

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.

