeing all around us and we invite you to do the same!



### [My Happy Memory - Join In](#)



If you've ever experienced kindness in Canterbury, Herne Bay, Whitstable and the surrounding areas we want to hear from you!

You might have been a visitor or resident or perhaps you know an

organisation or individual who does great things in one of these places?

We're gathering stories and artwork which celebrate kindness in our local area, associate artist Nova Marshall will be bringing together all the submissions to create a new digital artwork that will be shared online and exhibited in Canterbury later this year.

Join in with 'My Happy Memory' by doing one or more of these things:

**1. Share your story of kindness through any creative format**

You can use any artform! Show us what you make on [Facebook](#), [Twitter](#) or [Instagram](#), using the hashtag #KindCanterbury and tagging People United by Sunday 26 April 2020.

**2. Tell your story on our online form**

We'll even post you a button badge later in the year as a thank-you for taking part. <https://peopleunited1.typeform.com/to/QOu721>

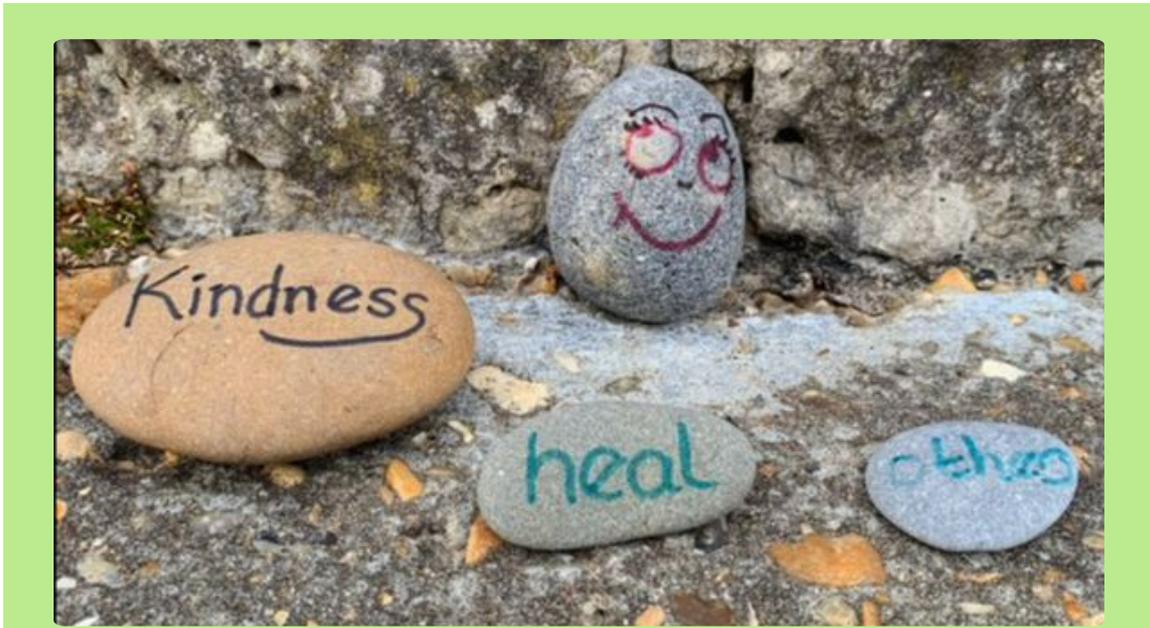
**3. Invite your friends and family to join in**

You can help us to gather as many stories as possible by posting about this project on your social media and tagging us. Just search for People United and use #KindCanterbury.

[Find out more](#)



[Our current projects](#)



[Navigating with Kindness- A response to COVID-19](#)

We want to capture some of what is happening in the world today; to think and reflect on stories as they develop, to learn from what we are

seeing and doing in the midst of the crisis – in the creative sector and beyond. Guest writers and artists will be reflecting with us in a new series which uses the prompt cards from our resource "Navigating with Kindness". [Find out more.](#)



[Navigating with Kindness series- a blog from Bernadette Russell](#)  
The first in our new series of responses to the prompt cards from our resource Navigating with Kindness comes from writer and performer [Bernadette Russell](#). We asked Bernadette to consider the prompt "pay attention".

She came back with a thought-provoking blog which encourages us to pay attention to the good we can find in the world today, and to consider what the future might look like if we continue to pay attention to these seemingly small acts... [Read her blog here.](#)



### [Introducing Kind Canterbury](#)

We will be working with artists to think and create with the people of Canterbury, Herne Bay, Whitstable and the more rural parts of the district – exploring themes around hope, creativity and care. [Find out more by clicking here.](#)



In case you missed it last time...  
You can now get your very own LED neon 'be kind' sign from bag&bones, 10% from the sale of each light will go to People United to support our work with communities.

This one is Charlotte's - our Head of Operations!

Order one today from [bag&bones](#).

### Elsewhere...

An amazing former volunteer of People United's called Rose was inspired by our work and the time she spent with us. She has set up a new charity called *In A Space* which seeks to make art more accessible to us all. *In a Space* are running a series of brilliant artist led online activities (limited materials needed). Find out more: [Instagram](#), [Facebook](#) & [website](#).



### *Help People United change the world through Arts & Kindness*

A lot of our amazing projects wouldn't be possible without the support of our generous funders, partners and those individuals who contribute to our charity. Our research shows the positive impact arts and kindness combined can have on society, from [childhood](#), into [adulthood](#), [in the workplace](#) and beyond. Our work *is* important and we need your help to ensure we can continue to foster projects that grow kindness, empathy and a sense of common humanity in the UK and the world.

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*A line on kindness: if anything kindness is more important than ever. Look for the everyday acts of kindness around you- you might be amazed to see what a difference they can make.*



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ENGLAND**

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**Our mailing address is:**

Canterbury Innovation Centre  
University Road, Canterbury CT2 7FG

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