

MacIntyre's 60th Anniversary

Proud of our Past, Ambitious for the Future. 60 years strong

60 Acts of Kindness 2026 Bingo Card

Help a neighbour with their shopping	Give someone you know a compliment	Smile at a stranger to brighten their day	Plant flowers in your garden or community space
Offer to help a friend with a task or project		Donate some spare clothes to charity	Offer your seat to someone on public transport
Share your favourite recipe with a friend	Be a listening ear for someone who needs to talk	Donate food to a local food bank	Offer to volunteer with a local charity
Go for a walk with a friend	Do the washing up	Make a meal for a friend or neighbour	Hold a door open for someone

Social Media: @MeetMacIntyre
www.macintyrecharity.org



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Make someone a cup of tea	Bake a cake for your friends or family	Talk to the shop assistant when paying at the till	Let someone know you're proud of them
Donate to a charity	Make someone laugh	Say "after you" and mean it	Walk a friend's dog
Take a child's question seriously	Buy someone a healthy snack		Tell your family you love them
Give flowers to someone	Send a handwritten note to someone	Make a handmade card and send to a friend or family	Cook a meal for someone

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Leave a warm surprise note for someone	Let someone jump the queue at a shop	Help someone who is lost	Help a friend get active
Get to know someone new	Help with household chores you don't normally do		Host a get together with your neighbours
Pick up rubbish lying in the street	Send someone a joke to cheer them up	Give a compliment to a stranger	Ask for donations instead of gifts for your birthday
Write a positive review for a local small business	Return a stray shopping trolley to its designated spot	Surprise someone with their favourite snack	Text a friend to say you're thinking of them

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Choose not to pass on an unkind piece of gossip	Check in on someone who's been quiet lately	Let someone take the last biscuit on the plate!	Help someone lift their child's buggy up the stairs
Leave a kind comment on someone's social media post	Put your phone out of the way and focus on the conversation	Offer to babysit	Ask someone how they feel and really listen to their answer
Share an article, book or podcast you found helpful		Listen to someone who's grieving, don't try to fix it	Offer to feed a neighbour's pet while they're away
Reassure someone who's nervous	Say something kind about someone who's not in the room	Let another driver merge into traffic ahead of you	Tell someone how they made a difference to you

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Entering the 2026 Bingo Card Prize Draw

Here's what to do if you'd like to submit your Bingo Cards to be considered for a Prize:

Send your completed Bingo Cards to MacIntyre's Marketing Team by
Friday 11 December 2026

You can send them by email or post

Email:

marketing@macintyrecharity.org

Post:

Marketing Team, MacIntyre, Seebeck House, 1 Seebeck Place,
Knowlhill, Milton Keynes, MK5 8FR

Please include

Name:

Phone:

Email:

Address:

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