Looking Out for Others

As humans, we have a need and desire to reach out and help others; it is in our nature. However, right now, those human connections and interactions are exactly what we are being told not to do. So, how can we look out for others around us without endangering them or ourselves?

The following suggestions are ways to support others so that they feel cared for and looked after.

Take care that your act of kindness doesn't cause any negative impact. Encourage the person to wash their hands after receiving any shopping or items through the post to ensure they remain safe. Check that any delivery drivers keep to social distancing and are trustworthy.
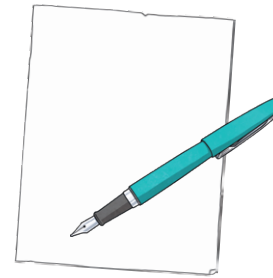
Phone them.

Video call them.

Deliver shopping to them.

Write them a letter.

Support them with planning ahead for things they might need.

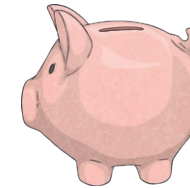**Ask them when they would particularly like more contact, e.g. evenings.**

Offer to listen to anything that is worrying them.

Suggest ideas of what they could do when self-isolating.

Support them with thinking through their finances.

Connect with them more than normal.

Using the table below, consider friends, colleagues, family or neighbours who may be particularly vulnerable and how you can support them. This vulnerability may be due to their age, underlying health conditions, their mental health or due to being alone. Consider ways in which you could offer help and support to them and how this could help you to feel positive. This might change over time based on other people's emotions and situations.

Vulnerable Person	What I Could Do	When I Will Do This	How This Felt
e.g. parents	e.g. contact them daily and help to find local deliveries for basic items	e.g. phone each evening and collate list to share	e.g. feels good to have regular connection and pleased they have the delivery contacts available to them