

# Be Kind Campaign



HARNESS THE POWER  
OF COMPASSION



**We are excited to announce the launch of our inaugural kindness campaign, designed to inspire our community members to harness the power of compassion by performing one random act of kindness each day.**

These simple yet profound gestures can take many forms—whether it's offering a warm smile to a stranger, expressing genuine gratitude with a heartfelt 'thank you,' or taking a moment to breathe and reflect before responding to a stressful situation. We invite you to explore our list of additional suggestions, available in the waiting room and on our website, to spark your creativity and encourage you to spread kindness throughout our community.

**Together, let's cultivate a more caring and supportive environment for everyone!**



SPILSBY SURGERY

*Where compassion meets care*