

#Care For Care Homes

Send a Video Message

Over the next few weeks, the Scouts are working with the British Red Cross and the National Care Association to do 10,000 acts of kindness to improve the wellbeing of people in care homes and reduce social isolation.

Why is this so important ?

Care homes have been hit incredibly hard by the current global pandemic, from residents falling ill to being separated from their loved ones.



But you can make a difference...

Send a Video Message

Nothing beats being in the same room as someone, but the powers of modern technology are a good alternative!

You could record a short video (no more than two minutes) saying hello to the care home residents,

Some things to include in a video

Your video should be positive, uplifting and happy:

- Introduce yourself
- Tell them things you've been up to whilst in isolation
- What you're looking forward to once restrictions are lifted
- Ask lots of questions like what they enjoy doing, what they've been up to, their favourite song etc.

You should send your video to your Leader to check it before sharing with care home residents. The Leader will make contact with a care home and pass the video onto them.

Important: Don't include any of your contact details including any social media profiles in your video.



Why not ask your Leader to see if your local care home could setup a Zoom meeting with your whole group or even join your regular online meeting?

On the call, you could:

- Run your favourite 'Great Indoors' activity with the residents
- Host a 'virtual campfire' with songs
- Learn more about the residents and invite them to share their stories – were any resident's part of the Scouts when they were younger?

If taking part in a live video call, never do so on your own. Always have another responsible adult taking part with you.

[Click here](#) to read more on staying safe online.



Take photos of your online meetings and get your Leader to share them with Norfolk on social media.

Together, let's show how much Norfolk Scouts care.