

## Western Isles Network Meeting

Date: 24 Oct 2016 Venue: Volunteer Centre, Balivanich



**In attendance:** Tara Paterson (Uist Befriending & UCVO), Sheena Stewart (Uist Befriending), Lisa Wilson (Museum nan Eilean) & Lesley Hellon (GWT)

### GWT national update:

- GWT invite **proposals for presentations and workshops** for our next national conference taking place on Wednesday 8th March 2017, Stirling Court Hotel – University of Stirling, Stirling. Proposals should meet the aims of the conference to share good practice, learn from each other, network, create new ideas for future intergenerational work and demonstrate how to successfully embed and sustain this work. Contributions can come in different forms however we ask that they fit with one of the following themes:
  - case studies – showing how intergenerational approaches benefit young & old
  - Introducing new ideas (we would especially like to hear from LGBT, disability and ethnic groups)
  - Embedding intergenerational practice within policy and organisational outcomes
  - Demonstrating how intergenerational work has been included in training opportunities Illustrating how you are sustaining intergenerational work<http://generationsworkingtogether.org/news/national-conference-2017-embed-and-sustain-25-08-2016>
- **Share your images with GWT**  
GWT is looking for high quality photographs for new promotional materials. If you are happy to share your images from your intergenerational project showing younger and older people working together please email copies to [Alison@generationsworkingtogether.org](mailto:Alison@generationsworkingtogether.org)
- **Intergenerational training Course for Practitioners and Trainers** - new dates now online Glasgow 7<sup>th</sup> October, Orkney & Shetland 8 & 10<sup>th</sup> Nov, **21<sup>st</sup> Nov Inverness**, 13<sup>th</sup> Feb Ayr and 23<sup>rd</sup> March Edinburgh – cost £35.00 (includes CPD accreditation)

### Funding

- Cycling UK is looking for local community groups and organisations to deliver some fun, interesting and meaningful events to promote cycling as a daily or frequent journey change for both work and pleasure with the aim to promote health and wellbeing. Up to £2,000 funding available for community groups to encourage and promote everyday cycling through Cycling UK's Big Bike Revival Initiative, taking place from 19<sup>th</sup> Sept to 31<sup>st</sup> October. Cycling UK is aiming to help all areas of local communities gain the skills, knowledge and confidence to cycle more. If you are interested please contact [Richard.bowman@cyclingsuk.org](mailto:Richard.bowman@cyclingsuk.org). and I can help you get a grant application in, turn around for funding is only a few days

### Report - A Plan for Scotland – Putting People in charge and creating opportunities

The Scottish Government have announced in the above report that they will develop a National Social Isolation Strategy to ensure a holistic approach across government to problems of loneliness and isolation.

<http://www.gov.scot/Resource/0050/00505210.pdf> (see page 76)

Generations Working Together is a Scottish Charitable Incorporated Organisation SC045851

**Tools to measure loneliness** - The organisation 'Campaign to end Loneliness' has produced a resource called 'Measuring your impact on loneliness in later life". Download the resource here: <http://www.campaigntoendloneliness.org/wp-content/uploads/Loneliness-Measurement-Guidance1.pdf>

## **Sharing and networking**

**Sheena Stewart**, the coordinator of Caraidean Uibhist, a volunteer support service for people aged 18 years or over who would benefit from befriending support. The aim of CU is to reduce social isolation and to support people to take a more active role in their community. This was a radio interview

### **Tara Paterson**

- Buttons & Bows is a project to teach children from the age of 8 upwards the fiddle and button box accordion, this includes adults. Peoples Health Lottery have funded the work to enable us to preserve the tradition of playing in our island style. The project runs until February 2017. Classes run in a various places across the islands, please see our calendar for regular classes. Allan Henderson teaches fiddle and Uilleam Morrison teaches Button Box and both have busy classes but consideration will be given into how to fit extras in – in small groups or pairs.
- Befriending Caraidean Uibhist provides volunteer befriending for adults living in Uist who are isolated or lonely. Our aim is to improve people's confidence and self esteem by supporting them to take a more active role in their community.

**Lisa Wilson** from the Museum reported that they have successfully gained Big Lottery Awards for All funding for a new programme of Saturday Art Classes for 5 – 16 year olds. Lisa is looking into memory boxes as a new project idea

**Liniclate School** - Youth Club is at the school, however the intergenerational work has stopped as they are waiting on a new Head Teacher to take intergenerational projects forward

### **AOB**

#### **GWT Constitution – copies available on request –**

GWT is asking each local network to put forward two people to represent their local networks at GWT's AGM each year. Each network is able to hold two voting positions. Voting will be available via email and post. The normal term of office for a voting member will be 2 years however people may stand for re- election at the end of each term of office.

**Next meeting:** Wednesday 22nd March 2017, 10:30am - 12:30pm at Volunteer Centre, 41 Airport Road, Balivanich, Isle of Benbecula.