



**Hello
Sheffield
neighbour!**

We hope you're keeping well.

You might be wondering what this box is, why it's arrived through your door, and where it's come from... let us explain!

This is a gift from us (**Age Better in Sheffield**) to you. We've created it because, now more than ever, we all need to share connections with others and experience moments of joy. It is so important for our health and wellbeing.

We know that not everything in here will take your fancy, but we hope that some of the things bring you a smile and remind you that we're all living through this together, in our wonderful city.

There are postcards with Pete McKee's brilliant artwork on them which you could send to family and friends, or stick on your fridge (we've included some envelopes with stamps on). There's a booklet full of puzzles, jokes, and photos of Sheffield which were sent to us by local photography enthusiasts. You'll also find a Yorkshire Tea bag to enjoy, a wonderful view of Sheffield to colour in, and a few mindfulness exercises to try out. There's also a list of places and organisations you can get in touch with if you need any support at this time.

We hope you enjoy. Stay safe!

With love from Age Better in Sheffield.



Since 2015 Age Better in Sheffield has been working to help make Sheffield a city we can all be proud to grow older in. Thanks to funding from the National Lottery Community Fund our projects have seen many people in Sheffield becoming less lonely, and better connected within local communities and our city. We couldn't do this without the brilliant organisations and people we partner with across Sheffield.

There are a number of different ways you can get in touch with us if you'd like to find out more about the support that's available, or would like to volunteer as a phone befriender:

Phone: **0114 2900 294**

(please ask for a member of the Age Better in Sheffield team)

Email: **agebettersheff@syha.co.uk**

Facebook: **[@agebetterinsheffield](https://www.facebook.com/agebetterinsheffield)**

Twitter: **[@agebettersheff](https://twitter.com/agebettersheff)**

Thank you to photographers who sent in images, and to the brilliant artists Pete McKee and Josephine Dellow who have generously donated their artwork to be included in this box for you.