

Would the children still coming into your school or setting like to put a smile of a lonely person's face?

Several charities across Bath and North East Somerset are working together to create some 'positivity and wellbeing packs' that can be delivered to vulnerable adults in our community. These people often live alone, are older and or are unwell and feeling very isolated. They typically don't have access to internet resources so a goody bag of activities such as seeds and crafts can keep their spirits lifted.

The team creating the packs had the lovely idea of including some joyful contributions from children. For example, a picture, or a poem, a rainbow, a postcard or letter. For an elderly or vulnerable person receiving something personal that they can display will feel extra special.

How can you help?

We hope that your school /setting might help with this project by asking **those children who are still coming in** to create something that will help a lonely person smile whilst they are self-isolating all alone. Based on the theme of 'Things That Make Me Happy' could you find time to ask them to draw, paint or write something. Be as creative as you like and include children of every age. If the children like doing it then please repeat the activity as often as you can. Keep the joy coming.

The practicalities: - Briefing for teachers and setting leads;

Please tell the children ... There are a lot of people who live on their own and are finding what is happening at present very difficult and are lonely or isolated, receiving something that someone took time to make specially for them will hopefully cheer them up and bring them joy!

The product - A4 size or smaller- drawing, paintings, short letter / homemade postcard, poem, piece of craft (that will survive the post!) with the theme "Things that make me happy". Please write the child's first name, age and if you like school /setting name on the back.

Central Collection Point;

Please bundle up your contributions as often as you can and post to: -

C/o Sarah Lane,
Wellbeing College
Virgin Care
Unit 2, The Office Village
Roman Way
Bath Business Park
Peasdown St John
Bath
BA2 8SQ

Thank you for your help with
this. It will be much
appreciated

For further information contact
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