

## Words of Wisdom

### Introduction

The Windmills Foundation is a charity and social values organisation that inspires young people to make their unique contribution to their local communities. We have developed the Words of Wisdom project which forms part of Sefton's Borough of Culture and is also supported by the National Lottery Reaching Communities Fund. The project empowers young people across Sefton to contribute to and support their local community by connecting generations together, helping to reduce isolation, loneliness and detrimental effects on wellbeing. Prior to the coronavirus, 1 in 5 residents in Sefton saw no more than 1 person each month. Words of Wisdom addresses this escalating problem.

### Engagement

Young people connect with elderly or isolated friends, neighbours and family members and contribute to their wellbeing through **SMILE: Sharing kindness and talents in a Meaningful safe way, that creates an Impact, leaves a lasting Legacy and brings a 😊 to Everyone.** Original plans for Words of Wisdom comprised of young people connecting with elderly generations through tea-parties and interactive grandparents, carers and friends' days hosted in schools or community centres. Acts of kindness were shared by the young people and Words of Wisdom were captured from their elderly friends using the question sheets attached. With current circumstances, this is no longer possible.

Here at Windmills however, we remain committed to the continuation of this highly valuable and most needed community project and have adapted our original plans. Alternatively, we've suggested a number of other methods of engagement and communication to reach elderly friends and family. These may include social media, telephone conversations, posting cards, art work, poems and a host of other inventive ideas you may create yourself. All current government restriction measures must be adhered to at all times, see link for further details <https://www.gov.uk/coronavirus>.

Words of Wisdom highlighting life stories and learning for young people are captured on the attached question sheets and sent through to us at Windmills. Once collated, we will produce a Words of Wisdom gift book later this year to celebrate the brilliant achievements of our young people and elderly populations. This creates a lasting legacy to be passed down through generations and can be given as a present to elderly friends. It will also be available online.

Supporting this project is most valuable. If you would like to participate and help our communities **SMILE**, please send your details to the Windmills email address below. From the Windmills Team we thank you once again for your brilliant support and we look forward to hearing your wise words captured, together with good news stories, photographs and videos (all in adherence with all Safeguarding and consent measures).

Very best from the Windmills Team,  
Helen, Pete and Suzanne

### Words of Wisdom 'Acts of Kindness' Stories



My Nanna gave us her wise words and enjoyed the flower pot we made for her



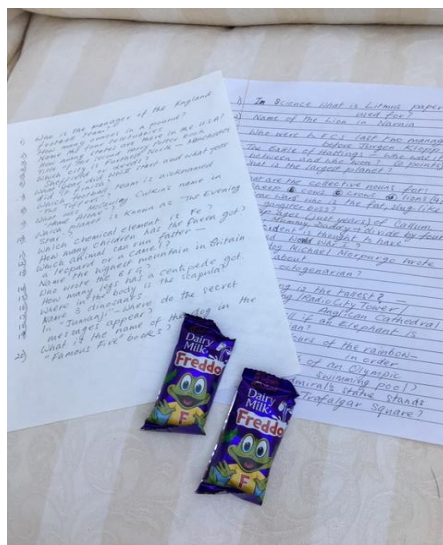
I pumped up my grandad's bike tyres so he could still exercise and he shared with me his Words of Wisdom



Our elderly neighbour kindly gave us her Words of Wisdom when we delivered her shopping as she can't go out herself



I sent out some of my paintings to my elderly family members who are isolated and called them to ask them for their Words of Wisdom over the telephone



We designed a quiz for my dad's elderly friends and sent them with chocolate bars through the post to help make them happy as they can't go out. They Zoomed us with their Words of Wisdom

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