

# Benefits of A Touch of Gentleness Include:



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



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



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



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

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.



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



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



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



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**An authentic and content rich training day which includes teaching people how to:**

- ✓ Self-calm so they may be a calm presence for another
- ✓ Listen and accept people's differences
- ✓ Use this technique with confidence to offer soothing touch to others
- ✓ Harness the powerful energy of gentleness and incorporate it more fully into their lives, positively impacting the lives of others around them

The creation of bridges between communities, as volunteers and recipients gain the opportunity to sit and be with people that they may otherwise never have met.

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

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

A ripple effect of generosity, gentleness and kindness.

And a restored sense of faith in humanity as we create a more compassionate world together, based on a culture of connection, social cohesion, generosity and gentleness.