



IODE Canada *Express News*

THE BiG HELP OUT

On her twenty-first birthday, 21 April 1947, Princess Elizabeth was with her parents and younger sister on a tour of South Africa. In a speech broadcast on the radio from Cape Town, the Princess dedicated her life to the service of the Commonwealth.

"I declare before you all that my whole life whether it be long or short shall be devoted to your service and the service of our great imperial family to which we all belong.

But I shall not have strength to carry out this resolution alone unless you join in it with me, as I now invite you to do: I know that your support will be unfailingly given. God help me to make good my vow, and God bless all of you who are willing to share in it."

At the time of her coronation and the National Chapter of IODE in session pledged to support her in service. Shortly after, Her Majesty became Patron of IODE.

King Charles III is inviting everyone to volunteer for their favorite cause on **Monday the 8th of May** as part of **THE BiG HELP OUT**, to mark the Coronation by giving everyone the chance to lend a hand, and make a difference in their communities.

We need as many of you as possible to get involved. This day will focus on the positive impact IODE Members have in our Canadian neighbourhoods.

Here's how you can help:

- Ask residents of a retirement home to tell you about their lives
- Clean-up a community garden/park
- Collect refundable bottles & use the money for a special program
- Collect unused makeup and perfume to donate to a center for abused women
- Deliver cookies to a someone who is homebound
- Deliver groceries and meals to elderly neighbors
- Donate art supplies to kids in a homeless shelter
- Donate blankets to a homeless shelter
- Donate blood
- Donate books
- Donate to IODE Together for Tomorrow Fund
<https://www.iode.ca/together-for-tomorrow.html>
- Drive seniors to doctor appointments
- Drop of underwear at a shelter
- Drop off pet food at an animal shelter
- Give someone a compliment - this can make someone's day and stick in their head for a long time!
- Help everyone feel as if they belong by inviting her to join in your chapter meeting.

- Hold the door open for someone - letting someone else go first will help them and give you a warm feeling too because you were kind.
- Listen to your friend's problem and support them - show kindness to your friends by listening to them when they want to talk to you.
- Make first aid kits for homeless shelters
- Offer to babysit or nanny for a family in need
- Pick up medicine for an elderly neighbor
- Read to residents at a nursing home
- Run errands for someone who is homebound
- Volunteer to clean up trash at a community event
- Volunteering at a food bank, this is the chance to lend a hand in your neighbourhood.
- Write someone congratulations- it's great to say well done to someone you care about who has achieved their goals!
- Write someone a kind note - some words of kindness can go a long way.

Start planning your event for **May 8th**. Spread the word – tell friends what you will be doing and invite them to join you with **THE Big Help Out**.

Share your activities on your platforms tag @IODECanada @TheRoyalFamily #TheBigHelpOut #KingCharlesIII



Founded in 1900, IODE Canada is a national women's charitable organization dedicated to enhancing the quality of life for individuals through education support, community services and citizenship programs. For more information about our organization and charitable work, please visit our website.

www.IODE.ca



IODE Canada, 80 Birmingham Street, Suite B6, Toronto, ON M8V 3W6
1-866-827-7428 IODECanada@bellnet.ca