

## National Update – Perth & Kinross Network Meeting

Date: Thursday 30<sup>th</sup> April 2015 Venue: Balhousie Primary School, Perth



**In attendance:** Shona Fowler (P&K Healthy Communities), Cllr Douglas Pover (Convener Community Safety PKC), Helen Milne, (Community School of Auchterarder), Ruth Smith (Tourette Scotland), Katrina Dormer, (Balhousie PS), Angela Dow, (Dunbarney PS), Audra Webster (P&K Healthy Communities), Carole Anderson (Age Scotland), Gary Brown (PKC Youth Services), Fiona Matthews (Alzheimer Scotland), Carolyn Wilson (NHS Falls Service Manager).

**Apologies:** Alison Clyde (GWT), Colleen Houston (St. Stephen's RC Primary), Jackie Doe (Healthy Communities, Cllr Gordon Walker, Judy Barrow (PKC CCB), Robin Falconer (PKAVS CE Worker), Cllr Alan Grant.

### **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 now on the GWT website. At the end of the day GWT announced the winner 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**

A new report on Men's Sheds has recently been published by the Joint Improvement Team which can be accessed on the Joint Health Improvement Team's (JIT) website.

<http://www.jitscotland.org.uk/resource/report-mens-sheds-scotland/>

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.

Copies of **GWT's External Evaluation, 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)

### **National Intergenerational Quiz Toolkit – Copies now available**

GWT plan to provide support via the toolkit to local areas encouraging them to hold their own regional quiz. GWT will in the next few months be applying for funding for a P/T coordinator to roll out the programme and hold the first national quiz late 2016.

## Round the table/presentations

- Audra Webster from P&K Healthy Communities gave a presentation on the Kinloch Rannoch 'Walk in Our Shoes' project. The project has encouraged children to look at their community through the eyes of an older person. (Presentation attached)  
Audra is going to give us an update to the project in a further presentation at our next network meeting in September.

Carolyn Wilson (NHS Falls Service Manager) delivered a presentation on the intergenerational activities around physical activity which have taken place in care homes involving school pupils, nursery children, the local community and care home residents undertaking a local street audit, identifying issues which might affect an older person when out walking.

Perth College UHI has delivered a 12 week programme of strength and balance exercises, music to movement and activities to 5 Perth city care homes. This has been a resounding success with special relationships being formed between the residents and the students and the students continuing to provide exercises to the care home in their own time.

There are early discussions with Perth Grammar School, Perth High School and Perth College UHI around the involvement of students taking music and how they might bring their skills into care homes perhaps forming a choir.

## Talks at GWT conference:

- Shona and Fiona fed back on their presentations at the GWT conference, in particular how well received the Community School of Auchterarder had been. There was an opportunity to see a photo of a section of the graphic facilitation from the conference that featured Perth & Kinross. Everyone commented on how good this was and how much more likely we were to look at it and read it, rather than a page of text. Shona also shared the Living Communities Photojournalism project newspaper 'Exploring Heritage, Community and Identity', copies are available in various public places such as libraries, GP surgeries and community centres.
- Ruth Smith, Tourettes Scotland – local information available from website.  
[http://www.tourettescotland.org/local\\_networks/tayside\\_and\\_forth\\_valley.aspx](http://www.tourettescotland.org/local_networks/tayside_and_forth_valley.aspx)
- Balhousie Primary School are involved with:  
North Perth Food and Drink Show on Saturday 5<sup>th</sup> September 2015.  
The children will be growing vegetables and flowers to be included in a flower and vegetables stall. They will also get to cook some recipes with their produce and bring it along on the day. Children will also get to meet and talk with people living with Dementia and share their experiences with them.

## National Care Home Day/Open Day Friday 19<sup>th</sup> June

Children will be joining in with simple sports with residents and will be involved with helping with scoring. Both parties to provide some light musical entertainment. Children will be getting faces painted, fun activities provided, sharing pieces of art work, snacks and juices with residents etc.

Perth Grammar School link: Children from Balhousie to participate in Theatre Production 'High School Musical' Monday 22<sup>nd</sup> June – Thursday 25<sup>th</sup> June

Balhousie Summer Fete and BBQ:

Wednesday 24<sup>th</sup> June inviting residents and neighbours from local community.

## **AOB**

### **Information from Gary regarding the project and book '5 Frames per second'**

'5 Frames Per Second' a group of young people who I work with:

Are you interested in intergenerational work and are you looking for resources to work with?

If Yes...we think you would like our book Perceptions of Youth: What do you think of young people?

Available with an intergenerational educational resource we have also made, for a donation of your choice.

Donations going to Trekstock (supporting young people with cancer)

For more information on obtaining a copy of the book and resource contact -

Gary Brown, Community Learning and Development Worker, South Perth Youth Work

T: 01738 477678 E: garybrown@pkc.gov.uk

### **Next meeting:**

**Thursday 3<sup>rd</sup> September 1015**, 10am – 12noon, Balhousie Primary School, Dunkeld Road, Perth. PH1 5ED