



YOU HAVE RECEIVED A
Random Act of Kindness

IN HONOUR AND MEMORY OF

THEIR LIFE HOLDS GREAT MEANING AND CONTINUES TO TOUCH MANY LIVES

NOW IT'S YOUR CHANCE TO DO THE SAME (IF YOU SO WISH). DO SOMETHING KIND FOR SOMEONE ELSE AND PASS THIS CARD ALONG TO THEM. HERE'S A FEW IDEAS:



Pay for a coffee for the person behind you in the queue



Give someone flowers



Offer to carry someone's shopping



Leave a book for someone to read

**SHARE YOUR STORIES WITH US ON SOCIAL MEDIA @SUDCUK DURING
SUDC AWARENESS MONTH (MARCH 2020) #SUDCUK #SUDCAWARENESS**

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Sudden Unexplained Death in Childhood
an affiliate of the SUDC Foundation

FOR MORE INFORMATION VISIT [SUDC.ORG.UK](https://www.sudc.org.uk)