

# DAY 3

## PEN TO PAPER



*Arts in Care Homes champions arts and creativity in care homes and provides accessible resources for anyone who wants to organise arts activities with older people. Over 70 care homes across the UK have already been linked up with pen pal partners in their Only Connect project. Now they've launched a digital version of Only Connect, and you can get involved as a volunteer pen pal [here](#).*

### Do

Think of someone you want to connect with, it could be someone you know, or you could connect with someone new in your community. Do you have any older neighbours or local organisations who might like to receive positive messages? Form a postcard pen pal partnership. Postcards can either be sent through the post or via email, by attaching the photos.

### If you have more time...

Suggest an art or poetry exchange to your new pen pal.

You could send a self portrait, a sketch of the view from your window, or write a poem and ask for one in return.

### Think

What does it feel like to receive a thoughtful message?

How do people connect with each other using words and pictures?

### Share

Share your work in a way that suits you - online, or offline.

Search #CreateToConnect to see what others are up to.



@artsincarehome  
@Artsincarehomes  
[www.artsincarehomes.org.uk](http://www.artsincarehomes.org.uk)

### Resources

Pen and paper, and anything you'd like to use to decorate your letter.

Or, if you are using email - you'll just need your computer or phone.