

March '26
Winner



£75 FOR BFAS!



Steve Clout

March's Main Draw Winner

£75 to Brook Farm Animal Sanctuary

Celebrating Kindness This Easter: Choosing an Animal Charity Close to My Heart

I'm absolutely delighted to share that I was recently drawn to choose the animal charity that will receive the £75 donation from the Exercising Kindness Easter Draw. Being part of an initiative that turns everyday kindness into meaningful support for animals is truly uplifting, and I'm honoured to have been given this opportunity.

The charity I've chosen is Brook Farm Animal Sanctuary (BFAS) – an incredible organisation dedicated to rescuing and caring for farm animals who have been neglected, abused, or are no longer wanted. BFAS provides lifelong care, safety, and compassion to animals who so often fall through the cracks, and their work aligns deeply with my own values. This connection was strengthened further when we enjoyed a Viva! team building day at BFAS last year, spending time at the sanctuary, learning more about their work, and meeting some of the wonderful animals whose lives they've transformed.

You can find out more about their inspiring work here:

<https://www.bfas.org.uk>



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My passion for animal protection and vegan advocacy is something I live every day. I'm a volunteer with Viva!, where Lorraine and I run regular outreach sessions in Godalming and Guildford engaging with the public and sharing a message of compassion for all animals.

Outreach is about connection, conversation, and visibility – showing people that choosing kindness can be joyful, inclusive, and empowering.

You might spot us in town wearing our Vegan Happy clothing, which always sparks conversations. Lorraine is rarely without her iconic Vegan Happy dry robe, and I rotate between my two Vegan Happy coats. These small but visible acts help open the door to discussions about veganism, animal welfare, and the positive impact our choices can have.

Beyond outreach, Lorraine and I also co-host a podcast called Vegan Voices Unhinged, where we explore veganism, activism, compassion, and the realities (and humour!) of speaking up for animals.



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We'll be celebrating this Easter Draw win and the donation to BFAS on our next episode, so if you'd like to listen along, you can find us on all the main podcast platforms or directly here:

<https://veganvoicesunhinged.riverside.com/>

Thank you to Exercising Kindness for creating such a thoughtful initiative, and to everyone who took part in the Easter Draw. Every act of kindness, no matter how small it may seem, has the power to change lives – human and non-human alike.

Here's to compassion, community, and continuing to speak up for animals this Easter and beyond.



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Congratulations

