



## Benefits of A Touch of Gentleness Include:

- 1) Upskilling people who become volunteers giving them a sense of meaning and purpose and community (increasing self-worth, reducing loneliness), whilst also providing an outlet for people who want to give back in a meaningful way.
- 2) Providing recipients with some comfort, care and attention, helping them feel seen, heard and valued; so reducing feelings of isolation or 'care' fatigue for those that are constantly giving but don't get to receive.
- 3) Bringing touch and all its emotional and physical benefits safely back to society.
- 4) Supporting other local communities and organisations such as Age Uk or shelters for the homeless etc. by adding in to what they offer their clients, whilst also offering their volunteers and staff some much needed TLC too.
- 5) Bringing more gentleness into the world and encouraging people to live by this wisdom. Gentleness is a balm for the nervous system and as we soothe our own nervous system so we can then go onto co-regulate and soothe another nervous system and so the ripple effect begins. As we become calmer and feel more connected with ourselves and others, we become more heart-centred, open, intelligent (as fear can cause us to act in unhelpful, unwise ways) and creative;

***it is from this space that we can  
co-create a better world and bring about world peace.***