

Each month join us in doing small things each day that will help you to explore your community, learn about public services around you and build your skills and confidence as a citizen leader. We have tried to put something in here that will cater to everyone so dip in and out of the calendars as they work for you.

## JANUARY

1. Pop round to a neighbour's house for a cuppa

2. Volunteer for a few hours in your community

3. Cook some extra food to share with someone

4. Attend a local group or club

5. Pick up the litter on your street

6. Find out about your GP Practices Patient & Public Involvement Group

7. Do something in your community that takes you outside your comfort zone

8. Go for a walk in your local park

9. Buy something from a local shop

10. Donate some unwanted things to charity

11. Find out about your local NHS Foundation Trust and becoming a member or governor

12. Share something you have achieved in your community

13. Find other local people that have similar passions

14. Join a Facebook group for your local community

15. Organise a get together with your neighbours

16. Find out about the role of a school governor

17. Get crafty and meet some new people

18. Find out about your local councillor

19. Find out how local businesses are working with the community

20. Volunteer at your local hospital

21. Find out about your neighbourhood policing team

22. Share a skill with someone

23. Reach out to someone you think might like some company

24. Find out about the history of your neighbourhood

25. Do a random act of kindness

26. Start a Facebook page for your street

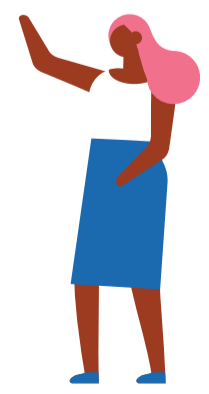
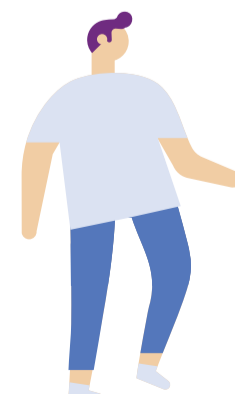
27. Spend some time thinking about what you would change in your neighbourhood

28. Find other people that care about the same things

29. Attend a local book club

30. Have a cuppa in a local social café

31. Find out if your local park has a friends of the park group



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## FEBRUARY

1. Attend a local council meeting

2. Print and write a love note from [loveyou2.org](http://loveyou2.org)

3. Do something today that will build your confidence

4. Say hello to people when you're out and about

5. Find out about the different cultures in your neighbourhood

6. Find your nearest outdoor gym and have a go

7. Organise a gathering to bring people together around what matters to you all

8. Take a moment to reflect on what you have achieved so far

9. Find out about your local park run

10. Look on the website of your local Clinical Commissioning Group to see what you find

11. Join a local litter pick

12. Find your nearest incredible edible planters

13. Welcome someone new to your neighbourhood

14. Go and visit somewhere you think you can learn from

15. Talk to someone that inspires you to find out more about them

16. Think about how your story has led you to want to do great stuff where you live

17. Find out about your local credit union

18. Try something new today that will build your confidence tomorrow

19. Share a skill with a local care home to help their residents

20. Spend a few moments listening to someone who needs your time

21. Find out about your local healthy living pharmacy

22. Go for a walk and really look at what is around you

23. Take inspiration from the people and things around you

24. Think about how you can influence change in your community

25. Take a small action that helps you to bring about change

26. Become a dementia friend

27. Watch a TED Talk that inspires you

28. Do something that scares you, but you know is important

29. Talk to someone who has different views to you



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## MARCH

1. Find out about social enterprises where you live

2. Find someone you trust to get some feedback on your ideas from

3. Find out what's going on in your area

4. Use social media to find people that are interested in the same things as you

5. Think today what small thing can you do that will make a difference?

6. It's time for another random act of kindness

7. Bring together different generations to share and connect

8. Find ways you can get more involved in the governance of your neighbourhood

9. Change your usual route to work or school to experience a different start to the day

10. Make someone smile by saying hello and how are you today?

11. Find a book to start reading that will help you to bring about change where you live

12. Bring together the unusual suspects to have a cuppa

13. Make time to read your local paper to find out what is happening

14. Have a wander around your neighbourhood

15. Attend your local knit and natter group

16. Attend a local men in sheds group

17. Find out about public health campaigns in your area

18. Find out about your local voluntary and community sector organisation

19. Start saving with your local credit union

20. Shop local and meet new people

21. Think about and learn from what has gone wrong

22. Donate to your local food bank

23. Find out what is being done locally to tackle homelessness

24. Find out about your local housing association

25. Take up a new sport locally

26. Develop your skills and confidence through getting involved with a local charity

27. Open a world of possibilities by joining local Facebook groups

28. Set up a local social gathering to meet new people

29. Reach out beyond your immediate community

30. Find out about the different faiths practiced where you live

31. Share your citizen leadership story to help others



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## APRIL

1. Share what matters to you

2. Start a neighbourhood watch scheme

3. Put yourself in someone else's shoes who lives in your community

4. Change one thing today that will help you be happier

5. Work with someone else to solve a problem

6. Share your ideas with someone new

7. Go for a walk and think about what you have achieved

8. Make time to spend with those that are important to you

9. Find out what is happening in your neighbourhood over the coming months

10. Read a local free magazine or newspaper

11. Look at your local councils' website

12. Make a list of your strengths

13. Volunteer at a local care home

14. Find out about the five ways to wellbeing and how they can help everyone

15. Think about how you could use WhatsApp to connect in your community

16. Learn a new skill from someone

17. Attend a local networking event

18. Find out about your local hospital and how you can get involved

19. Make someone smile today

20. Connect with someone from a different street

21. Make a list of what you love where you live

22. Use one of your strengths

23. Sign up for a free online course

24. Share a meal with a neighbour

25. Join an online forum for your local community

26. Explore Instagram for inspirations

27. Remember that you are unique

28. Find a new place to walk and relax in your neighbourhood

29. Visit someone who lives locally

30. Learn from something that didn't work





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## MAY

1. Look at your local fire and rescue services website

2. Give someone a hug

3. Connect with someone from a different generation

4. Make a list of what you have changed where you live

5. Use a new skill that you have learnt

6. Sign up for a local workshop

7. Share your biggest community challenge

8. Create a Pinterest board of things that inspire you

9. Remember that you are enough

10. Explore Twitter for local people and groups

11. Give yourself permission to relax

12. Ask someone to give you a hand

13. Pay attention to your inner biases

14. Cook a dish from another culture

15. Create a playlist of songs that inspire you

16. Let's do another random act of kindness

17. Smile more and worry less

18. Share a photo that makes you happy

19. Listen to other people's views

20. Write a letter to someone you want to influence

21. Sprinkle kindness around your neighbourhood

22. Find out about where you can meet new people locally

23. Research how you could have greater influence

24. Have a cuppa with someone to discuss what you want to change

25. Keep going

26. Find a local event to attend on Eventbrite

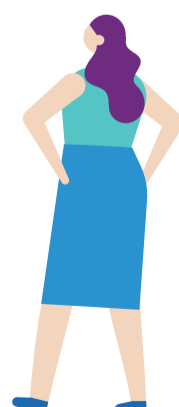
27. Take a group photo in your community

28. Look at something from a different perspective

29. Revisit a problem you have struggled to solve

30. Collaborate with other citizens

31. Create something meaningful



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## JUNE

1. Connect with someone older than you

2. Make a list of what you want to change where you live

3. Sign up for a new online newsletter

4. Say thank you to someone

5. Join your local police Facebook page

6. List ways that social media can help you to connect locally

7. Write yourself a positive note to self

8. Give yourself permission to not get everything right first time

9. Offer someone a helping hand

10. Notice when you might be judging a situation through your lens

11. Remember that the things that are worthwhile are the hardest

12. Bake with your neighbours

13. Create a playlist with others in your community

14. Remember to be kind to yourself

15. Share a photo of your community that makes you smile

16. Listen to someone you don't agree with

17. Lead with generosity

18. Compliment someone

19. Have lunch with someone to share your story

20. Visit a local museum

21. Create a sketchnote telling your story

22. Write a blog on what matters to you

23. Stop doing something that won't help you bring about change

24. Reconnect with an old friend locally

25. Bring people together that can make a difference

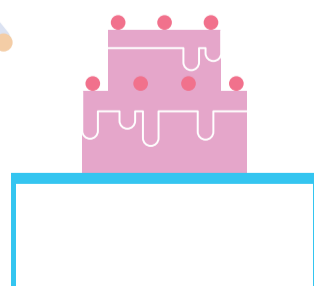
26. Challenge yourself to think bigger

27. Subscribe to a blog that you can learn from

28. Find new ways to share your ideas in your community

29. Take a mindful moment to reflect

30. Do something that will build your confidence



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## JULY

1. Connect with someone younger than you

2. Make a list of what helps you feel confident

3. Share a story that inspired you

4. Give yourself permission to try something new

5. Offer someone an hour of your time

6. Bake for your neighbours

7. Stretch your legs and get some fresh air with neighbours

8. Take a photo of somewhere special in your community

9. Find out about your local historical society

10. Have a go at sharing your story via a VLOG

11. Take a small step today that will lead to a big change

12. Subscribe to a blog that will give you a different perspective

13. Help someone who is struggling

14. Find out about the NHS's priorities where you live

15. Experiment with Facebook live in your community

16. Find out about the work your local hospice does

17. Start a conversation that matters

18. Make time for others

19. Make time for yourself

20. Revisit your goals

21. Find an easier way to do something

22. Take the long route and notice what's around

23. Share your top tips

24. Learn something new

25. Follow an inspirational community leader on social media

26. Shadow someone else's day

27. Find a mentor

28. Get involved with a local sports club

29. Talk to a local school governor about their role

30. Do something you've been avoiding

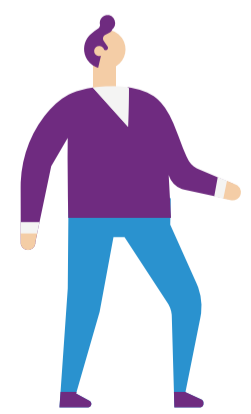
31. Ask the difficult questions



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## AUGUST

- |  |  |   |   |  |  |   |
|--|--|---|---|--|--|---|
| 1. Make a list of people that you admire and why         | 2. Give yourself permission to have big ideas                            | 3. Offer feedback to someone                      | 4. Ask someone for their top tip for being successful   | 5. Try a new food from another culture | 6. Shadow a local councillor           | 7. Meet with your mentor                          |
| 8. Fundraiser for a local charity                        | 9. Talk to a local non executive director in a hospital about their role | 10. Do the hardest thing on your to do list first | 11. Ask yourself why you what make a difference locally | 12. Be inspired by the arts            | 13. Have fun in your neighbourhood     | 14. Say good morning to the first person you meet |
| 15. Share lunch with someone                             | 16. Keep listening to different voices                                   | 17. Explore how technology could help you         | 18. Make life easier for someone                        | 19. Share your emerging ideas          | 20. Think about the influence you have | 21. Write down your vision in 100 words or less   |
| 22. Collect some data which helps you to make a decision | 23. Hear someone else's story  | 24. Go somewhere you will bump into new people    | 25. Challenger someone else to change                   | 26. Be positive                        | 27. Hold open the door for someone     | 28. Visit a local community centre                |
| 29. Be collaborative                                     | 30. Surprise yourself  | 31. Walk a mile in someone else's shoes           |   |  |  |   |



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## SEPTEMBER

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|---|--|--|--|--|---|---|
| 1. Make a list of how you could connect with your neighbours more     | 2. Give yourself permission to make a difference | 3. Ask for feedback on your ideas            | 4. Share a photo that tells your story | 5. Shadow someone at your local hospital | 6. Ask yourself what would make the biggest difference to me? | 7. Go cycling with someone                |
| 8. Explore the power of difference                                    | 9. Show your work                                | 10. Explore the social power you have earned | 11. Look after yourself                | 12. Work with others                     | 13. Bring people together                                     | 14. Test your vision ideas somewhere new  |
| 15. Imagine a time when you were confident                            | 16. Visit your local high street                 | 17. Stay focused                             | 18. Pass on a book that inspired you   | 19. Play a game                          | 20. Share some advice   | 21. Tell someone how they have helped you |
| 22. Listen to someone that doesn't agree with you                     | 23. Wander your local community with wonder      | 24. Find out about local community groups    | 25. Laugh with someone                 | 26. Learn about a different faith        | 27. Believe you can and you will                              | 28. Leave a positive mark where you go    |
| 29. Find out how your local GP surgery connects where their community | 30. Reflect on your progress                     |  |  |  |   |   |





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## OCTOBER

1. Make a list of places you love where you live

2. Share somewhere you love in your community with a friend

3. Give yourself permission to have a go

4. Ask for feedback on how you can have the biggest impact

5. Share a photo that motivates you

6. Shadow someone you are inspired by

7. Spread your ideas

8. Visit someone you think may be lonely

9. Ask for advice

10. Invite someone into your circle

11. Tell someone the impact they have had on your story

12. Generate some new ideas

13. Try something you've never done before

14. Find a new supporter

15. Meet with someone from a different space

16. Rock the boat

17. Learn from the experts

18. Show how money isn't the key to change

19. Maximise togetherness

20. Put your strengths to work

21. Identify one thing you want to develop in yourself

22. Show the impact of small steps

23. Spread what works

24. Be inclusive in your approach

25. Help others get involved

26. Sleep on something you're not sure about

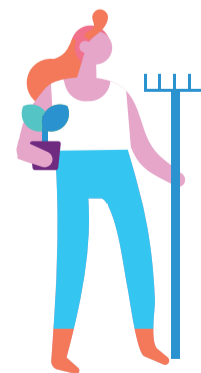
27. Tidy up your community

28. Watch a film that makes you think

29. Visit another community you think you could learn from

30. Learn about how we can all practice self care

31. Find an opportunity to have your voice heard



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## NOVEMBER

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|---|---|---|--|---|--|---|
| 1. Make a list of reasons to celebrate  | 2. Give yourself permission to change your mind           | 3. Share a photo of your community that makes you laugh | 4. Be a rebel  | 5. Tell someone who can make a difference what you would change about the NHS | 6. Keep it simple                              | 7. Be open to all views                           |
| 8. Create a community book swap   | 9. Have a strategic latte with someone                    | 10. Share your hopes for the future of your community   | 11. Share your experiences of public services            | 12. Create an opportunity for someone to join in with your work               | 13. Organise a Jacobs table                    | 14. Ask a child what the NHS is                   |
| 15. Think about whether you would like to take on a governance position in your community | 16. Help someone that needs it when you are out and about | 17. Go somewhere that you haven't been for a while      | 18. Socialise with a new group of people                 | 19. Share your passions for the place where you live                          | 20. Stay calm if everything doesn't go to plan | 21. Notice those that aren't shouting the loudest |
| 22. Stop doing something that gets in your way of success                                 | 23. Be respectful of those that don't agree with you      | 24. Start somewhere and go anywhere                     | 25. Ask yourself 'am I enjoying this leadership journey' | 26. Forgive someone that you have fallen out with                             | 27. Notice where you get your energy from      | 28. Lead by example                               |
| 29. Bring different views together  | 30. Keep moving in whatever direction works for you       |   |  |   |  |   |



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## DECEMBER

1. Make a list of things you are thankful for

2. Give yourself permission to ask for help

3. Try something radical

4. Be social

5. Share a positive experience you have had with the NHS

6. Reflect on your progress

7. Ask someone with lots of life experience their biggest tip

8. Organise a randomised coffee trial in your community

9. Reach out to someone

10. Have a day off

11. Share your experience of the NHS

12. Visit someone who may not have a lot of company

13. Learn about a celebration from another faith

14. Share how you think things could be where you live

15. Say thank you to people that have helped you

16. Spend time with people that energise you

17. Take a leap of faith

18. Cook an extra meal for someone

19. Recharge your batteries

20. Share a story of change on social media

21. Take notice of the small things that matter

22. Connect with someone that you can help

23. Make sure you have some time for yourself

24. Make time for those that matter

25. Share your love for life

26. Take a wellbeing walk

27. Smile, it costs nothing

28. Have a cosy cuppa with your community

29. Share a skill you have learnt this year

30. Organise a new year get together

31. Celebrate your great work this year

