

Send Love with An Post

Write to Someone in a Nursing or Care Home



Now more than ever, it is important that we stay connected and send love and compassion to our family, friends, and our community. For many people living in nursing or care homes, the increased restrictions have made it difficult for them to stay connected.



We are encouraging you to spread a little joy and Send Love by writing a kind and thoughtful letter to residents in nursing or care homes across Ireland. We know that reaching out with positive messages can have a powerful impact.



As part of our Community Focus Initiative, An Post will help you to Send Love to others in your community by ensuring free delivery of all card and letter mail posted to and from residents of nursing and care homes.

Write FREEPOST on the top right of the letter, where a stamp would usually be placed. An Post will carry cards, letters, large envelopes and packets weighing up to 2KG without a postage stamp!



Where do I start?

1. Choose a nursing or care home. This can be a local care home or maybe you already know a resident? Talk to someone at home to see if they have suggestions.
2. Write down the name and address. You'll need this later.
3. Get some paper and a pen/pencil!



What should I include in my letter?

It may seem strange at first, to be writing to someone that you've never met. Here are some suggestions:

- Introduce yourself and explain why you are writing to them.
- Share something about yourself that helps them to get to know you, such as how you like to spend your time.
- Share jokes, positivity, well wishes, something personal or a favourite quote, book, etc.
- Ask them some questions. What are you curious to know about them? It can be something simple, like, what is your favourite hobby?
- Let them know that you'd love to hear back from them.
- Consider getting creative and decorating your letter or including a drawing or picture.





Dear Friend,

I hope you are keeping safe and well. My name is Niamh and I wanted to write to you to say hello and get to know you. I think this has been a really hard year for everyone. I really miss seeing my friends and grandparents a lot. I know this is probably true for you too, so I hope my letter will keep you company and that you will write back.

I'm 14 years old and have a lot of hobbies and interests, such as dancing, art, playing piano and writing. I like most subjects in school but English is my favourite. Right now, I'm reading, The Hobbit by J.R.R Tolkien. Have you heard of it? There is a movie too which is really good but already I think the book is better. What are some of your favourite novels?

Coronavirus has made some things hard but I've started new things too, like learning to bake. The other day I made a lemon meringue pie all on my own (well mostly). What types of things do you like to do for fun or to relax? I hope that you get to do those things now or when the lockdown ends. Thanks for reading and I hope you write back. Stay safe!

Wishing you well,

Niamh Condon

Greeting: Usually, 'Dear Sir/Madame' when you do not know who you're writing to and if the letter is formal. For a personal letter like this, you can use 'Dear Friend' or 'Dear Resident'.
Don't forget a capital letter and a comma.

Body: Remember to indent each paragraph.

Closing: If you know the name of the person you are writing to, you can use: 'Sincerely', 'From', or 'All the Best'. If writing to someone you do not know, use 'Yours Faithfully', or others like 'Wishing you well'.

Your Name

Niamh Condon,
135 Flower Hill,
Navan,
Co. Meath
A11 P111

Stamp

Residents,
Mulberry Nursing Home,
Slane Road,
Co. Meath
A22 P222

If you are sending a letter or card to a nursing or care home in Ireland, write **Freepost** here instead of adding a stamp!

Return Address:

Your Name,
Street Address, House Number,
Town or City,
County,
Eircode

Delivery Address:

Person's Name,
Street Address, House Number,
Town or City,
County,
Eircode

an post



Here's a template for you to complete a draft of your letter and to practice writing the address. Then, use the next page to write your final version.

Handwriting practice area with 20 horizontal green lines.

Use the checklist for both your draft and final letter!

- I used **CAPITAL LETTERS** at the beginning of every sentence.
- I used **CAPITAL LETTERS** at the start of proper nouns (names of people, places, days, etc).
- I used proper punctuation where needed (full stop, comma, question mark, exclamation point, apostrophe).
- I used correct spelling.
- My work is neat and easy to read.
- I checked the address twice.

Handwriting practice area with 16 horizontal green lines.

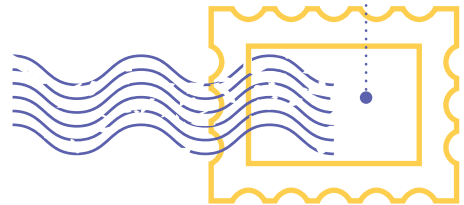
an post

Return Address:

Your Name,
Street Address, House Number,
Town or City,
County,
Eircode

Practice writing the address here
before you prepare your envelope.

If you are sending a letter or card to a
nursing or care home in Ireland, write
Freepost here instead of adding a
stamp!



an post

Delivery Address:

Person's Name,
Street Address, House Number,
Town or City,
County,
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an
post

Lined writing area with 30 horizontal green lines.