

# #BeLikeStAndrew this November

The patron saint of Scotland St Andrew is usually recognised at the end of November on St Andrew's Day.

This year the #BeLikeStAndrew campaign would like you to think of ways you can emulate the saint right now by doing some good deeds.



Minister for International Development and Europe Alasdair Allan was on hand today in St Andrew Square where he joined charity representatives from the campaign to get the message across.

Now they had a wardrobe and some old clothes and books, and the Minister obliged by wearing a bit of tinsel. So what is the message?

If you clear out your wardrobe and give some things to charity shops then that would be seen as an act of kindness, one which would help others. So this is only a suggestion but maybe a spot of pre-Christmas sorting before you get some new sweaters, or clearing out your books before the new ones arrive to make the bookshelves groan?



The #BeLikeStAndrew campaign marks the start of Scotland's Winter Festivals – which opens with St Andrew's Day, followed by Hogmanay, and then Burns Night.

Representatives from Princes Trust Scotland, Chest, Heart & Stroke Scotland, Crisis Scotland, have joined the Scottish Rugby Union and Stoats in supporting the campaign.

Mr Allan said : "Our patron saint, St Andrew, was known for being strong, sociable and fair, encouraging people to share

what they had with those in need.

“Celebrating St Andrew’s Day presents a powerful opportunity for people across Scotland to keep the spirit of St Andrew alive, by coming together and helping others within their community.”

Chief Executive of Chest, Heart & Stroke Scotland Jane-Claire Judson said:

“Chest Heart & Stroke Scotland could not exist without the kindness and goodwill of the people in Scotland who donate their time, pre-loved possessions, and hard earned money to the charity.”

“It can mean the difference between a life saved yet stalled and a life lived to the fullest, helping people to shape their future and live the lives they want to lead.”

More information about [Scotland’s Winter Festivals](#).

More information about [#BeLikeStAndrew](#)