

## Highlands & Islands Conference 2016

Friday 29<sup>th</sup> April, Centre for Health Science



**Generations  
Working  
Together**

### Synopsis of breakout sessions

#### Morning sessions

**Session 1.** The Highland Youth Arts Hub: Approaches, Methods & Outcomes of Creative Intergenerational Practice'

**Facilitator:** Stacey Toner, Project Manager, Highland Youth Arts Hub

The **Highland Youth Arts Hub (HYAH)** is one of nine being set up across the country as part of the National Youth Arts Strategy, Time to Shine, which centres around three key themes: creating and sustaining engagement, nurturing potential and talent & developing infrastructure and support.

Thirteen youth and arts organisations are working in partnership to develop this exciting new initiative: Aros / Skye Dance, Eden Court, Fèisean nan Gàidheal, Fèis Rois, Highland Council, Highland Print Studio, High Life Highland, Moniack Mhòr, North Lands Creative Glass Plan B, Room 13, University of the Highlands & Islands and Youth Highland.

The project aims to increase access to youth arts activities across the region and across a range of art forms including dance, digital art, drama, film, literature, music and visual art. This workshop will provide an overview of intergenerational activity with an insight into some of the pilot projects run over the past 18 months, followed by an opportunity to discuss the benefits and challenges of the HYAH initiative so far.

**Session 2.** Using Intergenerational Approaches for Digital Inclusion

**Facilitator:** Fraser Reid, Senior Policy Manager, Digital Participation Unit, Scottish Government

**A truly Digital Future** is only possible if we are inclusive of all in society, bringing the right access to the right people who have the confidence and skills to make the most of it. It is for this reason that the Scottish Government has put Digital Participation at the forefront of creating a World Class Digital Nation.

Fraser Reid, Senior Policy Manager for the Scottish Government's Digital Participation Team will discuss how strong links with third sector partners and other frontline organisations are helping to turn the tide from **Digital Exclusion** to **Inclusion**.

**Session 3.** Become An Urban Detective... with Scotland's Urban Past

**Facilitator:** Carol Stobie, Audience Participation Officer

In this workshop, you can learn activities to engage the generations with investigating, capturing and portraying their place, including community mapping and storytelling.

Scotland's Urban Past (SUP) brings people of all ages together to investigate, record and celebrate their towns and cities. SUP offers free training to enable community groups to create and fulfill their own intergenerational projects about Scotland's urban areas. Projects supported by SUP can range from soundscapes and short films to using historical documents to myth-bust local urban legends. Anyone can get involved and become an Urban Detective, so find out more today.

Scotland's Urban Past is led by Historic Environment Scotland, supported by the Heritage Lottery Fund. [www.scotlandsurbanpast.org.uk](http://www.scotlandsurbanpast.org.uk) @ScotUrbanPast

## Afternoon sessions

**Session 4.** Higher Education goes Intergenerational

**Facilitator:** Sharon McGuire, Subject Leader – Sport, Fitness and Outdoor Activities and Programme Leader for BSc (Hons) Sport and Fitness at Perth College UHI.

### **Perth College UHI students Physical Activity project with Older Adults in Care Homes**

Perth College UHI students and staff will share their experiences about their exciting physical activity project where they worked with older adults in care homes. They will cover how they set up the 12-week project with the NHS and local leisure provider, Live Active Leisure and how they overcame the barriers to deliver their successful intervention. The students plan to share their thoughts about how they felt working with older adults as well as the feedback they gained from all involved.

**Session 5.** Age Awareness

**Facilitator** – Cheryl Ewing, Generations Working Together

What stereotypes do we have around growing older? Are these realistic or do we fall victim to what we hear and see in the media? This interactive session will give the opportunity to reflect on how we label different generations and ways in which we can break down barriers around ageing. Cheryl will prompt discussion and lead on a practical session; delegates will have an opportunity to try out some of Generations Working Together resources.

**Session 6.** Living Life Well in Care Homes

**Facilitator:** Edith Macintosh, Rehabilitation Consultant, Care Inspectorate

This workshop will give you the chance to consider what living life well means and how older people in care homes can do this. You will hear about the Go for Gold Challenge Scotland and resources available to support people to become more physically active. The session will be quite interactive and will provide an opportunity to think about what steps you can take to make a difference to people's lives along with time for discussion.