



Image: Created by Southern Trust Arts care Service User

“JOY, COLLECTED OVER TIME, FUELS RESILIENCE.”
BRENÉ BROWN



The Little Acts and Gestures...

To All Our Staff, we're asking you to share with us some messages on **'The Little Acts and Gestures'** that are helping make your life easier and keeping you going as you work and live through this challenging time.

These acts or gestures could be those of a colleague, family member, friend or even a kindness or support you've received from a stranger.

We would like to share these with our wider staff to inspire, to celebrate and to acknowledge.

Please share via umatter@southerntrust.hscni.net