

## National Update – Orkney Network Meeting

**Date:** Monday 20th October 2014    **Venue:** Voluntary Action Orkney



**In attendance:** Fraser Devine (Voluntary Action), Simon Gordon (Orkney Alcohol Counselling & Advisory Service), Gary Amos (Library & Archive), Karyn Tait (NHS Orkney Dental Services) & Alison Clyde (GWT)

**Apologies:** Janette MacKie (Citizens Online) & Linsey Drever (Adult Befriending Service)

### GWT national update:

- **GWT staff changes** - GWT welcomes Cheryl Ewing (Local Network Development Officer) who started in July. Cheryl is taking over the coordination from Alison of 8 local networks across the central belt including Glasgow, Renfrewshire, East Renfrewshire, Inverclyde, South & North Lanarkshire, East & West Dunbartonshire allowing Alison to support the Highland networks.
- **Education resource pack** - Slight delay in letters being sent to Director and Heads of Education re training (planned for end of Aug) due to Yvonne Coull our other Local Development Network Officer and Trainer resigning due to health problems. Alison hopes to send letters later in the year. Alison will keep everyone posted and is happy for schools to contact her directly to request the 4-hour training course.
- **Equality Internship (SCVO)** – GWT is shortly to recruit a Development & Communications Intern to work on developing a toolkit for the intergenerational quiz to go national. The intern will also develop recognition awards which will be presented at our national conference in March next year.
- **Date for your diary** - Our next national conference will take place on Wednesday 4<sup>th</sup> March in the Lighthouse, Mitchell Street, Glasgow. Alison hopes the programme will be confirmed December time.
- **Highlands & Islands Conference 2014** held in Eden Court, Inverness was a great success. GWT hope to repeat on 29<sup>th</sup> April 2015 again possibly at Eden Court, Inverness. Alison is looking for projects and groups to showcase their intergenerational work at the conference. Please contact Alison if you have a project which you feel would be of interest to other groups and organisations from across the Highlands & Islands.
- **Copies of our Education Resource Pack and the publication known as ‘Intergenerational approaches to improving health and wellbeing’** can be found on the GWT website at [www.generationsworkingtogether.org](http://www.generationsworkingtogether.org)
- **Intergenerational Training** – after discussion it was agreed that Alison would contact everyone who’d already attended the training course in Orkney

### Round the Table

- Fraser reported that Linsey their Adult Befriending Service Coordinator had recently embarked on using Cognitive Stimulation Therapy (CST) at a very sheltered housing complex. Cognitive Stimulation Therapy (CST) is a tool to get people mentally stimulated and engaged. There are 24 sessions which looks at different aspects of life. These topics can include my life,

physical games, current affairs and being creative to name a few. Primarily written for people with dementia we have made every session suitable for our group who don't all have dementia. Since we have been delivering this we have noticed a marked difference in the level of increased participation within the group. One lady who rarely participates or communicates suddenly tried to write with a pen and has continued to try and participate in most of the sessions. The difference these sessions are absolutely incredible and is impacting positively throughout the complex. Laura runs a group there every week and she has seen a marked difference.

- Fraser also mentioned that their intergenerational work was shifting from care homes to community centres and was building on from their work in the care homes
- Copies of Age Scotlands new publications 'Eat Well' (a guide for older people in Scotland) and 'Age Maze' (your guide to later life in Scotland) were shown – for copies please contact Age Scotland
- Gary mentioned they were planning to apply for funding from the Public Library Improvement Fund for WW1 projects in the Spring (2015). Hopefully there will be opportunities within the project to do an intergenerational family history project.

#### **Actions:**

- Alison/Fraser to invite Jessica Jones/Gary Burton (Chair of Active Orkney Group) to the next meeting.
- Karyn noticed that there was no oral health message within the new Eat Well publication from Age Scotland (Alison/Karyn to feedback to Age Scotland)
- Alison to send a survey monkey to those in Orkney who have completed the GWT training courses to see where they are at now – Alison will feedback results at next meeting
- Alison to contact Kerry for update on what's been happening within CLD and education
- Alison to contact Peter re update from head teachers etc.

#### **Funding Opportunities**

YOUNG START funding <http://generationsworkingtogether.org/resources/young-start>

Other funding opportunities can be found on the GWT website:

<http://generationsworkingtogether.org/resources/intergenerational-funding/>

**Next meeting:** Wednesday 18<sup>th</sup> March, 11.30 – 2pm, Voluntary Action Orkney, Anchor Buildings, 6 Bridge Street, Kirkwall, KW15 1HR

GWT is pleased to confirm that the Highlands & Islands Conference will take place on:

**Wednesday 29<sup>th</sup> April, 10.30am – 3pm, Eden Court, Inverness – further details will follow Jan 2015**