



Benefits Include:

Creating volunteering opportunities which give people a sense of meaning, purpose and connection, whilst also providing an outlet for people who want to give back in a meaningful way.



Building bridges between communities, as volunteers and recipients gain the opportunity to sit and be with people that they may otherwise never meet.



Providing recipients with some comfort, care and attention in a way that enables them to feel seen, heard, safe and valued.



Bringing touch and all its emotional and physical benefits safely back to society.



Improving social health by bringing a sense of peace, connection and wellbeing to individuals and wider communities.



The creation of a new culture in society based on generosity and gentleness.



A chance to signpost members of the public to other supportive organisations within their local community.



Offering staff support, especially to those in the caring profession where burn out is prevalent.

The Difference A Touch of Gentleness Makes



Creating the conditions for genuine human connection

Providing moments of comfort, care and gentle attention that enable people to feel seen, heard, safe and valued. Calm presence, listening and appropriate touch create a sense of peace, connection and wellbeing.

Bringing touch and its emotional and physical benefits safely back to society

Offering a simple, accessible way to experience the comfort and reassurance of appropriate human touch.

Building bridges between people and communities

Creating opportunities for volunteers and recipients to connect with people they may otherwise never have met.

Strengthening communities

Helping reduce isolation and disconnection, whilst signposting people towards other sources of support within their local community.

Creating a ripple effect of generosity and gentleness

Every interaction has the potential to influence how people feel, how they see others and how they choose to move through the world.

Creating meaningful volunteering opportunities

Giving people a sense of purpose, belonging and connection, whilst providing a meaningful way to give something back.

A transformative training experience that equips people to:

- ✓ Self-calm and regulate so they can become a calm, reassuring presence for another.
- ✓ Listen deeply and without judgement, remaining open to people whose experiences, backgrounds or views may differ from their own.
- ✓ Offer safe, soothing touch through our gentle hand massage technique.
- ✓ Understand how our own state influences others and how to create greater feelings of safety and calm.
- ✓ Harness the power of gentleness and bring it more fully into their own lives and relationships.

And ultimately...

Helping create a more compassionately connected and peaceful world, rooted in cultures of generosity and gentleness.

