



Could you help us by making or writing cards for local care home residents?

Through our Cards of Kindness project we send regular handmade cards to residents who are feeling isolated to help combat loneliness and bring joy and community connection.

Every card makes a big difference.

If you enjoy colouring, drawing, painting, papercrafts, knitting, sewing, cross stitch, photography, or like writing or poetry, we would welcome your help. You can help from home, or join us at one of our group cardmaking sessions.

For more information email hampshire@embracingage.org.uk or telephone **07577 945106**

We would really appreciate your help so we can commit to sending cards to more care home residents each month.

CARDS OF KINDNESS

