

Dundee Network Meeting

Date: Thursday 29th September 2016

In attendance: Rebecca Dunn (GWT), Robin Falconer (DCC & GWT Coordinator), Sandra Stewart (Dundee Voluntary Gateway and GWT Coordinator), Kerri Abbott (Harris Academy), Alison Goodfellow & Joanne Kelly (MAXwelltown Centre), Tracie MacMillan (DCC), Darryl Guthrie (Dundee Voluntary Gateway), Fiona Bissett (Sheltered Housing Service), Stuart Miller (Meal Makers), Ron McLaren (Humanism in Scotland), Simona Davidson (Volunteer Centre Dundee), Lynn Cathro (Volunteer Centre Dundee), Jimmy Mooney (Broughty Ferry Timebank)

Apologies: Olive Smiles (DCC), David Barrie (Addaction Dundee Direct Access Service), Nicola Mitchell (Dundee Voluntary Action), Helen Wright

GWT national update:

GWT Conference 2017 – We invite proposals for presentations and workshops for our next national conference taking place on Wednesday 8th March 2017, 10am – 4pm, Stirling Court Hotel – University of Stirling, Stirling, FK9 4LA

Cost: £30 per person

We are looking for proposals that 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 younger and older people
- Introducing new ideas for intergenerational work (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

GWT is keen to receive proposals or suggestions which involve younger and older people. Workshop ideas must be fully interactive encouraging delegate participation. If you have an idea and it doesn't fit exactly please don't be put off, we'd still be happy to talk with you.

Please submit your ideas and proposals to Alison Clyde, National Development Manager by Friday 30th September 2016. We will be back in touch if successful by Friday 21st October 2016.

Proposal form online at:

<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 including banners and leaflets.

If you are happy to share your high quality images from your intergenerational project showing younger and older people working together please email copies here.

Deadline for submissions: **30th September 2016**

- **Protected Characteristics - Intergenerational Learning Events**

○ 28th Nov 2016, Town House, Broad Street/Union Street, Aberdeen AB10 1AQ
Two already held in Glasgow and Inverness

- **Accelerating Ideas Project - Big Lottery (stage 2 submitted) will hear on the 22nd September**
- **Intergenerational training Course for Practitioners and Trainers** - new dates now online
Glasgow 7th October, Orkney & Shetland 8 & 10th Nov, 21st Nov Inverness, 13th Feb Ayr and 23rd March Edinburgh – cost £35.00

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 19th Sept to 31st 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. and I can help you get a grant application in, turn around for funding is only a few days.

Activity: Images of generations working together

Discussion on what sort of images we would like to see representing GWT on e.g. a promotional banner.

Answers included:

- Shared interests (e.g. cakes, walking football, knitting, men's shed, gardening)
- Physical activity (Boules)
- Specific geographical reference
- Community
- Active
- Sharing skills – reciprocal 2 way learning
- All generations represented

Sharing IG stories and projects – round the table

Lynn updated on Health and Well being working group in the Northeast. Secondary schools students looking for wider range of experience and signs of achievement so therefore more pupils are volunteering. This has increased outreach into the community. Pupils are making an 'app' for Alzheimer Scotland. Senior pupils have been mentoring younger ones.

Tracie spoke of an intergenerational project with a sheltered housing complex. Younger people are listening to stories from residents, recording the stories using modern technology and sharing their technical knowledge with the residents.

Tracie also mentioned a current craft work skill sharing between teenage girls and older people.

Tracie described recent project 'Stand Easy' as 'Intergenerational by accident'. This project worked with veterans from the Black Watch and dealt with Post Traumatic Stress Disorder. Amazing results have been seen, and she pointed out that part of the success has been the VENUE used for meeting up. It's a busy community centre with many activities happening, which means that people attending feel part of something yet at the same time have a sense of anonymity: Overcoming stigma through

community space. Links to the 'Stand Easy' project: www.forces.tv/76690876 and www.forces.tv/79139473 (the latest one).

Darryl spoke of a intergenerational project failure. GWT method was encouraged between a high school and private sheltered housing. Both parties loved the idea but didn't have the resources to follow it up. Darryl suggested that success can be had when there is a 'champion' within organisations who is willing to go above and beyond.

Jimmy talked about the time bank and his 'build it and they will come' approach. Every community should have a time bank because it incentivises people to get involved in their community. He has identified that it almost 'gives people permission' to get involved. Running a time bank is very low cost and the people are the resources. Some of the activities include walking, IT, art, walking, companionship. Intergenerational activity takes place such as senior secondary school pupils helping at care homes. However it is identified that mainly semi-retired or retired people are involved with the time bank, and it would be good to get more younger people involved. Everyone is welcome. Jimmy mentioned the Timebank open day the coming Saturday open to all. (I hope it was a successful day!)

Kerri mentioned that Community Learning Development workers in schools are a great resource as they are not so tied to timetables.

Fiona mentioned volunteers coming into the sheltered housing increasing intergenerational interaction and skill sharing.

Lynn mentioned that the Saltire Award is a good incentive for young people and good way to get school pupils involved.

Darryl highlighted the importance of embedding intergenerational practice into the community. And the importance of community-friendly venues was brought up again.

Dundee action plan - review and next steps

Darryl's last point above brought us nicely to a session shaping the Dundee Action Plan further. It is still in draft stage, but please find draft notes, kindly summarised by Robin, GWT Coordinator, here: <http://generationsworkingtogether.org/events-training/dundee-network-meeting-29-09-2016>

Date of next meeting - Thursday 26th January (further details will be confirmed nearer the time)