

1 in 4 people
aged over 65
live alone.

Reach out and make
someone's day
on 6 April,
Caring Hands Day!



A chat. A cuppa.

A hand around the house.

Cooking a meal. An outing.

There are all sorts of ways you can make someone's day.

And that's what Caring Hands Day is all about.

Take up the challenge and do an act of kindness or giving
and inspire others this **#caringhandsday**.

The power is in your hands.

www.caringhandsday.org.au



Southcare

**Caring
Hands Day**