

# STILLNESS WEEKLY

## KINDNESS OF STRANGERS SEES THE WORLD THROUGH!



Elderly people at a care home having a fun game session with their carers.

## Hungry Hungry Grandmas!

MRS AMOS, 9.4.2020

During the Corona Virus outbreak it has been extremely important to show love and kindness to one another. For these elderly people at a carehome in Wales, carers lifted their spirits with a fun game of Hungry Hippos! The grandparents were wheeled into the centre to collect the balls and the Granny with the most balls won! What a fun and exciting way to entertain and bring joy to one another. Miss Matheson commented on the event saying “it is amazing to see the smiles on the faces of these people. They are not allowed to see their families at the moment so this must have made them feel so happy.”



Italian Airforce fly over Italy to show a sense of togetherness in this difficult time



Stillness Infants School in Honor Oak Park, London, have collected a huge amount of food and toiletries for the local foodbank.

## Foodbanks filling as people give what they can

Elsewhere in the world, people are singing and dancing from rooftops, bringing a sense of community to these very uncertain times. In Italy opera singers, sing from the rooftops, whilst others play instruments. They try to make as much noise as they can, so where ever you are, you can hear other people and feel a sense of belonging. The Italian air force even sent planes to fly across Italy streaming the green, white and red colours, to remind the people to stay strong. “Music and dance is bringing the world together. Just like going to a pop concert, but partying from their homes” Mr Grimes said in a statement.

Back in the UK communities are coming together to give what they can to others who are less fortunate than themselves. Villages have created “food pantries” where local villagers can drop food off for other strangers to collect. Stillness Infants School in London, collected two car fulls of items for their local Lewisham food bank, as well as donating over £200 to this amazing cause. It just goes to show that in a world where everything is confusing, worrying and uncertain, that we can always rely on each other, for support, wellness and positivity.

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