

Reaching Out Through Letters

We hope that you are all keeping safe at home, and have plenty of things to keep you busy. There is probably lots of school work to complete, friends to FaceTime and things to watch on Netflix. Hopefully you have some loving family at home to talk to, and maybe even some siblings to play with (or annoy!)

It's difficult at the moment not to be able to go out and do things that we would usually be doing, like visiting friends, going to sports classes or playing out. Most of us can still head out for a daily walk, run or bike ride which at least means we can keep active.

There are lots of people who are maybe not as lucky: some people are not allowed to leave the house at all; many elderly people won't know how to use technology to keep in touch; people may live alone and have no one to talk to during the day.

So today we would like you to do something to help cheer up those who are not as fortunate as ourselves.

Write a letter to an elderly relative, friend or neighbour telling them about what you have been up to this week. Even though it has most likely been 'stayed at home', we're sure you can make it sound exciting!

You could talk about:

- What you have been learning about during home learning.
- Things you have done with your siblings.
- How you have helped your parents around the house.
- Something interesting you have watched or read.
- A funny story that has happened whilst you have been at home.
- A description about something you have seen when you've been out for a walk, run or bike ride.
- A message of hope and support.

You could either pop the letter through a neighbour's door, or pop it in the post to someone who lives further away. Remember, you could even pop a letter in to an elderly neighbour who you don't really know. It really would make their day.

Happy letter writing, and remember to keep looking after each other! 😊

Remember to share any of your letters with us too by emailing beth@pieuk.org or posting them on Twitter, Facebook or Instagram and tagging us in @pieuksocial.