

## **Keeping Connected – some simple tips from Linda Brady, Counsellor at Blythe House Hospicecare**

We know many of you will be missing the physical connection between you and your family and friends – that face-to-face contact that we often take for granted.

Many of you may be living with life-limiting conditions which mean that connection is more important than ever. Those people with a terminal diagnosis, with limited time left, will also be aware of importance of keeping contact with friends and family.

In these difficult times, it might be helpful to think about other, more creative, ways of keeping in touch with the important people in our lives.

Connect with each other in different ways.

You might already be using Skype, FaceTime, WhatsApp, Zoom – or any of the other video link apps – to be able to see other people in 'real time'. But, if you haven't – why not give it a go? Ring someone in the family who might be able to help with setting this up on your smartphone or computer for you, if you're not sure how to do it.

What about texting a letter to someone? What about using pen and paper to write a letter to someone close to you, and putting it in the post if you are able to get out for a walk or to do your shopping.

Set up a WhatsApp group with a number of friends or family members, and start off a dialogue whilst watching the same programme on TV.

Maybe you could suggest a piece of music to a group of people, and arrange a time when you can all listen to it – maybe all use the same YouTube clip? Ring each other afterwards, or whilst you're listening.

Share a favourite poem with someone.

Text a joke or poem to a friend – and ask for one back.