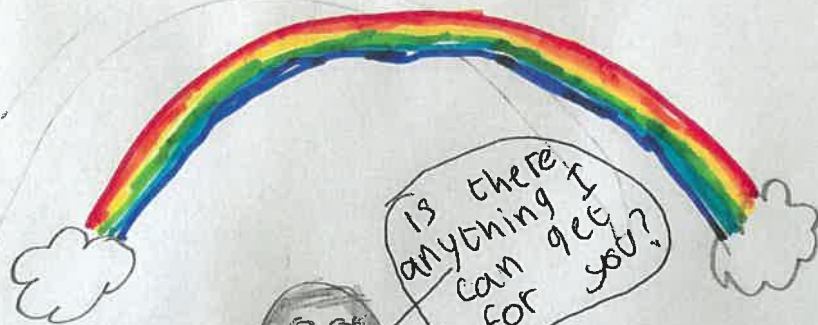


Dear elderly citizen I hope your safe in these troubling times stay at home to stay safe as you're the most vulnerable and most likely to get it and be most affected I hope your okay and stay safe nhs and fighting for us and to help you stay safe



BE SAFE



NHS

Is there anything I can get for you?

And

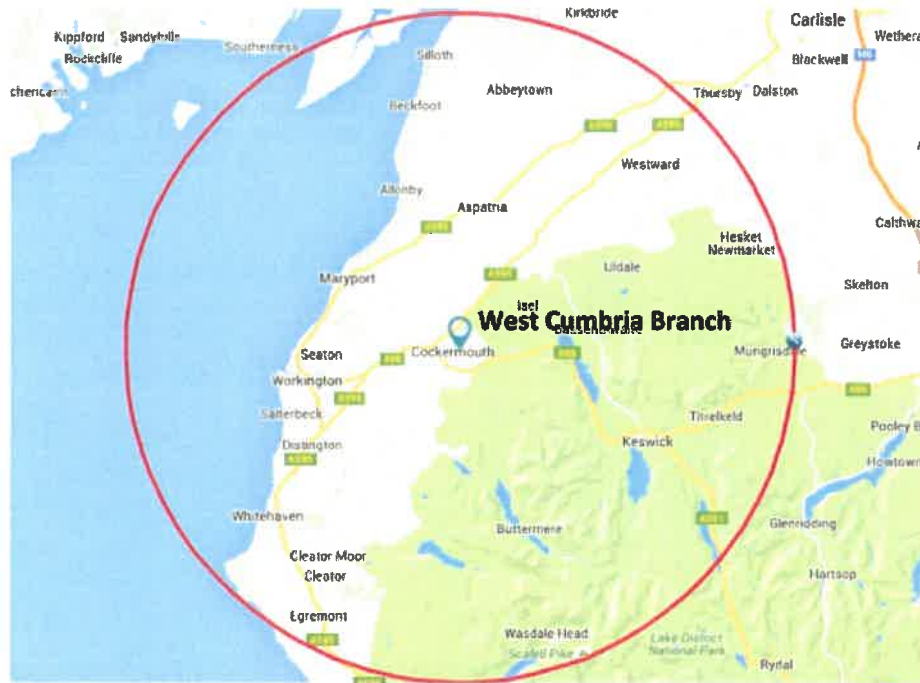
BE HAPPY.

## Operation Be kind

Hi, miss this an attempt at a poem/letter!

In your lifetime you have fought and worked to keep us and our parents safe, warm and fed. You helped us when there was no need to, you did things with us without us asking, you have always been kind and generous towards us for no apparent reason. So now it's our time to be able to do that to you as you are more at risk, although we know you are still extremely strong a heart we would still love to give a helping hand, don't be scared to ask for some food from the shop or anything you may need. You fill half of our towns and you are still the life and soul of Whitehaven especially. You always give us a welcoming smile and a little wave now its time for us to repay for you as you have been a service to us your whole life, thankyou for everything, YOUR AMAZING!

# west cumbria



During a difficult time, the light can be hard to see.  
But once the clouds move away the sun shines  
brighter than ever.

Its dazzling rays make us forget the hardships.

Then, when the sun goes away and the rain and the  
thunder comes back again, we forget the happy  
times.

But, if we do what pleases us, what we love.

Reading, writing, drawing, playing a game, we can  
take our mind off the darkness for a moment or  
two.

And then, it'll be over.

Not forever or even a long while.

The darkness can come again the next day, but if  
we focus on the happy times and take our mind off  
it.

When you focus on the good times, the good times  
get better and come quicker.

~Unknown