

Strathmore Intergenerational Network



Bridging generations, sharing experience

Network Summary Report

Friday 2nd May 2014

10:30 – 12:30

Adult Resource Centre, Blairgowrie

Introduction

The first meeting of the Strathmore Intergenerational Network (SIGN) was held on Friday 2nd May 2014 at the Adult Resource Centre, Blairgowrie. The network was facilitated by the PKAVS Community Engagement Worker and the Strathmore Centre for Youth Development (SCYD) Youth Worker. This report produces a summary of the discussions that took place.



Intergenerational practice involves opportunities for all generations to engage in conversation and activities that improve relationships and reduce negative perceptions. It creates a learning process which involves sharing of knowledge, skills and experience of all generations.

The SIGN aims to serve two key purposes:

1. To act as a local community decision-making and feedback platform for influencing service and organisational development in Strathmore;
2. To support local people, community groups, services and organisations to develop intergenerational projects and activities in Strathmore.

A total of 51 individuals attended the network which included local people and representatives from a wide range of organisations in the third, public and independent sectors.

The format of the network consisted of an informal speed networking style activity followed by open table discussions based on four topics as outlined and summarised in the following section. The first network started to explore what is important to people in Strathmore.

Topic Discussions

Health Services

Facilitator: Sue Cole (Strathmore Advisory Group)

Community Transport

Similarly to other areas of Perth and Kinross, community transport was identified as a key issue with regards to accessing local community groups and health appointments. It was explained that the updating of the 'Getting around Strathmore' leaflet was taking place but a suggestion was made to develop a use your own car scheme through which a volunteer drives a client's car. There is a successful scheme being run in England.



Potential Action:

- Identify existing volunteer transport schemes and undertake a community evaluation of these
- Share work being undertaken by existing group around community transport

Blairgowrie Community Hospital & Strathmore Advisory Group

The Blairgowrie Community Hospital was discussed and the role of the Strathmore Advisory Group was explained. Questions were raised about how the Community Hospital space will be utilised and further communication is crucial to inform the community about developments. Participants agreed that the involvement of young people on the Strathmore Advisory Group should be looked at as there had previously been involvement from young people from SCYD. A suggestion was made to hold meetings during the day so that young people can access.

Long wait for getting access to clinics at NHS. You can be sent to Kinross or any other Community Hospital which is very difficult if you don't drive.

Potential Action:

- Strathmore Advisory Group and SCYD to discuss how young people can be involved in the group and identify interested young people
- Need to determine the most effective and inclusive method for involving community in influencing health service delivery

Support through local groups and social prescribing

Some participants identified a need for more social prescribing and this is currently being looked at amongst a range of services including GPs and Social Work. Intergenerational work was perceived as an excellent way to tackle loneliness which was a significant concern for people in the area. Participants suggested that there is no social contact for some people and that service users need respect.



The Friendship Café in Rattray Hall was acknowledged as a positive example of a local group working well and supporting the health and wellbeing of community members.

The Strathmore Dementia Service and the Wednesday Health Walks (BaDns) were mentioned as working well.

Attendance at the Dementia Information Café in Blairgowrie is getting low and are thinking of changing names.

Access was something which needed to be considered by local groups, particularly parking when Blue Badge parking spaces are full.

Access to information about local groups and support is a key issue. For some, online-based information is very useful but for others, there is too much information online. Alyth Lunch Club has created a folder with leaflets. The Blairgowrie and Rattray Hub has combined both through a Hub Website and quarterly magazine (and local forum) that is distributed by volunteers to all residents in the area.

Potential Action:

- Determine the most effective method for distributing information about local community groups and activity with everyone's accessibility needs taken into consideration.
- Consider whether Well Connected, Perth and Kinross (using the ALISS system) is an appropriate tool.
- Services including GP surgeries, Social Work to provide more community-based information – supported by Community Engagement Worker
- Determine ways to identify and support isolated individuals who are not in contact with services.
- Work with services for carers to identify support needs in Strathmore.

Service Efficiency

Participants emphasised the importance of services working together and looking at the full picture of health and social care needs towards proactive rather than reactive health care. In order to do this, a request was made for there to be more people leading partnership in the NHS rather than service 'competition' and for NHS to improve budget creativity through joint working.

There is a need for consistent, patient centred care and a health care system that is bottom-up and has transferable services. Participants desired a health service that is not driven by targets, although appreciated that there must be a way of monitoring in place.

Potential Action:

Examples of Good Practice

- Strathmore Dementia Services
- Mental Health Team at Trades Lane, Meadowell and Wisecraft
- Butterfly scheme in NHS Tayside Hospitals for Dementia patients
- Dementia Café



- Wednesday walks by BaDNS – people come from all over East Perthshire
- Friendship Café in Rattray Halls – very well supported
- Mobile library to visit Care Homes (new service)
- Services offered by community pharmacies – saves going to GP
- When in NHS system – super service!
- Blairgowrie Hub Magazine
- Community Market – information point
- Alyth Lunch Club leaflet folder

Education, Learning & Lifelong Skills

Facilitator: Bev Leslie (Head Teacher, Blairgowrie High School)

Intergenerational Projects in Schools

Suggestions were made that in schools and nurseries, older people could help with reading, music, arts, skills such as embroidery, history. The Local History and Blethers groups could work alongside the school and undertake school visits – older people in class!

An idea was also presented about ‘Our Memories’ and sharing of school experiences such as school trips.

It was agreed that intergenerational projects should have mutual benefit.

Potential Action:

- Local History / Blethers Group to explore potential projects with school

Technology

There was a request for more Silver Surfer lessons (Technology Learning). SCYD has previously been involved in delivering technology sessions for older people and it would be useful to explore how this can be done again.

Potential Action:

- SCYD, school and IT tutor to explore options for taking this forward

Volunteering

Facilitator: Lidia Dye (Development Officer, PKAVS Voluntary Action Perthshire)

Key issues that participants wanted to explore further were:

Attracting volunteers



PVG Costs – particularly clarification for charitable trusts

Potential for volunteer befriending for older people and supporting existing volunteer befriending schemes. Particularly mentioned was befriending for people with learning disabilities and young people befriending an older person.

There was an agreement across all topics that volunteers need access to relevant training to support the crucial role local groups and volunteers play in health and wellbeing improvement.

Potential Action:

- Identify training requirements of volunteers and support with access to these

Benefits of Intergenerational Work

Facilitator: Craig Cantwell (Manager, Strathmore Centre for Youth Development)

This discussion focused on the overall benefits of intergenerational practice, sharing examples of existing projects and developing ideas for new projects.



The benefits of intergenerational work included more communication, sharing of skills and knowledge, breaking down barriers, improving community inclusion and creating informal learning opportunities. It was emphasised that it is a reciprocal process and that respect must work bilaterally.

Ideas and Existing Projects

Project Work – SCYD or young people from school supported in Care Homes. Young people have assisted residents with ICT.

Cooking Project – Coupar Angus – Farm to Plate. Young people communicated with different people and learned new life skills.

Wisecraft - need assistance with ICT skills and joinery. There is a small garden at the rear of Wisecraft which can be utilised for an intergenerational project. They are happy to have visiting groups. It was agreed that there is a need to work on support for mental health.

Ericht Trust – problem of isolation can exist in this area and need to think about how we engage with people who do not attend groups. The development of the Old Hill Primary School site in Blairgowrie will include 9 projects. An idea of an intergenerational project for the community garden was put forward as something to be taken forward.

Feedback & Shaping Future Networks

Excellent feedback was received following the event and there was strong support for the network to be continued on a regular basis. Those attending indicated that a range of new contacts were made and will now be able to take new ideas forward.



Overall, the importance of communication was emphasised in terms of understanding local developments. Particularly mentioned was the Hub website, magazine and forum (www.blairgowrieandrattray.co.uk) which could be utilised more for such requirements. The network will aim to act as a feedback forum and follow the National Standards for Community Engagement to ensure a reciprocal dialogue is developed between community and services.

Future Meetings



Details of the next network will be publicised in the Blairgowrie Advertiser, on the Blairgowrie and Rattray Hub Website (www.blairgowrieandrattray.co.uk) and will be sent to the distribution list (all those who left details at the previous meeting). If you know of anyone who would like to be added to this list, please contact robin.falconer@pkavs.org.uk

Generations Working Together Meeting

Meanwhile, the next meeting of Generations Working Together (Perth and Kinross Network) will take place on Wednesday 4th June from 3:45 – 5:15pm at The Community School of Auchterarder. If you are interested in attending you must register at www.generationsworkingtogether.org or contact yvonne@generationsworkingtogether.org

SIGN Contacts

If you would like support to take your ideas forward, please get in touch:

Robin Falconer (PKAVS Community Engagement Worker - Change Fund) – 01738 567076 / robin.falconer@pkavs.org.uk

Jamie Stewart (SCYD) – 01250 872121 / scyd@btconnect.com



Network Representation

Based on confirmation of attendance at most recent meeting

Alzheimer Scotland

Blairgowrie High School

Blairgowrie & Rattray Community Council

Blairgowrie & Rattray Timebank

Cair Scotland

ECLIPS

Ericht Trust

Gowrie Care Ltd.

Hope Park House - Residential Care Home

Muirton House Nursing Home

NHS District Nursing

NHS Occupational Therapy

Northlands Nursing Home

One Voice

Perth Citizens Advice Bureau

PKAVS Change Fund Community Engagement Team

PKAVS Voluntary Action Perthshire

PKAVS Carers Services

PKAVS Mental Wellbeing Services

PKAVS Services for Minority Communities

PKC Meadowell

PKC Social Work – Adult Care

PKC Social Work – Learning Disability Service

PKC Transitions Team

Scottish Care

Scottish Fire and Rescue Service

Scottish War Blinded

Strathmore Advisory Group

Strathmore Centre for Youth Development (SCYD)

Tayside Council on Alcohol

Vision PK