



THE CARES FAMILY

Thank you for your kind offer to write a letter for your neighbour!

Your letter will either be a one off letter sent to an older neighbour who is struggling with the impact of Covid-19 and subsequent isolation. Or your letter may be included in a pack that we'll be sending to our older neighbours alongside creative activities to do at home.

Your letter will be accompanied by a letter from The Cares Family. This letter will address Covid-19 concerns, explaining next steps at The Cares Family, reiterating the NHS and government guidelines, providing a free 24 hour support phone line number ([Silverline](#)), signposting to services, and explaining the purpose of your letter.

You can include your first name in the letter but **for safeguarding reasons we ask that you don't include your or anyone's full name and/or contact details (phone numbers/address), including your own.**

Please be mindful that all of our older neighbours are unique in qualities, skills and experience. Our neighbours range from 65 to 105 years old and everyone has different personalities, abilities and interests. So do focus on being authentically yourself in the letter, and think about what kind of letter you would like to receive. Your effort and care will have such a huge positive impact on our neighbours, and it won't matter if you recommend a film they're not interested in!

Here are suggestions of topics you could include in your letter:

Written content:

Locality:

- A funny story about your time living in London/Manchester/Liverpool
- Your favourite place in London/Manchester/Liverpool
- What do you love most about London/Manchester/Liverpool
- Why do you live in London/Manchester/Liverpool
- About a neighbour you've met whilst living in London/Manchester/Liverpool

Recommendations:

- Your favourite music or song and why

- Your favourite radio show and why
- A book you've read recently and why you enjoyed it
- Your favourite film or TV show and why
- A recipe or meal you enjoy and recommend

Other:

- Your favourite joke
- Things that make you feel happy
- Your favourite quote and why you like it
- Some interesting facts or things you've recently learnt
- Things you would like to learn in the future
- Things you like to do for yourself in the home – e.g. having a bath to relax, doing the crossword, writing a diary, painting your nails, sewing, baking, watching TV, meditation, painting, calling a friend, reading a book.
- Do you have pets? Could you tell the neighbour about them – maybe include a funny story

Illustrations:

- Feel free to draw a picture to include in your letter – you could take a photo of this and send it with the letter. This could be your favourite place in London/Manchester/Liverpool, things that make you happy or accompanying stories in your letter.

If you're unsure about anything then please speak contact your local Cares team.