



Thank
You



Green Connections C.I.C.
Plants & Arts for Communities

Dear Postcard Scribe,

Thank you for considering writing a postcard!

Green Connections CIC is a non profit community enterprise based in Hertsmere. We are on a mission to reduce loneliness for older adults living in Hertsmere, Watford & surrounding areas. Your postcard will be included in one of our Green Letterboxes that will be given to local lonely older adults, many of whom struggle to get outdoors to experience the health benefits of nature and join other community activities.

Postcards are available from a member of staff at the library. The current box theme will be '**relaxation**', so we'd love you to share your top tip(s) for how you relax and 'switch off' at home.

Your postcard might read something like the ones over the page.

When you've written your postcard, please give it to member of staff at the library. Please don't hesitate to get in touch on 07931 084159 or email: michelle@greenconnections.co.uk if you have any questions or comments.

With best wishes

Michelle Gersh

**Occupational Therapist & CEO
Green Connections CIC
www.greenconnections.co.uk**

POSTCARD EXAMPLES

Hello,

My name's (insert your name) and I wanted to include a little note to match the relaxation theme of this box, so have decided to share my top tip for relaxation.

The tip I'd share with you that I use most often is just lighting a candle. It really helps me to feel calm.

I really hope you enjoy this box.

With best wishes

(your name)

ALTERNATIVELY, WE ARE ALWAYS DELIGHTED TO RECEIVE ARTWORK ON POSTCARDS, SO YOU COULD CREATE A POSTCARD THAT HAS MORE PICTURES/SYMBOLS THAN WORD. IT MIGHT LOOK SOMETHING LIKE THIS:

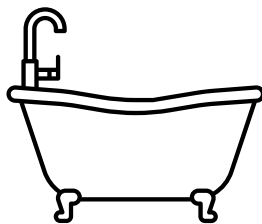
Hello, My name is (insert your name)

I like to relax with:

Lighting a candle



Having a bath



Being in the garden



Best wishes
(Your Name)