

The Gift of Kindness

Kindness Builds Bridges: Frome Kindness Festival, 12-16 March 2024

I always smile when I step into Frome,
someone said; it feels like a walk to the
river, among the wild flowers and long grass;
and we'll spread the kindness, like confetti.

I'm grateful, said others, for Shrove Tuesday
pancakes, for the great job bus drivers do,
for simple things - home, friends and family;
for people to talk to and share the smiles.

We need to care, to support each other,
to build our community together,
to be open to other cultures, to
know that we're all valued and all belong.

We need to be stronger than ignorance,
to live free from fear and hurt, to feel safe
from pressures of social media, bullies
and manipulation, from words that wound.

Can we share the love, the sun's brightest smile?

Give compliments, a cuddle or a hug?

If we're generous, to others, with ourselves,
kindness can take us to a happier world.