

NOTES OF FRIENDSHIP

Brighten a senior's day and let them know they matter

What it's about

As part of our mission to help people live happier, healthier and better-connected lives, we're working hard to tackle loneliness.

Everyday seniors across Australia feel isolated, anxious and vulnerable. You can join us in changing that.

We have created a simple way for you to brighten the day of a senior who is isolated or may be going through a rough time.

Play your part and make a big difference.

Here's how

There's something so special about a handwritten note to let someone know they matter. So, we want your help to send beautiful notes of friendship to our seniors to show them we care. It's the personal touch, from one human being to another.

Who knows what difference a simple gesture could make?

Here's what to do

- 1 Take five minutes to write a beautiful note of friendship (see below for some tips).
- 2 Return the note to us as soon as you can to:
Notes of Friendship
Locked Bag 1, Coolangatta, QLD, 4225
- 3 We will do the rest, personalising the note for a senior and posting it out to them.
- 4 Share your act of kindness! We love seeing photos of your notes, and you will inspire others to do the same. Tag us **#notesoffriendship** and share photos to **socialprograms@feroscare.com.au**



Tips on writing your note

This is about the human touch – an uplifting kind note of friendship to let the recipient know that someone is thinking of them at this time. We encourage you to make your messages thoughtful and heartfelt.

We will assign your note to a senior when we receive it and will insert their name on your behalf. Leave the top part blank (the part where you would normally write “Dear ...”).

Letters must be handwritten, in large print and easy to read.

Introduce yourself – it’s important that you let people know who you are and that this is from you to them. Share a joke or a poem (make sure it’s appropriate!). Give it your personal touch!

Please don’t date your note so we can send it out over the week.

Get creative – you can include pictures and drawings. No worries if you’re not artistic... you can even include the children in your family.

Avoid religious quotes and political views – let your note be for anyone – no matter their beliefs.

Make your note uplifting, positive and bound to brighten someone’s day.

Frequently asked questions

1 Can I send either a card or a letter?
Yes – it’s entirely up to you. Letters can be as long as you like, however please ensure that it can go through the post as a standard letter.

2 Can I write more than one note?
Yes, there is no limit on how many you do.

3 Can I send a gift with my note?
No unfortunately not. To avoid postal difficulties gifts can’t be included, but you can include pictures, poems and photos.

4 What can I include in my note?
Our clients love a personal touch, so feel free to get creative and add drawings, poems. Share something happy about your day and where you live. Seniors face loneliness for all kinds of reasons – your letter will give them a feeling of connection to someone and to their community.

5 I still have questions.
Send your questions to socialprograms@feroscare.com.au and we’ll do our best to help you.

