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## Mitzvah Day Warm-Up as Bushey Members help local Small Acts of Kindness Charity

Members from Bushey Synagogue got into the Mitzvah Day spirit a few weeks early this year by volunteering for the charity Small Acts of Kindness. This charity sources, packs and distributes over 3000 'Warm in Winter' bags each year to older, often lonely and socially isolated people in Watford, Three Rivers and Hertsmere. The bags include a blanket, hat, warm socks, cup-a-soups and hot drink sachets. The charity was the brainchild of Lynn Misner who said: "At the heart of this charity is the incredibly simple belief that a small act of kindness can make a huge difference."

Alisa Heimann, one of Bushey Synagogue's Mitzvah Day coordinators said: "Our members had an extremely rewarding time packing the Warm in Winter bags today. Small Acts of Kindness embodies what Mitzvah Day is all about. Bushey members have always fully supported Mitzvah Day and this year will be no different as we have several projects planned for people to be involved in."

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### Source

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