

Third prize
Pip Park

Dear Alfred

Your story has inspired and shown me that even very small acts of kindness can make a huge difference; in your case the kindness saved your life! Without those acts of kindness you may not be alive! Those people did not even know you, and they certainly did not have to be kind to you, but they did – out of the kindness of their hearts.

One time when I was feeling sad, my older sister talked to me and made me feel loads better. It did not resolve the problem but she made me laugh and it took my mind off it. It just showed that she does care – even if she doesn't always show it – and wants to help. Although I did not really want to talk about it, it was nice to know that she was there and we had a really nice chat!

I was once kind to an elderly lady when I was walking in Windermere village. All I did was smile at her and say hello, but even though it was a small act, it may have been the only person that she spoke to all day.

Your story has inspired and shown me that little things can make a big difference and change lives.

Best wishes
Pip