



My message for you . . .



Have a LoveLeigh Day!

Dedicated to.....



'Have a LoveLeigh Day!'

On 6th August 2012, I lost my beautiful 22 year old daughter, Leigh Smith 'Teeny'. In her honour, the online LoveLeigh Community was set up to help raise awareness of mental health issues, to help those who have lost someone they love and to share acts of kindness, love, hope and inspiration.

In Leigh's honour, please have a LoveLeigh Day - I'd love if you could do something kind for someone; perhaps a smile at a stranger; text a friend; call someone who may feel better for hearing a friendly voice; or simply write a little message on the other side of this card and give it to someone to brighten their day. You may even save a life.

So please 'Have a LoveLeigh Day' and help others to do the same. Encourage your workmates, friends and even your children to get involved - this is for everyone....and we can do this every day for people, animals and nature.

Thank you from the bottom of my heart, Jacque, Leigh's mum xx

Please share your acts of kindness with us at LoveLeigh.net

