

LETTERS AGAINST LONELINESS

Actions in response to Covid-19



REPSOL
Fundación

Informational document/guide

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Description

Faced with the COVID-19 emergency, one of the most vulnerable groups is the elderly, and they need special attention to avoid situations of stress or depression as a result of the social distancing and confinement we are currently all experiencing.

In this activity, volunteers will maintain contact with elderly people or people with disabilities to keep them company and send them moral support, telling them about themselves, sharing personal stories, asking them about their life, etc.

Objective

Mitigate the effects of isolation on this group and contribute to improving their moods and overall well-being.

Beneficiaries

Seniors and/or people with disabilities throughout Spain, who live in homes.

Partners

Foundation to Promote Development and Integration (FDI).

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Schedule and location for the activity

This activity will be carried out **virtually (via telephone)** which allows for greater availability and flexibility of volunteers, as well as the participation by people from all over the country.

There is no minimum commitment, you only have to send and answer to the letters received via email that are sent from the home.

Process for offering companionship



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Responsibilities of the volunteers

- Give company to elderly people and offer emotional support to improve their moods and overall well being and mitigate the effects of social distancing.

Requirements

- Be of legal age.
- Be a Repsol Group employee, retiree, or early retiree and be registered as a Repsol volunteer.
- Family members and friends (including minors) can get involved in this initiative.