

## SVP Care Home Visiting

*A flexible plan for a one-off visit or weekly visits as part of the SVP Heart to Heart Appeal*

### Why We're Doing This

This lent the SVP are inviting us to slow down, notice others, and make space for genuine human connection.

This outreach project is about:

- bringing joy and companionship to care home residents
- sharing stories, kindness, and simple gifts
- living out the SVP Heart to Heart message of being present to others
- giving members young and old a chance to lead, serve, and make a difference

This can be:

- one single visit, or
- a weekly project throughout Lent

Your group gets to choose.

### First Step: Contacting the Care Home

(This could be done by two or three young adults with a supporting adult present)

How to Make Contact

- Choose a local care home or one that you have links with through the parish.
- Call the care home and ask for the Activities Coordinator. ([Click here for a useful script that you can adapt](#))

### Planning Your Visit(s)

You can choose one of these options, or mix elements from both.

#### Option 1: One-Off Visit (Simple and Impactful)

*This is a great option if time is limited or if it's your first time leading an outreach project.*

Your visit could include:

- friendly conversations with residents
- giving out cards or small handmade gifts
- sharing Easter eggs if it's near Holy Week
- Some songs or entertainment

#### Option 2: Weekly Visits Through Lent

If you want to lead something bigger, try a weekly plan.

*You don't have to use these themes—pick what feels right for your group.*

Each week has a simple theme to make preparing easy:

- **Week 1:** Introductions & Kindness – Deliver welcome cards, chat, get to know residents.
- **Week 2:** Memories & Stories – Bring a few question cards to spark conversation.
- **Week 3:** Hobbies – Ask about the things they loved doing and what brings them joy now.
- **Week 4:** Faith & Comfort (optional) – For those who want to talk about Lent, hymns, or traditions.
- **Week 5:** Friendship – Talk about people who've shaped your lives.
- **Week 6:** Holy Week: Easter Gifts – Give out Easter eggs and cards.



## Gift Ideas You Could Prepare

### Easter Eggs

- Small, individually wrapped eggs
- Check allergies with the care home first
- Add a little handwritten message tag

### Handmade Items

- Cards with positive messages
- Paper flowers or daffodils
- Bookmarks with a quote or prayer

### Treats (if allowed)

- Wrapped biscuits
- Sugar-free sweets
- Small soft items like socks or knitted hearts (if students can make them)

## During your Visit

### Conversation Starters

- How are you today?
- Where did you grow up?
- What music did you love when you were younger?
- Do you remember any favourite Easter traditions?
- What was your first job?
- What do you enjoy most about spring?
- What hobbies did you enjoy most?

### Activities You Could Lead

- Singing songs
- Showing or making simple crafts together
- Doing a simple quiz
- Sitting quietly with residents who prefer calm companionship

### Volunteer Roles for those in the group

**Activity Team:** greet residents

**Conversation Leads:** sit and chat

**Gift Team:** distribute cards and Easter eggs

**Reflection Team:** potential faith-based moment

**Photographer:** take pictures for newsletter (if have consent)

### Ending the Visit

- Thank the residents and staff.
- Ask if they'd like more visits in the future.
- Leave a small thank-you card for the care home.
- Back at school, share reflections and plan next steps.

### Follow-Up

#### After the visit (or the final visit if weekly):

- Write a report or short reflection for SVP and parish connection.
- Discuss whether your group wants to continue visiting during other times of the year.
- Celebrate the project – you've led something meaningful and compassionate.



## A phone script for if you want some pointers

Before calling:

- Have a pen and paper ready.
- Make sure you know your proposed dates and how many people might visit.
- Take a deep breath – you’ve got this!

### Introduction

Hello, my name is \_\_\_\_\_ and I’m calling from \_\_\_\_\_ Uni/Parish. Could I please speak to the Activities Coordinator or the person who organises visits?

(If transferred, repeat the introduction.)

### Explain the Purpose

We’re taking part in the SVP Heart to Heart Lenten Appeal, and we’d love to organise a visit to your care home. Our aim is simply to spend time with residents –chatting, sharing small gifts, and bringing some joy during Lent.

### Offer Options (One Visit or Weekly Visits)

We’re happy to come for just one visit, or we can come once a week during Lent if that would be helpful. What would work best for you?

(Wait for their answer.)

### Some Key Questions to Ask

Could I check a few things with you?

- What day and time would suit your residents best? (Or share a time that you have available and ask if it would suit them)
- Is there a limit to how many people can come?
- Are there any guidelines or safety rules we need to follow?
- Would it be OK to bring small gifts like cards, crafts, or Easter eggs?
- Are there any residents who especially enjoy visitors, or anything we should keep in mind?

### Confirm What Happens Next

Thank you, that’s really helpful. Just to confirm we will plan to visit on \_\_\_\_\_ at \_\_\_\_\_ and bring \_\_\_\_\_ people.

We’ll also send you a follow-up email with all the details and a contact number. Is there anything else you need from us before the visit?

### Close the Call

Thank you so much for your time. We’re really looking forward to meeting your residents and spending time together. Have a great day!

### Helpful Tips

- Speak slowly and clearly.
- Smile—it helps your voice sound warm.
- It’s totally OK to write notes while they talk.
- If you’re a young adult and unsure about something, say: Let me check with my chaplain/Priest and I’ll include that in the follow-up email.

