

Dear Christmas Friend is a great way to spread some Christmas cheer to people in hospitals and care homes during the festive season. There are people in each of the locations who may not get many visitors and we'd like to remind them that they are part of our community and they are not forgotten.

Simply write a letter, draw a picture or send a card (maybe all 3!) to someone and brighten their day. Check out the guidance notes to help you decide what to include and enjoy spreading a little happiness between now and Christmas. We recommend sending your card, letter or drawing (or maybe all 3!) from late November onwards.

We're so pleased to be able to bring back this lovely opportunity to add a little cheer to the life of an older person spending Christmas in their care home or in hospital. There are some very simple rules to follow so everyone can enjoy the experience:

DO:

- Get the younger generation involved. If you have children or grandchildren, encourage them to make a card, write a letter or do some drawings
- If writing a letter, share general information about yourself, such as your job, hobbies, seasonal anecdotes, Christmas traditions or your favourite things about winter
- If sending a card, remember that not everybody is religious or of the same religion, so choose or draw designs that are suitable for everyone
- Offer some reminiscence opportunities. You could mention favourite places or childhood memories, for example
- Postcards with pictures of gardens, animals, pets, art works, or coastal views can all help to stimulate conversations and memories
- Ask questions to encourage the patient or resident or resident or resident to think about their own lives, for example, 'Christmas Pudding is my favourite part of the meal. What's your favourite?'
- Sign your card or letter with your first name only

DON'T:

- Don't stick anything onto your card. Glitter, sequins, twigs and cotton wool might fall off and make a patient or resident uncomfortable or create extra work for the cleaning staff. Letters, paints, felt-tips, wax crayons or pencils only, please
- Don't add any details that will identify you specifically such as your address, date of birth or age



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Where to send

Please remember to put a stamp on your envelope and send to any of the locations below:

Dear Christmas Friend - Age UK Notts
Acer Court Care Home
172 Nottingham Road,
Nuthall,
NG8 6AX

Dear Christmas Friend - Age UK Notts
Alder House Care Home
172A Nottingham Road,
Nuttall,
NG8 6AX

Dear Christmas Friend - Age UK Notts
Acorn House
1 Oak Street,
Carrington,
Nottingham,
NG5 2AT

Dear Christmas Friend - Age UK Notts
Beechdale Manor Care Home
40 Beechdale Road,
Nottingham,
NG8 3AJ

Dear Christmas Friend - Age UK Notts
Clifton View Care Home
67 Widecombe Lane,
Clifton,
Nottingham,
Ng11 9GH

Dear Christmas Friend - Age UK Notts
Edenhurst
11 Denmark Grove,
Alexandra Park,
Nottingham,
NG3 4JG

Hawthorn Nursing Home
School Walk,
Bestwood Village,
Nottingham
NG6 8UU

Dear Christmas Friend - Age UK Notts
Highfields Nursing Home
330 Highbury Road,
Bulwell,
NG6 9AF

Dear Christmas Friend - Age UK Notts
Mulberry Court Care Home
61 Darnhall Crescent,
Bilborough,
NG8 4QA



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Where to send

Please remember to put a stamp on your envelope and send to any of the locations below:

Dear Christmas Friend - Age UK Notts
Wollaton View Care Home
21 Lambourne Road,
Wollaton,
NG8 1GR

Dear Christmas Friend - Age UK Notts
Wollaton Park Care Home
2 Lambourne Drive,
Wollaton,
Nottingham,
NG8 1GR

Dear Christmas Friend - Age UK Notts
Wilford View Care Home
1a Brookthorpe Way,
Silverdale,
Nottingham,
NG11 7FB

Dear Christmas Friend - Age UK Notts
Winterfell Care Home
23 – 29 Herbert Road,
Nottingham,
NG5 1BS

Dear Christmas Friend - Age UK Notts
c/o Anna Ellerton
Lings Bar Hospital
Beckside
Gamston
Nottingham
NG2 6PR

Dear Christmas Friend - Age UK Notts
FAO: Modern Matron
Older Person's Care Unit Inpatients
Blossomwood
Mansfield Road,
Sutton in Ashfield NG17 4JT



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