Post Pal Instructions



1. Find a Pal: select a child and read about them on the next pages
2. Make a card with a message or write a letter
3. Send a cheerful card or letter
4. Sit back and know that a child’s day will be brightened because of YOU

**Suggestions:**

* Talk about yourself – what you think might be boring is interesting to the Pals. It’s nice for them to hear about other peoples’ lives free from hospitals.
* Do you have pets? Have you been on any day trips or a holiday?
* For ones of the right age group, have you been watching Britain’s got talent/X Factor/the latest program like it?
* If you don’t want to write much you can always use lines like “just swimming by to say Hi” if it’s a fish/swimming/water related card, “sending lots of smiles across the miles”, “wanted to roar a Hello” if it’s a lion, and lots of other short lines.

**Some things we advise against saying:**

*“Get Well Soon” “I hope you win your battle” “I know how you feel” “Sorry you’re ill/poorly/sick” “Poor you” “I don’t know how you do it” “Write back”*

More information on the Post Pal website: [**www.postpals.co.uk/**](http://www.postpals.co.uk/) and to find out about children who you can **currently** write to.

The following is an Example of a Post Pal who you could write to. But please visit the Post Pals website for up to date info on children you can currently write to: [www.postpals.co.uk/](http://www.postpals.co.uk/)

Our Pal – Bethany H



**Born**: 21/02/2004

**Illness**: Ehlers-Danlos Syndrome 6.

**Status:** check with Post Pals website

**Home page**: www.facebook.com/bethsfund

**Contact details**:   
C/O 5 Helmores  
Laindon

Basildon

Essex

SS15 6SA  
United Kingdom

## **Other Information**

**Parents/Guardians:** Debbie and Roger

**Interests:** Loves lego, board games, pop figures, make up and nail vanish. Please don't send food as she's unable to eat, but making food is ok, she loves cooking/baking.

**Favourite Colour:** Orange

**Able to read?** Yes

**Able to use hands?** Yes

**Visually/hearing impaired?** No

**Suffers from any developmental delay?** No

Our Pal **– add in name**

Add in photo from Post Pals website

**Born**: <add date of birth>

**Illness**: <add illness>

**Status:** <add status>

**Home page**:

**Contact details**:   
<add address>

## **Other Information**

**Parents/Guardians:** <add info>

**Interests:** <add info>

**Favourite Colour:** <add info>

**Able to read?** <add info>

**Able to use hands?** <add info>

**Visually/hearing impaired?** <add info>

**Suffers from any developmental delay?** <add info>

## **Siblings wishing to receive post?**

**Name:** DOB

**Interests:** <add info>