Ways to Give

Make a cup of tea for you and a friend

Buy tins and donate them to local food bank near you

Write a thank you letter for someone you care about

Food shop for someone that is isolating

Tell a friend why you are proud of them

Make time to be kind to yourself

Leave a gift on your friends doorstep

Make dinner for you and your flatmates

Donate clothes you no longer need

Give thanks to someone

Check out the Volunteers Hub

Make a care package for a friend

Find out more at bit.ly/UoMgive