

Renfrewshire Network Meeting

Friday 31st May

West End Community Centre



In attendance:

Susan McDonald (GWT Coordinator), Helen Moir (Active Communities), Irene McDonald (Active Communities), Emma McCrystal (Active Communities), Carolyn Russell (Renfrewshire Council), Yvonne Farquhaur (Renfrewshire Council), Bernadette Reilly (Renfrewshire Council), Serena Murray (Renfrewshire Council), June Torrance (Renfrewshire Council), Karen Gilligan (Zero Waste), Stephen Slevin (Library Services), Stuart Miller (Engage), Joseph Theodore (Hawkhead & Lochfield CC), Angela McManus (Linwood Community Childcare), Stephen Dock (Engage), Maggi Boyd (Renfrewshire CHP), Anne Duncan (ROAR), Sheila Hood (Gallowhill Primary), Margaret Dymond (Community Activist), Viv Inglis (Active Schools), Joan Taft (Kibble), Fiona Auld (Renfrewshire Council), Mags Cairney (Renfrewshire Leisure), Karen Herbison (H-Arts)

Apologies: Avril McKerlie (Momentum Skills)

1. Welcome & Introduction

Susan welcomed new members and gave a brief overview of the networks aims.

2. Local Update:

GWT Conference

Several members attended the GWT Annual Conference in Edinburgh on the 13th March. Three workshops were hosted by Renfrewshire projects:

- *Castlehead High School – Paired Reading*
- *Renfrewshire Libraries - Tablets are good for you*
- *Renfrewshire Council - IP Guidelines*

This was a fantastic opportunity to highlight the good practise in Renfrewshire. Copies of all presentations are on the GWT website

Sheltered Housing

Susan has continued to support Housing & Property Services, Renfrewshire Council with their project at their Sheltered Housing complexes with residents and pupils from Linwood High School. Pupils have now produced a newsletter for the residents. .

GWT – Coordinators meeting

Susan attended the GWT local coordinators meeting, a great opportunity for networking and learning about IP projects around Scotland. There was a session on the new website and Susan has appealed again for more new stories, case studies and photographs for the Renfrewshire page.

Agefest Games

As part of Agefest, Active Communities piloted the Agefest Games. Pupils from Paisley Grammar took part in two workshops before the Games then assisted in the organising of the event. There were 9 teams participating with the age span from 14 years to 94 years! Pupils help coach the teams and also took part in events. Feedback from the event was very positive and the young people were surprised how active and “wild” some of the older people were! One pupil commented to his teacher “if we behaved like some of the older people, we would get into trouble!”

Plans are now in place to develop the Games and build on the IP aspect further.

Singing on a Sunday

A new fun singing group has been started at Mondyke Sheltered Housing complex with pupils from Newmains Primary. This followed a request from residents after a visit from the WOOP! singers as part of Agefest. BGT lookout!!

Renfrewshire Council

Susan has met with the Education department to try and forge better links with local schools. It is hoped to have representation at the network at future meetings.

3. National Update:

GWT's new website was launched end of Jan 2013 – please check out the network section your area at www.generationsworkingtogether.org

Please offer members the opportunity to place details of their IG work on the local news section

GWT continues to develop the new local networks with another nine being created over the next couple of months giving a total of 29 local networks across Scotland – **Next local network meeting in Glasgow takes place on Monday 10th June 2013** at Scottish Youth Theatre, The Old Sheriff Court, 105 Brunswick Street, Glasgow, G1 1TF from 9.30am – 12noon

GWT annual conference went extremely well and evaluated very positively – all powerpoints and handouts now available to download from the website. Photos now up on our Facebook page at www.facebook.com/GenerationsWorkingTogether

Objective - Education working group – progress going well - 4 sub groups – strategy, education, mapping case studies or marketing. 12- 15 case studies

A short life expert working group was brought together (50 members) consisting of a variety of partners (including Education Scotland) to help guide and support GWT to develop a strategic approach with the aim of raising awareness of the benefits of intergenerational work and how it fits with Curriculum for Excellence.

The group has meet twice and has tasked four sub groups (strategy, education resources, mapping & marketing) with the following tasks:

- A strategic document detailing GWT's education strategy
- A resources pack for teachers and practitioners and opportunities for professional development through training.
- Map 12 – 15 case studies

To work with NHS Health Scotland to encourage the use of IP in improving active aging, encouraging healthier lifestyles, supporting greater personal independence and, reducing social isolation of vulnerable groups and, in particular, the elderly.

A briefing paper (intergenerational approaches to health & well-being) is being written in partnership with Health Scotland which will highlight why people with a health remit should consider creating intergenerational opportunities within health. The paper has been drafted and we hope to have a final draft including 12-15 case studies by end of August 2013. Health Scotland will assist GWT in the dissemination of the paper.

IRSS (Institute for research and innovation in social services) has agreed to programme an Insights booklet (4000 words) for Intergenerational Practice later in the year with GWT guiding IRSS on the direction of evidence.

The Scottish Co-Production network is keen to promote intergenerational work to their network members and we hope to include coproduction case studies.

(Co-production recognises that people have 'assets' such as knowledge, skills, characteristics, experience, friends, family, colleagues, and communities. These assets can be brought to bear to support their health and well-being. Co-production begins and ends with the person, placing them at the heart of any given service and involving them in it, from the creation and commissioning of that service through to its design and delivery, its assessment and sometimes, where appropriate, its end.)

Intergenerational Training – Training the Trainers courses organised for Fort William, Inverness & Shetland however more central venues will be confirmed later in the year – keep an eye on website for further details. This course will be of interest to those who are keen to embed intergenerational approaches within their programme of work. Book online on the website.

Guidelines - Bringing together local authorities and intergenerational practice in a Scottish Policy Context – How can we encourage your Council to become interested in IG work and adopt the Guidelines document

To work with all Scottish Local Authorities to develop a framework for the effective use of intergenerational practice within Local Authority policies and procedures to the benefit of local communities and all age groups.

- Renfrewshire Council piloted Guidelines document – presented workshop at national conference
- Shetland Guidelines event held 23rd April – feedback on separate sheet
- Meeting held in Ayrshire with all three Councils represented. Each Council will hold their own Guidelines event. Cllr McCall signed up to Guidelines for East Ayrshire, Cllr Alec Oattes for South Ayrshire and possibly Cllr Dixon & McGuire for North Ayrshire.
- Aberdeen talks being held with Cllr Jenny Laing

Photo & video competition – deadline September 2013 – distribute leaflets – online application form now available on website

In partnership with Age Scotland to publish another round of walk in our shoes – act on our issues. The pack is part of Age Scotland's campaign to end isolation for older people. Act on our issues is an activity that community groups can do to tackle barriers such as uneven pavements, public toilets closures, poor street lighting, unsafe road crossings and inaccessible shops – leaflets attached for anyone who is interested.

Young Start Funding from the Big Lottery has an intergenerational strand available for up to £50,000 for two years. www.biglotteryfund.org.uk/youngstartfund

Heritage Lottery Fund

Heritage Lottery Fund Scotland will fund #intergenerational work and will consider applications from areas other than the priority areas mentioned on their website. Groups planning to apply for funding including start up funding should contact their Development Team first. Thanks Marion for the tip and the link to the following successful project recently funded...

<http://www.hlf.org.uk/ourproject/Pages/LifeisforLivingston.aspx#.UZSRNKLvtqy>

Go for Gold

The Go for Gold Challenge was established in 2012 to involve professionals and residents in the care sector in the legacy celebrations offered by the London Olympic Games and the World Congress on Active Ageing in Glasgow, both staged in the summer of 2012 and the 2014 Commonwealth Games also in Glasgow. The Go for Gold Challenge is part of the British Heart Foundation National Centre for Physical Activity and Health at Loughborough University (BHFNC) programme of Active Ageing Events. The aims of the Go for Gold Challenge are to:

- Promote and celebrate participation in physical activity amongst older people supported by the care sector.
- Build capacity in the workforce in the care sector to promote physical activity with older people on a day to day basis.
- Develop links between the care sector in Scotland and physical activity organisations.
- Contribute towards the 2014 Glasgow Commonwealth Games Legacy.

Go for Gold in Scotland is supported by a stakeholder network group made up of interested and motivated people from different backgrounds and a strategic reference group which includes national organisations across Scotland.

Following discussions with the 2014 Commonwealth Games Legacy Planning Team, the Go For Gold Challenge will be included within the 2014 legacy planning.

Older people's day – www.olderpeoplesday.co.uk

website is to celebrate the achievements and contributions that older people make to society and tackle negative attitudes and outdated stereotypes.

4. Presentation on Go For Gold

Susan gave a presentation on the BHF Go for Gold Programme and explained she has joined the steering group to help develop resources for the Go for Gold Challenges. Further information can be found at

<http://www.bhfactive.org.uk/older-adults-projects-item/299/index.html>

5. Group Exercise on opportunities for Go for Gold in Renfrewshire

What challenges would you like to see in Renfrewshire? 2013 & 2014

How can we make this happen?

What help / support do you need?

Volunteers to form a steering group?

Feedback from groups on challenges:

Dance Challenge – street dance, free style, silver tappers

Mod Challenge – Old Mill “walking song”

Renfrewshire’s Got Talent competition

Triathlon linked to Active Schools competition

Walk with Me / Gardening Challenge – Glencairn Court & Gallowhill Primary

Ballroom Fitness

Dance Challenge – different genres battles, strictly come dancing challenge, link to Mod (Gaelic singing)

Intergenerational Choir

Intergenerational Quiz

Physical Challenges – Agefest Games, links to Paisley 10K & other events

Susan agreed to write up feedback from the groups and look at sources of funding. It was agreed we would look at a Dance Challenge / Scottish Challenge in October with links to the Mod.

A small sub group would meet before the next network meeting. Susan will contact those who volunteered. If you would like to join the group please email Susan on susan@activecommunities.co.uk

6. Traditional Scottish Games Workshop – Brian Sutherland

Members took part in a fun workshop on traditional games – whips & peeries, girds & cleeks, hop scotch, beds, Diablo, skipping and parachute games. Lots of laughter and some great photos soon on the website!!

7. Date of next meeting Friday 30th August , venue TBC