

Giving in a meaningful way

The suits

Help them to work out how to use their mobile phone and keep in touch with others

The communicators

Call in and have a chat with them perhaps using the local paper to talk about what is happening locally

The creatives

Read with them or spend some time painting and drawing with those who are interested

The handy andies

Make a bird feeder to put in an elderly person's garden

The mathematicians

Teach them basic computer skills

The musicians

Beg, borrow and buy old instruments and put on a show

Giving to the elderly in a meaningful and creative way

The carers

Sit down for a coffee and take the time to listen to their stories

The greenies

Pot up some flowers for them to have in their home or work in the gardens at a nursing home

The thinkers

Spend some time with teachers at school and your local old people's home, thinking about all the ways that you can make stronger links and connections between the two

The actives

Set up a wii fitness session and show them how to do it by joining in