Everyone benefits from giving

Make someone's day with an altruistic act of kindness

Always say thank you and acknowledge people

Volunteer to help out at a charity

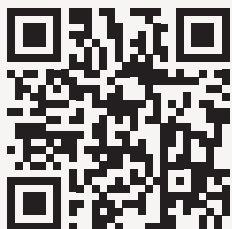Put some spare coins in a charity box

Hold the door open for someone

Smile at a colleague

Help an elderly/infirm neighbour to get their shopping

Give up your seat on the train to someone who needs it more

Remember you can call Validium for support on a variety of issues - or go online at validium.com to check out vClub

0800 3 58 48 58

Outside UK: +44 141 271 7179
For online support join vClub at **validium**.com
Username: NetworkRail
Password: onlinesupport

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