



# THINKING OF YOU WEEK

'Send a card, deliver a smile.'

18th - 24th  
June 2023

Help to create a wave of love, caring and happiness  
by sending cards during Thinking of You Week,  
the 3rd week of June!

Sending a handwritten card is far more personal and  
science has shown cards have a far stronger emotional impact than social media.

Receiving cards has been particularly important for those self-isolating away from loved  
ones this year and the last.

A card creates a lasting positive boost, helping to stave off feelings of loneliness and isolation.  
Cards displayed at home are reminders that someone cares.

Who do you know that needs that boost?

Write them a message they can keep and treasure...

It could be just... to say hello, send a hug, send love, make them laugh or smile, to be supportive in a  
time of trouble, wish them better, kiss and make up, or, just to say...

Thinking of you!

