



In Castle Point the Hug in a Shrug project was formed in 2021 during Covid lockdown. What started out as a kindness initiative very quickly grew in popularity and the Hug in a Shrug project has now spread across Essex with hundreds of volunteers supporting the project and hundreds more residents being on the receiving end of an act of kindness.

In this [video](#) United in Kind's Castle Point Coach Anna shares her story of this fantastic project.



If you would like to know more and get involved with Hug in a Shrug please contact Anna. Email: anna.wilson@ceessex.org.uk