

KiB's Volunteering from Home Programme: Supporting Older People

Call an older person once a day, either on the phone, or a video link. The point is to cheer them up and make them feel loved and remembered, so think about what you might like to talk about before you call, and always start by asking them if it's a good time to talk. You might want to get your family involved, so you can keep the conversation flowing. If you're doing a regular video call, you could set up a weekly family reminiscence quiz, with clips of music, movies or pictures. See separate download for phone call guidelines.

Create a word picture (or an art picture) about an older person who inspires you. If they're not currently living with you, use a photo as your guide. Share your work with them, and record their reaction.

Research and write an article about an older person who was separated from their family when they were young, because of a period of quarantine, health isolation or wartime evacuation. More information at: <https://kissingitbetter.co.uk/news/great-granny-remembers-how-people-survived-separation-isolation-and-quarantine-during-80-years-ago/>

Make a letter, card or simple gift to send to an older relative or neighbour – or send them to us to go in our goody bags for healthcare staff as they leave their shift. To go into our goody bags, send your makes to: The Old Vicarage, Church Lane, Aston Cantlow, Henley in Arden B95 6JB with a note about how and why you made them.

Take a selection of quirky/funny/lovely/ inspirational family photos to send to an older relative to make them smile and show them they are loved. You can send them digitally, or as a photo album.

Finally, if you live next door to an older person who lives alone, suggest they talk to you from their garden (or through a window) while you stand by your fence. It's a great way of providing connection and companionship without breaching social distancing guidelines. It's also a good way to check they are safe and well.