

in Common catalogue.

(https://everythingincommon.com.au/).

Buy a gift for Christmas Tree Appeal. (https://www.target.com.au/company/a bout-us/unitingcare)

Do some Christmas baking and deliver a special Christmas greeting to a neighbour.

Clean up some of your old toys/clothes and donate them to a charity.

Offer Shopping assistance to someone who cannot drive a car or does not know how to order gifts online.

Put aside some tinned food to take to an emergency food bank.

Help your neighbour by offering to mow their front lawn or help them put up Christmas decorations or put out their garbage bins.

Spend some time at a nursing home talking and listening to stories of older people.

Ring and arrange to take your pet to a nursing home for a visit.

Do a chore for someone else, eg make their bed.

Make a card or write a letter to encourage someone.

## As a family we could

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