

# Words of wisdom

## We contribute

Activity



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## Creating smiles that last

There are many creative ways to make older people SMILE in your community. The smallest action can make a huge difference. We can all leave our lasting legacy.

Having explored what you care about in your community and the combination of skills you have to offer, your challenge is now to create a SMILE which brightens up someone's day. This section will help you develop a creative plan to:

**Share** the skills you love for a purpose you care about in a  
**Meaningful** way that excites and interests you, which makes an  
**Impact** and leaves a  
**Lasting** legacy which engages  
**Everyone**

The following questions and prompts may help you create your own unique SMILES:



Share

We care about... and we'd like to help by sharing our skills in...

Highlight what you really care about and list the key groups of skills from your Party Group activity that you would really love to use both individually and as a group.

Example

"We really care about older people who are isolated and lonely and would like to brighten up their day by using our Creative, Communication, Caring and Musical skills."



Meaningful

Our most meaningful and exciting idea is to...

Think creatively about how you can combine your skills to meet the genuine need. Firstly create as many ideas as possible, then focus on those that excite you the most, that maximise your skills and can be achieved in the time and resources available.

Example

"We will organise a tea dance, bingo session and 'Chatter Lunch' in our local care home to brighten up older people's days." Or as an alternative "we will use communications technology to sing Christmas carols, read out poems and find out more about each other."



Impact

We hope to make a difference by...

Think about why your act of kindness would make people smile and the outcome it will produce. It could range from giving people hope, making people laugh, inspiring positive action and improving wellbeing.

Example

"We will give older people who may be isolated, lonely and vulnerable a sense of purpose and meaning by showing that we genuinely care about them and asking them their story."



Lasting legacy

We will keep the SMILE going by...

How are you going to leave a lasting legacy? This may include continuing the relationship over time, passing the challenge on to younger peers, involving more people and creating a ripple effect.

Example

"We will keep the smile going by making the tea dance, bingo session and chatter lunch regular events, adopting new Grandparents and using new technology to stay in touch."



Everyone

People who can help us are...

List all of the people who can help support you and can get involved. These may range from family members, teachers and friends to local businesses, charities and volunteers.

Example

"We can make the tea dance fun by engaging a local musician to play the piano, getting a prize for the quiz from a local hairdresser, persuading the local bakery to donate cakes for the chatter lunch and asking our peers to bring in their favourite games to play."

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Everyone

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We shall never  
know all the good  
that a simple  
smile can do.

Mother Teresa