

*If you can't do a handmade Great British Valentine's card, it's fine to print out and send this one.
Just cut it out, write your goodwill message and find an envelope!*



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Ideas for things to write in your card:

"Sending you all good wishes"

"Hope you are having a lovely day"

"With good vibes and best wishes"

"Hope the sun is shining where you are"

But please be creative! Any kind, positive, message of goodwill is fine.

Check out our Instagram and Twitter feeds @MHC_UK for more ideas.