

Dear Friend

This Christmas, tell your local community about the great work that you and your team are doing to support your residents' quality of life.

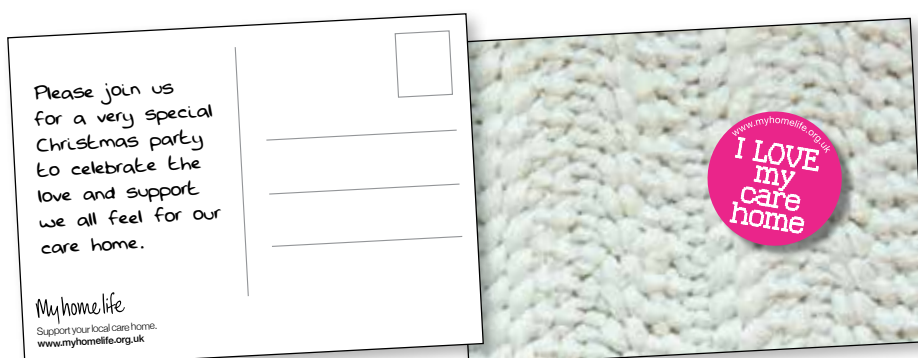
My Home Life know how difficult it can be to find time to connect with local people and community organisations. We have produced a range of postcards that you can simply send out to those with whom you would like to have more contact, i.e. relatives, religious centres, voluntary groups, public libraries, schools and colleges, local businesses.

Each postcard reflects one of the key messages arising out of the Big Care Home Conversation – more information on sheet enclosed.

Maybe someone came along to a summer BBQ but you haven't seen them for a while – why not use a postcard to invite them to your Christmas party?

Some other ideas for connecting with the local community:

- What did your residents do before they came to you? Maybe could link them up with their old clubs, choirs, WI groups to arrange a visit?
- If you're not speaking to them already, try contacting local schools to arrange joint events or intergenerational activities.
- What about asking local businesses for donations e.g. the local florist to donate flowers they can't sell – or a baker who would donate a cake for a resident's 100th birthday?



My Home Life is here to support and celebrate quality in care homes. For more top tips and other resources, go on to our website: **www.myhomelife.org.uk**

We'd love to hear about how you get on with the postcards, so please do keep in touch. If you would like another pack of postcards, give us a ring on **0207 040 5776** or email **mhl@city.ac.uk** and we'll get some out to you while our stocks last.

Best wishes and a very Merry Christmas,

The My Home Life Team



Myhomelife

My Home Life is a UK-wide initiative promoting quality of life and delivering positive change in care homes, led by City University in partnership with Age UK.