

#Care For Care Homes

Writing Letters & Sending Pictures

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...

Writing Letters and Drawing Pictures

Writing a letter or drawing a picture is one of the easiest ways to get in touch with your local care home.

Some things to include in a letter

Your letter should be positive, uplifting and happy:

- Introduce yourself (first name only)
- 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.

Some things to include in a picture

Your pictures should be positive, uplifting and happy too:

- Include your first name
- Make them colourful and cheerful and if possible tell a "story" in pictures
- Including the Scout sign is great!

Once you've finished your letters/pictures – you should use your daily walk alongside a responsible adult to post these to the care home.

Make sure to use a stamp if using Royal Mail.

Speak to your Leader to see if your group are supporting a particular care home locally, your Leader might want to gather all the letters/pictures up and deliver them in one go. If there is a carehome you would rather send to, always post your items, please do not visit the home.



If you want a reply to your letter or picture this must be sent to your Leader. Never use your own name or contact details. Don't include any of your contact details including any social media profiles.

You should not be in one-to-one communication with another adult.

[Click here](#) for some picture templates to use.



Take photos of you with your letters and pictures and get your Leader to share them with Norfolk on social media.

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