

# #Care For Care Homes

Show you #CareForCareHomes.

Over the next few weeks, the Scouts are working with the British Red Cross and the National Care Association to do 10,000 acts of kindness to improve the wellbeing of people in care homes and reduce social isolation.

## Why is this so important ?

Care homes have been hit incredibly hard by the current global pandemic, from residents falling ill to being separated from their loved ones.



## Make sure the care home is ready...

Before getting stuck into any of these activities, reach out to your local care home and ask them the best way that your young people can get in touch and help.

We would like to know if you have a connection to a carehome or if you work in one or if you would like some help to find one. Use the form on the Norfolk Scout website.

It's really important to get in touch first to make sure the care home is able to participate fully – the coordinating leader must ask questions such as:

- Are they able to receive physical things?
- Is there something in particular they might like?
- Are they comfortable that this is a safe activity for young people to take part in, and will they make sure no resident enters into one-to-one communication with a young person?

## Choose your act of kindness...

Decide what can be done safely from home that would both help a care home resident to feel happier and less lonely but is also fun and challenging for Beavers, Cubs, Scouts or Explorers.

## Kindness Rocks...

This is a great activity for all sections.

Painted rocks are a great way to spread happiness and give people something to focus on.

**Instructions to share:** [Click here](#) to download a PoP on Kindness Rocks to share with your young people.

## Writing Letters and Drawing Pictures

This is a great activity for all sections.

Everyone loves to receive mail and for some people who don't have family to write to them a letter or picture would make all the difference.

**Instructions to share:** [Click here](#) to download a PoP on Writing Letters and Drawing Pictures to share with your young people.

## Send a Video Message

This is a great activity but works better for the older sections.

To have a conversation with another person from outside the care home might be something that residents are missing most.

**Instructions to share:** [Click here](#) to download a PoP on Sending a Video Message to share with your young people.



For more information, ideas and Scout Association safeguarding guidance relating to #CareForCareHomes please ensure all Leaders [Click here](#) to read the full pack.

Take photos of all your CareforCarehomes activities and please share them with Norfolk on social media.

**Together, let's show how much Norfolk Scouts care.**