

Space to write the date.

# POSTCARD

A stamp in the top right corner.



Lines for writing the address.

Ruislip Care Homes, Dolcoath,  
9 Tudor Road,  
Pinner, Middlesex,  
HA5 3RZ

Dear Lindsey,

I hope you are well and staying as safe as possible during this nasty pandemic. I know that it must be very tough to be stuck inside at the care home all this time. Try to stay positive and as active as you can. You could try doing some exercise videos from YouTube. You could even do some baking or crafts, and singing always cheers me up! We'll get through this!

Best wishes, from Erika.

Space to write your message.

The name and address for who you are sending the postcard to.