

Meeting Report: Forth William & Lochaber

Date: 5th December 2014

Venue: An Drochaid Centre, Claggan Road, Claggan, Fort William, PH33 6PH



Generations Working Together

In attendance: Ann Marie Donoghue (High Life Highland); Marion Smith (RCOP Highland & VAL); Elaine Booth (Living It Up); Cheryl Ewing (GWT); Alex Callison (Men's Shed Fort William).

Apologies: Lynn MacAllister (Lochaber High School); Sonja McLachlan (West Highland Museum).

1. Welcome and Introductions

Cheryl welcomed everyone to the meeting and prior to round-table introductions provided context to the network giving the following definition of IP.

Intergenerational practice aims to bring people together in purposeful, mutually beneficial activities which promote greater understanding and respect between generations and contributes to building more cohesive Communities.

Intergenerational practice is inclusive, building on the positive resources that the young and old have to offer each other and those around them (BJF: 2001)

2. GWT National Update

- Details of GWT National Conference for next year – (The Lighthouse 4 March 2015) will be posted on the website soon – look out for details -
- Intergenerational Training – Glasgow 25th of March
- Joint Improvement Team – Myra Duncan has been researching the impact of Men's Sheds in Scotland. For more information - <http://generationsworkingtogether.org/resources/joint-improvement-team-jit>
- Funding – Big Lottery – Young Start – There has been a poor uptake of this funding under the Connection Strand which has an IG theme. Encouraged to apply.
- Woodlands Trust – Free tree packs for groups available – 120 saplings. Deadline 6 January 2015. <http://www.woodlandtrust.org.uk/>
- Meal Makers – Launching a pilot in Dundee. Meal Makers is a local neighbourhood food sharing project connecting people happy to share an extra portion of a home-cooked meal, reducing social isolation and malnutrition in older people. Hoping to roll out in Glasgow in the near future.
- Theatre - Better Late Than Dead on Time – anyone interesting in hosting this please speak to Cheryl <http://www.theatreand.com/index.php>

3. Round Table Project Updates

Ann – High Life Highland

An IG project has been running in Kinlochleven with a mixed group of school pupils. Pupils were challenged to make a difference in the community and were set the task to write 4 pieces of correspondence (written or emailed) to a member of the community. The participants were only given first names (due to small population in area, and knowing locals), in order to get to know the person, not the age etc. Before writing began groups were given the gingerbread stereotyping activity, to challenge beliefs. After the final correspondence had been exchanged the participants came together and introduced themselves, the person behind the letters. This proved to be a successful way of challenging stereotypes between younger and older people in a locality.

Alex – Fort William Men’s Shed

The group had their open evening in which 20 men came together. A constitution has been written and the group is now registered as a charity. Jo Cowan from Age Scotland is the group’s representative jo.cowan@agescotland.org.uk

The group is currently based in the old garden centre at the moments and have been using facilities from the ‘Buzz Project’. <http://thebuzzproject.org/>
The group is looking for more permanent premises. A cooking meeting is being launched to allow the men to learn how to cook for one, and eat nutritious meals.

A visit has been made by some of the members to Westhills, at this point Cheryl directed Alex to look at the Making It Matters project that was carried out at Westhills with local Art School Students and MAKLab’s mobile facilities. MAKLab are able to provide workshops across Scotland with this facility. A case study is soon to appear on the GWT website

<http://www.luminatescotland.org/outreach/making-it-matters>

Marion – Voluntary Action Lochaber

VAL are now offering the SQA Award in Volunteering Skills Level 3-5, so far 8 young people have started their L3 with 6 others to start shortly. The young people involved have been visiting the Montrose Centre for Adults with disabilities, where they befriend and get involved with the Nimble Fingers Project. The skills awards is also being delivered through projects running with Lochaber Hope dealing with employability and mental health.

RCOP

Marion also provided an update for RCOP.

Work has been taking place with individuals and with groups, encouraging activity. Recently a Boccia tournament has been set up, also Otago (core strength and balance activity) and the heel toe off we go events.

Hopefully IG projects will be taking place in the near future, Invernevis House care home wish to start work on a garden and involve the local nursery.

Elaine – Living It Up

Living It Up is a digital Service, originally set up for the over 50’s but now provides information for family/friends/carers. The service provides information, support and also

acts as a directory – all helping to manage and support health and wellbeing especially in rural areas.

Information was also given to the group about previous projects such as The Get to Know Your Techno group from Ullapool. This amazing group of young people are putting their technology knowledge skills to great use and breaking down the barriers that exist between generations by helping older members of their community get to grips with modern technology.

A local high school has also opened up their facilities and offer drop in sessions and peer support for older people and technology. The older person is paired with two pupils, one to talk through skills and another to write down notes for the older person to take away.

4. Date of Next Meeting

Monday 30th March 2015, 2:00pm - 4:00pm at An Drochaid, Claggan Road, Fort William, PH33 6PH