



'Extra Yards together make the Extra Mile' Information Sheet

A warm invitation to our Kinnections Kin to join us in our' **Extra Yards together make the Extra Mile'** movement.

This idea arose during Kinnections conversations in Glennie House Care Home where we were celebrating all the ways in which people go 'the extra mile'.

And so we thought, what if...

...we invited care homes across East Ayrshire, to gather **1760 stories** of someone going that extra yard for someone else – maybe a resident, colleague or visitor to the care home.

We are confident we can gather 1760 stories of magic to reach our **1 mile** target. As 1760 yards make a mile and you make the magic.

An 'extra yard' is an **everyday instance of thought or action that brings that extra care, compassion and kindness**; given freely with no expectations.

If you would like to hear more or become involved please email: KinnectionsEA@uws.ac.uk.

To share stories and keep the momentum going we will be tweeting under the hashtag **#GoingTheExtraYard**

We're offering you an inch and hope you'll take a mile!

Kinnections Team