

**Older residents - we need your help!** buzz health and wellbeing service are calling for you to share your 'words of wisdom' on a postcard to support children in your community as they make the transition back to school and deal with the changes that Covid 19 has brought about.

If you would like to get involved we are asking that you:

- Design a postcard for a child of primary school age, decorate it as your like and then drop it off at a library listed below (blank cards are available at the libraries)
- Write a message sharing your 'words of wisdom' on the back of the card which will help the child feel more confident/happy
- Leave your first name and age on the card so that the recipient can tell people that they have received a card from you (this is optional, you do not have to share this information if you choose not to)

Once written cards can be dropped off at the following Manchester Library sites: **North City Library, Abraham Moss Library, Beswick Library, Central Library, Longsight Library, Gorton Library, Fallowfield The Place Library, Hulme High Street Library, Chorlton Library, Wythenshawe Forum Library, Didsbury Library, Withington Library.** 

## by Friday 16th October

We will then distribute your postcard with a school child in your neighbourhood.

Please refrain from putting any personal information about yourself on the postcard other than your first name and age.

We want to do more intergenerational activities, if you design a postcard and want to get involved in future projects please leave a note with your card sharing your name, address and contact details (please put this with your card in an envelope for confidentiality)

For more information on this project contact

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