

Reach Out!

At a time where most Care Homes have had to close their doors to visitors, residents may be feeling lonelier and more isolated than ever. What could you do to reach out and engage?

Write a letter; tell them about yourself and your life before and during lockdown. Keep it positive! Make sure you show an interest in them.

Write a poem; show off your language skills and remember, keep it positive!

Rewrite an old favourite song for them to learn, to reflect our current times! They could have a good singsong together.

Draw or paint them a picture; perhaps something they could display in a window, or just to brighten up their bedroom.

Can you tell them some (appropriate!) jokes or stories to bring a smile?

Once you've decided what you would like to do, maybe you can research/find a local home to donate to and make contact. Check with them if there are any restrictions or preferences for what they would like to receive.

Alternatively, forward the letters to beth@pieuk.org and we can send them on to a care home where they will be gratefully received!

As always, make sure you share your work with us by posting online and tagging us in @pieuksocial.