



POSTCARDS

FROM BEHIND THE COVID CURTAIN

BEHIND
THE COVID
CURTAIN

POSTCARDS is a chance for older South Australians to reflect on the highs and lows of the COVID-19 restrictions by expressing their thoughts and feelings in a postcard.

Interested? Contact COTA SA to receive a pack with two postcards.

Postcard 1 - Express your COVID-19 experience in any way you like - a story, a sketch, a poem, a letter - it just has to be in your own handwriting. Send it back to COTA SA [it's Reply Paid] by 31/8/20 and have your postcard shared through publications and as part of an exhibition in ZestFest 2021.

Postcard 2 - Send this to anyone! Rekindle contact with someone, send it to a new friend, or pop it in a neighbour's letterbox. Bring a smile to someone you care about.

Register now to be part of POSTCARDS by contacting COTA SA

Ph - [08] 8232 0422, Country callers 1800 182 324

E - postcards@cotasa.org.au or Mail - GPO Box 1583, Adelaide SA 5001

Find out more at www.cotasa.org.au



Office for Ageing Well



Government of South Australia
SA Health