

## National Update – Shetland Network Meeting

Date: Thursday 19th March 2015 Venue: Lerwick



**In attendance:** Alison Clyde (GWT), Neil Pearson (Voluntary Action), Sanna Aitken (Active Schools), Laura Whittall & Ann Williamson (Alzheimer Scotland), Denise Nicolson (Adult Learning) & Hazel Anderson (Advocacy Shetland)

**Apologies:** Stephen Mulla, Jim Leask, Wendy Hand, Christine Ferguson, Kate Coutts & Margie West

### **GWT national update:**

The GWT Conference held on 4th March at the Lighthouse in Glasgow saw 141 delegates participate in a full days programme. Presentations from our speakers, facilitators and films are being collated and will be uploaded to GWT website over the next few days. At the end of the day GWT announced the winners of our first **Recognition Awards**. We were delighted to receive 47 applications, an excellent response for our first year.

Congratulations to the following winners:

- New Intergenerational Project Award (Less than 12 months) – **“Big” Club Nairn, Beginners Internet Group**
- Established Intergenerational Project Award (Greater than 1 Year) – **Intergenerational Quiz, East Renfrewshire & Renfrewshire Council**
- The Yvonne Coull Local Network Coordinators Award – **Susan McDonald, Renfrewshire Network**
- Young Person who has Contributed to Intergenerational Work Award – **Julia Thain, Connect Project, Orkney Befriending**
- Older Person who has Contributed to Intergenerational Work Award – **William Richardson, Old School Graffiti Project & It’s the people that make the place**
- Intergenerational Volunteer Award – **Avril Anderson, Volunteer Coordinator**

### **Men’s Sheds Report – Joint Improvement Team**

Mark McGeachie from the Joint Improvement Team shared research and best practice from their recent report at this year’s GWT Conference. The document reports on a piece of investigative research undertaken to find out why the community based initiative Men’s Sheds has spread across Scotland and whether there is any learning to be drawn from this which might be shared and applied to other community based initiatives. The report now published can be accessed at:

[www.jitscotland.org.uk/resource/report-mens-sheds-scotland/](http://www.jitscotland.org.uk/resource/report-mens-sheds-scotland/)

**External Evaluation of Generations Working Together** – copies distributed and available for download from the GWT website

**Learning Link Scotland - Evidencing the Impact Toolkit** being refreshed. Four GWT members are taking part in the review including Lisa Hemphill (Fife), Denise Nicholson (Shetland), Mary Arnold (Aberdeenshire).

**New materials designed for Intergenerational Training course** – members who have attended the one day intergenerational training the training course can now download resources and activities from a special section on the website under training. The evaluation section of the training has been changed. Sanna would be interested in participating in a training course.

**Social impact training** opportunity for Local Network Coordinators on Tuesday 28<sup>th</sup> April 12 noon till 5pm – Alison is happy to open this out to projects if there is no local network coordinator for your area.

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)

**Conference** – Wednesday 29<sup>th</sup> April 2015 – Eden Court, Inverness. Booking line now open.

**Workshops include:**

- Intergenerational Befriending
- Speed networking for Intergenerational practice
- Intergenerational partnerships through Youth Voice, Youth Action & Youth Philanthropy
- An introduction to the protection of vulnerable groups
- Evidencing the impact
- Funding Surgery – Heritage Lottery Fund and one other (TBC)

Alison is looking for intergenerational projects to host a few information stalls which will provide projects with a great opportunity to showcase their work. There is also a couple of spaces for speakers to showcase best practice. If you know of anyone please get in touch with [Alison@generationsworkingtogether.org](mailto:Alison@generationsworkingtogether.org) as soon as possible.

**National Intergenerational Quiz Toolkit** – toolkit is now drafted and with the designer, will have copies at the Inverness conference. The plan is to roll out to local areas encouraging them to hold their own regional quiz. GWT plan to identify appropriate funding and apply for a P/T coordinator to roll out the programme and run the first national quiz late in 2016. More details to follow at conference.

**Round the table**

- Sanna Aitken has been running intergenerational projects linking schools and care homes in Sound and Scalloway. The Sound project involved taking Primary 7 pupils into Care Homes for a 6 week block, 45 minutes per week, to do activities. The finale was a tea dance. Young people, parents, grandparents and people attending day-care - all participated in the event.

The Scalloway project ran for 2 x 5 week blocks. This involved less-able older people. The sessions involved 10 – 15 minutes gentle exercise e.g. parachute games and skittles, followed by themed discussion. Topics ranged from toys to holidays. They borrowed Memory Boxes from the Museum to promote discussion between the school pupils and care home residents.

Sanna would like to build on the success of these projects in the future and highlighted the positive impact the experience has had on some of the school pupils and discussed the value of this type of introduction to the care profession.

- Ann suggested that there was potential for Sanna to become involved with another intergenerational project – a Memory Walk. Memory Walks are run all over Scotland, and follow a tried and tested format. One took place in Scalloway last year. The park was laid out with various stopping points. At each stop a different 'do you remember?' question was asked. It had been a very positive experience for those taking part.
- Neil flagged up an issue with a local model yacht club, which has no young volunteers. Denise recently had a similar conversation relating to a second club. There may be potential for an intergenerational project in the future.
- Ann and Neil are in the mid planning stage for a project which **originated from the last GWT meeting**. Following the last meeting, Ann, Neil and Steven Mullay explored the possibility of a project involving people with dementia and young people. They decided on a Playlist for Life, which has recently been promoted by Sally Magnusson. [www.playlistforlife.org.uk](http://www.playlistforlife.org.uk)

This is based on the music of your lifetime e.g. songs and adverts (50 – 100) which have particular meaning or relevance, which are put on an iPod and are accessible to the person with dementia. The project will initially involve 10 pupils from the Sandwick School, along with the dementia team. The young people will meet with the families, care staff and the people with dementia to draft the playlist. There will be a very structured plan in place, which will include sessions on dementia awareness, confidentiality. The training will be provided by Ann, Laura, Stephen Mullan and Alan Murdoch.

- Laura is also building on the success of the Memory Lane Cafes. In Sandwick, school pupils are now coming along, which is proving beneficial to everyone.
- Hazel Anderson (Advocacy Shetland) came along to find out more about GWT. Denise contacted Hazel following the last GWT meeting, as they had both attended the Older People's Assembly in the Autumn and thought there was potential to increase older people's participation in the assembly. Hazel is interested in supporting older people, and people who work with older people to influence change.
- An intergenerational aspect, which was discussed at the last meeting, could be to draw on the successful model of youth voice. Young people could work alongside older people, giving support, guidance and advice and the benefit of their experience. At the moment this is just an idea. Hazel is going to speak to various groups to find out if there is interest in pursuing this.
- Denise is not involved in any projects just now, however has had initial meetings about three projects which may take place later on in the year.
- The library are not currently running any intergenerational projects at present however would be very interested in partnering with someone to do another project. If anyone is interested please contact Margie West at [Margie.west@shetland.gov.uk](mailto:Margie.west@shetland.gov.uk)

**Action:** Alison to contact Vaila and Brendon inviting them to the next network meeting to highlight how intergenerational work fits in with the SOA and community plan.

Alison to organise another training course for September time.

**Next meeting:** September/October 2015 - Date TBC (avoid Shetland wool week 26<sup>th</sup> Sept – 4<sup>th</sup> October 2015)