

Tea

with the

Changemakers



Shownotes.

Joshua Coombes

#DoSomethingForNothing



Joining Kelly for a chat this week is Joshua Coombes, founder of the #DoSomethingForNothing movement, which started when Joshua gave a haircut to a homeless man; offering his time, skill, and experience to someone who needed help, simply out of kindness and for want of nothing in return.

Joshua has been giving free haircuts to the homeless since 2015, documenting their stories and transformations on Instagram, striking a chord with over 150,000 followers. Joshua joins us from Beirut in Lebanon, where he's currently on a trip with his girlfriend who runs the Worldwide Tribe - together, they're documenting stories of people who have been displaced.

Joshua's work has resonated with thousands of people around the globe, and the #DoSomethingForNothing movement continues to see people utilise their skills, connect with others, and dedicate their time to those who need them most. .

"None of us are above life happening" Joshua Coombes.

Episode talking points...

03:53 - "the isolation from rest of society is huge" - Joshua

07:38 - Joshua tells David's story, a story that stuck with him throughout all of his work.

12:15 - "Where there is war, innocent people will always suffer" - Joshua's response to the war in Ukraine.

13:54 - Joshua speaks about the trip he's currently on with his girlfriend who runs Worldwide Tribe. theworldwidetribes.com

19:25 - Joshua talks about his book, 'Do Something for Nothing' - All of the proceeds are reinvested in not-for-profit art to continue to support people.

22:38 - Joshua celebrates another contributor to the #DoSomethingForNothing movement, a man in America who started mowing people's lawns.

25:35 - "Kindness doesn't have to cost" - Kelly

Check out Joshua's website [Do Something for Nothing](http://DoSomethingforNothing), and his book!

www.dosomethingfornothing.org

www.amazon.co.uk/gp/product/1911632167

Find the latest on the [Social Change UK](http://SocialChangeUK) website.

<https://social-change.co.uk/tea-with-the-changemakers>

Episode 02, Joshua Coombes Founder of #DoSomethingForNothing, 03/05/2022.