



emmaus

working together to end homelessness

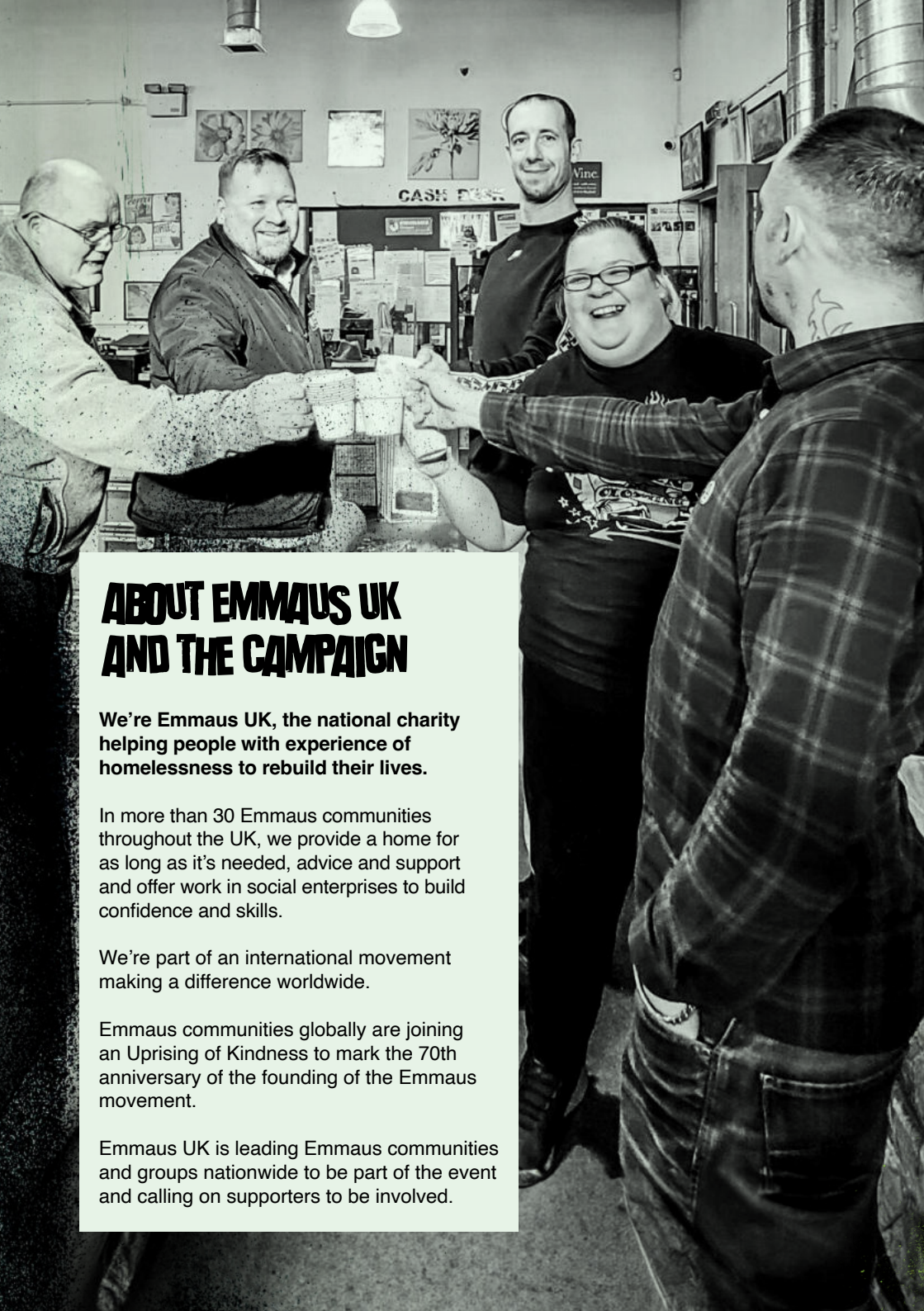
UPRISING OF

KINDNESS

Guide for Emmaus
supporters

2024

www.emmaus.org.uk/bemOrekind



ABOUT EMMAUS UK AND THE CAMPAIGN

We're Emmaus UK, the national charity helping people with experience of homelessness to rebuild their lives.

In more than 30 Emmaus communities throughout the UK, we provide a home for as long as it's needed, advice and support and offer work in social enterprises to build confidence and skills.

We're part of an international movement making a difference worldwide.

Emmaus communities globally are joining an Uprising of Kindness to mark the 70th anniversary of the founding of the Emmaus movement.

Emmaus UK is leading Emmaus communities and groups nationwide to be part of the event and calling on supporters to be involved.

ABOUT THE UPRISING OF KINDNESS

The Uprising of Kindness was a call-to-action from Emmaus founder **Abbé Pierre** which was launched across the media on **February 1, 1954**. He broadcast a radio appeal in response to deaths on the streets in France and raised unprecedented sums from public generosity to help those less fortunate. It led to the growth of the movement with the development of Emmaus communities worldwide.

70 years on and we ask: 'How much has changed?'

Here in the UK, more people than ever are homeless and people without homes continue to die on the streets.

We invite you to join us in celebrating the power of kindness to make a difference.

Get involved in the Emmaus Uprising of Kindness campaign today!

Join the Big Uprising

The power of public kindness transformed the Emmaus movement and continues to make a huge difference to the lives of those less fortunate around the world.

That's why we are calling on the public to **#BeMoreKind** to the homeless and others in need.

We are also celebrating how kindness has changed the lives of people living and working in Emmaus communities in the UK, and highlighting how they are paying that kindness forwards by showing kindness in return and supporting others in need near you .

**PLEDGE TO JOIN US AND #BEMOREKIND.
READ THIS GUIDE FOR INSPIRATION AND GET INVOLVED TODAY.**

Ordinary acts of kindness
can make an extraordinary
difference.



**#BeMoreKind...
TO THE ENVIRONMENT**

Why not donate goods to your local Emmaus shop, or buy pre-loved items from Emmaus?

Funds raised will help Emmaus to help more people near you.



**#BeMoreKind...
TO THE HOMELESS AND
OTHERS IN NEED**

Find out more about the work of Emmaus and other homelessness charities.

**We're supporting
Homeless Link's A Home
for Everyone General
Election Campaign.**
[Find out more here.](#)



**#BeMoreKind...
TO YOURSELF**

You are one of a kind. So be sure to take care of your own physical and mental wellbeing, too.

Why not join the campaign and show kindness to yourself - while raising funds for others - by participating in a physical challenge? It's a win-win.



**#BeMoreKind...
SHOW GRATITUDE**

Show gratitude for the kindness you've received from others. It will mean the world for someone to know how they helped when you needed it most.

Say thank you with a phone call, write a message, or pass on the kindness by helping someone else.



**#BeMoreKind...
TO YOUR COMMUNITY**

Have you thought about volunteering?

Emmaus communities and groups offer a range of opportunities.

Volunteer with us today.



**#BeMoreKind...
SPREAD THE KINDNESS**

Share Uprising of Kindness messages on social media with the **#BeMoreKind** hashtag.

Let others know how kindness has helped you, and how you're paying it forward to support Emmaus!

On February 1st we're organising a Big Sleep Out to raise funds as part of our Uprising of Kindness campaign.

You can get involved, too! Why not get sponsored to sleep in a tent in your garden, or in a caravan? Keep warm and stay safe.

#BeMoreKind...

www.emmaus.org.uk/bemorekind

Uprising of Kindness activities are happening near you.

Find your local Emmaus [here.](#)



I'M BEING MORE ACTIVE AND TAKING PART IN THE BIG SLEEP OUT IN SUPPORT OF THE UPRISING OF KINDNESS.

BE KIND TO OTHERS, AND BE KIND TO YOURSELF.

WE CAN ALL MAKE A DIFFERENCE.

Steve from Emmaus Dover.

UPRISING OF KINDNESS SUPPORTER RESOURCES

A range of resources is available for supporters to help you get involved.

The resource pack includes downloadable posters, social media images, a sponsorship form and Big Sleep Out information.

Visit emmaus.org.uk/bemorekind and sign up to download the toolkit.



Event posters



Social media images



Sponsorship form

NEED MORE SUPPORT?

Contact a member of our fundraising team at fundraising@emmaus.org.uk



Registered with
**FUNDRAISING
REGULATOR**



emmaus

working together to end homelessness

www.emmaus.org.uk

Registered Charity Number 1064470

FOLLOW US



#BeMoreKind