

Become a Care Home Friend Challenge: Notes for Leaders

Week 6: “Sending a postcard to your local care home”

This week, children and young people will make a postcard to send to the care home they identified in Week 5.

Activity Information

As this week is Half Term in most areas, week 6 is designed to be delivered at home. Children are firstly encouraged to share with those they live with what they've learnt so far through this Challenge.

They might like to talk about:

- What a care home is
- Why people choose to live in a care home
- The different types of care home and the care they provide (KS2 and KS3)
- The different job roles within a care home
- Dementia, the affect it can have on a person and the benefits of reminiscence (KS2 and KS3)

Children are then asked to create a postcard for someone living in a local care home (likely the care home they identified through internet research in Week 5). An optional postcard template is included.

Postcard ideas

- Children may wish to take a look at the Postcards of Kindness ideas sheet for inspiration for the design on the front of their postcard: <https://myhomelife.org.uk/wp-content/uploads/2021/09/postcard-of-kindness-ideas.pdf>
- Children could consider including two things about themselves and one question for older people in the writing on the back of their postcard.

Things to consider

- Please ensure that postcards are collected and sent by a supporting adult, rather than young people themselves. Children taking part through their school are asked to bring their postcard back to class after Half Term.
- Please ensure children only share appropriate information and personal details.
- Encourage children to write as clearly as possible, to make it easier for older people to read and enjoy the postcards.

Our wider project – Bristol spotlight

- This Challenge has been created by Care Home FaNs: Intergenerational Linking – a national social action initiative connecting young people with older people living in care homes.
- Aside from this Challenge, we have 11 projects located across England. Children, families, teachers and leaders might like to watch this short video spotlighting our Bristol project to find out more about Intergenerational Linking with care homes: <https://www.youtube.com/watch?v=Vfm-U5txP90>