

Reach Out Through The Lockdown

Localise Youth Volunteering is challenging young people to Reach Out Through The Lockdown to show **support to older people in their local community**.

The effects of Covid 19 on older people is much more significant than it is on people your age. Many older people are cocooning, which means that they are staying indoors for long periods of time. Many of them are frightened of what may happen if they get the virus.

We are asking young people to stand in solidarity with older people at this time **by making a short video message** that can be viewed by older people, that lets them know that we are thinking of them.

What you have to do is using your phone, laptop or tablet record a short (between 15 seconds and 2 minutes) message for older people wishing them well. When you are happy with what you have recorded email it to your teacher. You may wish to sing, say a poem, tell a joke, play an instrument anything that you think would bring a smile to the face of an older person. This video will give you an idea <https://youtu.be/c3P-0wrpqLo>

What we will do is edit together the video clips and send them to your local Elderly Care Facility on your behalf. Unfortunately, not all clips can be used, it will be up to our media team to decide which materials works best.

We are also making a nationwide video that will be sent to various elderly facilities all over the country, there a possibility that your video clip will be used for this purpose also.

It is important for you to know that your video clip may be seen by the general public. We advise you to chat to your parents/guardians about this project in advance of sending any recorded material to your teacher.

By sending a clip to your teacher to be used for this project you are consenting to allow Localise Youth Volunteering to pass it onto third parties.

Thanks in advance, a video message to older people, knowing that we are thinking of them, goes a long way to ease the psychological burden of Covid 19. It will mean a lot if you rise to meet this challenge.

The Localise Team