

Do you know any children who would like to put a smile on an isolated person's face?

Several BANES charities including Age UK , St Mungo's and Creativity Works plus our [Wellbeing College](#) 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 isolated. They typically don't have access to internet resources so a goody bag of activities such as seeds and crafts, puzzles and quizzes 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?

To get involved with this you will need an envelope and a stamp. Please do not go out specially to get these. We don't want this project to make people leave their homes unnecessarily.

If you have children in your family maybe they would like to create something that will help a lonely person smile whilst they are self-isolating. If so, based on the theme of 'Things That Make Me Happy' please ask them to draw or paint a picture or write something that can be included in a pack for a vulnerable person. Be as creative as they like and if the children want to make lots of things then that's even better. There will be more to share out.

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 you took time to make will cheer them up and bring them joy!

The product - A4 size or smaller- drawing, paintings, short letter /homemade postcards, poem, piece of craft (that will survive the post!) based on the theme "Things that make me happy". Please write the child's first name and age and general location on the back and if it isn't obvious what the drawing is, add an explanation. I.e. 'My dog Patch makes me happy by Emily aged 4, Bath... or 'Playing on my iPad makes me happy by Sam aged 10, Keynsham' etc.

Central Collection Point;

Please send your contributions by post to the address below. Remember if you send a large envelop you will need a large letter stamp but please do not shop for this especially. Fold it if easier and safer: -

C/o Sarah Lane,
Wellbeing College: Virgin Care
Unit2, The Office Village
Roman Way
Bath Business Park
Peasedown St John
BA2 8SQ

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

For further information contact
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