

# Kindness Exchange

## Nomination Form

In the lead up to World Kindness Day, NSW Health holds its annual Gathering of Kindness. This is a celebration of the incredible kindness and compassion that NSW Health show our patients, their families, carers, and to each another.

A smile, a hello, a please or thank you, are those small acts of kindness that make a big difference to the experience of our staff, our patients and their families, across NSW Health. If we have learned anything in recent years, it is that we need to pause and acknowledge these moments and say “thank you”.

The Kindness Exchange has been established so you can submit a moment of kindness or compassion. There is a good chance it will be shared in the Elevating the Human Experience newsletter, the NSW Health gallery of kindness and on social media.

### Nomination Details

|  |                            |                        |
|--|----------------------------|------------------------|
| Contact Name   | Are you a consumer / carer | Are you a staff member |
| Email  |                            |                        |
| Phone Number   |                            |                        |
| Name of staff member that you are nominating   |                            |                        |
| <p>A summary of the act of kindness and compassion that you received or that you have observed.</p> <p>Where did you experience or observe this act of kindness and compassion?</p> <p>How did this act of kindness and compassion happen?</p> |                            |                        |
| <p>What was the impact of the act of kindness and compassion?</p> <p>How did the act of kindness and compassion make you feel?</p>   |                            |                        |

Do you have any pictures to go with your nomination? Attach PDFs/JPEGs (1MB min) and a caption.

We'll be in touch if we need any more details. If you can, try and keep this a surprise for the person you are nominating.

Please email this form, photos, and [consent forms](#) to us at [MOH-PatientExperience@health.nsw.gov.au](mailto:MOH-PatientExperience@health.nsw.gov.au)