

1,000 NOTES OF FRIENDSHIP



BRIGHTEN A SENIOR'S DAY AND
MAKE THEM FEEL LESS ALONE

WHAT IT'S ABOUT

Be Someone For Someone is Fareos Care's initiative to tackle loneliness. Never has there been a greater need for our work.

There are 1000s of seniors right now who feel extremely lonely, anxious and vulnerable.

We have created a simple way for you to brighten the day of an isolated senior; someone living alone or in a residential facility and now without visitors or access to their community.

Play your part and make a big difference.

HERE'S HOW

There's something so special about a handwritten card to let someone know they matter. So, we want your help to send 1,000 beautiful notes of friendship to our elders 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 5 minutes to write a beautiful note of friendship (see below for some tips)
- 2 Return the card to us as soon as you can to **1,000 Notes of Friendship Campaign Locked Bag 1, Coolangatta, QLD, 4225**
- 3 We will do the rest, personalising the card for a senior and posting it out to them
- 4 Share your act of kindness! We love seeing photos of your cards, and you will inspire others to do the same. Tag us #1000notesoffriendship and share photos to hello@besomeoneforsomeone.org

TIPS ON WRITING YOUR CARD

This is about the human touch – just 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 card to a senior when we receive it back and will insert their name on your behalf. Leave the top part blank (the part where you would normally write “Dear ...”

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!).

Write legibly and in large print. Letters must be handwritten.

Avoid religion. Please don’t include anything religious in your letters, such as religious quotes, words like “God”, etc.

Please don’t put a date on your card so that we can send them out any time over the next few weeks.

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

If you would like to, provide a return address so that the recipient can write back to you – you might end up with a “Gran Pal”. This isn’t an obligation though.

FREQUENTLY ASKED QUESTIONS

1 CAN I SEND EITHER A CARD OR A LETTER?

Yes – it’s entirely up to you as long as it goes through the post as a standard letter.

2 CAN I WRITE MORE THAN ONE CARD?

Yes, there is no limit on how many you do.

3 CAN I SEND A GIFT WITH MY CARD?

No unfortunately not. To avoid postal difficulties gifts can’t be included, but you can include pictures, poems and photos.

4 WILL I GET A CARD BACK?

If you’d like to give the recipient the chance to write back to you, include your name and postal address. Please don’t be disappointed if you don’t receive a reply. This doesn’t mean your well wishes haven’t been appreciated – it’s your gesture that matters.

5 I STILL HAVE QUESTIONS.

Send your questions to hello@besomeoneforsomeone.org and we’ll do our best to help you.