


It's the little things activity pack

It's the little things that make a big
difference... #MessageofSupport

Wishing
you happiness
during these hard
times, from Australia
to you, keep your spirits
high and look forward to
the little things. I hope you
all keep safe and well,
you're stronger than you know! Skye, from Australia. Just
wanted to pass on a hello from Canada and hope this finds
you all doing as well as can be in this difficult time. Please
take care and know you are thought of even from across the
Ocean! Christine, from Canada. I just want to send a few words
of love, support and encouragement. May you have all the
resources you need to get through this. You are loved and
blessings that surround you. You will find something
beautiful to make you smile. You will find a hundred
blessings.



from Christina. Hello, I'm just
saying prayers for healing and I've been
helping out in my own community. You
are loved and you are not forgotten.
You're in my thoughts and
prayers. Rachel, from
Nebraska. Wishing you
happiness and
laughter

What is 'It's the little things'?

Building on the success of our existing [#MessageofSupport](#) campaign we are now re-energising and expanding this activity to introduce **'It's the little things ...'** and we'd like you to get involved!

'It's the little things ...' will help to share positive messages with our residents, care home staff, home care and day care centre teams and volunteers to connect them with their families, friends and local communities while they're missing each other.

We'd like to encourage them/you to express your little things that matter about each other; whether to share your happy moments, love, appreciation and gratitude – or simply to show how much we value each other and are looking forward to spending time together again.



How can I help?

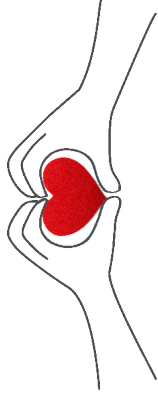
'It's the little things' that make a big difference. We'd like you to share a positive message of kindness or perhaps a picture from your family that will let your relatives and our staff on the front line know just how much you care.

In this pack you'll find a blank message page where you can write your little things that matter and a [#MessageofSupport](#). Perhaps your family could draw a special picture or a message that will make them smile!

Once you are happy with your **'It's the little things ...'** message send it to our team via email to messageofsupport@fote.org.uk and we will share it with our care homes, our residents, and staff to share positivity and to look to the future.

If you would like to find out more about how you can further support older people who use our services, email messageofsupport@fote.org.uk.

Share your **'It's the little things...'** #MessageofSupport here:



When you're finished, take a picture with your message and email it to MessageofSupport@fote.org.uk

Sharing on Facebook or Twitter? Tag us [@FriendsElderly](https://www.facebook.com/FriendsElderly)



