

## Shetland Isles Network Meeting

Date: 4<sup>th</sup> May 2017 Venue: Islesburgh Community Centre, Lerwick



**In attendance:** Neal Pearson & Ayesha Huda (Voluntary Action), Denise Nicolson (Adult Learning), Cara McDiarmid (Shetland Arts Dev. Agency), Ann Marie Scollay (Anderson High School), Judith Fenton (Community Involvement & Dev.), Camille Brizell (Scottish Health Council), Elaine Nisbet (Befriending 60+), Mary Gair (Royal Voluntary Service), Genevieve White (Shetland Arts), Sherienne Rennie (Youth Services), Roselyn Fraser & Frances Brown (Community Planning & Development) & Alison Clyde (GWT)

**Apologies:** Dr Stephen Mulley (NHS Shetland), Laura Whittall (Shetland Dementia Resources Centre), Chris Giblin (Social Care)

### **Social Isolation and Loneliness**

Denise shared statistics and information in relation to social isolation and loneliness across all ages. Several reports recommended a holistic approach, rather than isolating one demographic, or categorising people e.g. in relation to poverty or health. This approach is very relevant to the intergenerational network. Denise highlighted the Make a Difference Training and film that is currently being rolled out through Community Planning and Development.

### **Guest Speakers**

Elaine Nisbet has been the 60+ Development Worker for Shetland Befriending Services for 6 years. So far, 113 matches for people aged 60+ have been successfully made. Volunteers are asked to commit for a 6 month period with matches lasting a maximum 2 years - there is such a demand that support can't extend beyond this period. There are 60 volunteers, 27 are matched at the moment. The youngest volunteer was 20 and was matched with a 90 year old. Volunteers report that the experience has given them the confidence to move into social care.

### **Mary Gair**

The Shetland Charitable Trust funds Royal Voluntary Service who provide a range of services:

- Five social clubs meet fortnightly in Sandwick, Burra, North Mavine, Walls, and Whalsay.
- Lunch clubs in Cunningsburgh and Lerwick. There is some intergenerational work within the Lerwick club. 90% of people attending the lunch clubs report that this is the only contact they have with other people in the week.
- Good Neighbours scheme, which involves visiting, checking on people, picking up messages, taking people to appointments etc. More volunteers are needed.
- The Community Transport Scheme is used for doctor and dentist appointments, transfers between care homes and is at capacity. They run a blue bus and a bus for Cunningsburgh.
- The Welcome Home Scheme (soon to be the Support and Recovery Scheme) involves volunteers visiting people in hospital, setting up their houses ready for their return and helping once they return home. The service is available for a 6-week period.

Volunteers choose which service they want to work with. The youngest volunteer is 40 + and the oldest is in her late 80's.

### **Tools for measuring isolation and loneliness**

Alison mentioned a toolkit that projects can use to measure the impact their projects have on reducing isolation and loneliness. There are four scales to choose from including both positive and negative wording. The Befriending project has used one of the loneliness measurement scales

however the questions didn't really work for them. Neil suggested the Rickter scale could be used in conjunction with the loneliness measurement tool.

<http://www.socialimpactscotland.org.uk/understanding-social-impact/methods-and-tools/the-rickter-scale/>

### **GWT national update:**

Our National conference held in March 2017 (Stirling) evaluated extremely well. We had a fantastic array of presenters and workshops who gave an inspiring insight into intergenerational work taking place across Scotland, England and Spain. Presentations and hand-outs can be found at the following link: <http://generationsworkingtogether.org/news/gwt-national-conference-2017/>

**The Recognition Awards** celebrate and recognise the outstanding talent, commitment and inspirational involvement of workers, volunteers and groups who are involved with and are embracing Intergenerational work across Scotland. The five winners were:

- New IG project – Calderglen Life Story Group, Calderglen High School (South Lanarkshire Network)
- Established IG project – T in the Street, Williamwood High School & The Richmond Fellowship Scotland (East Renfrewshire Network)
- Building successful partnerships through IG work – Connect, Raploch Community Partnership (Forth Valley Network)
- Outstanding Volunteer – Diane McGowan, Dumfries Get Together (Dumfries & Galloway Network)
- Yvonne Coull, Local Network Coordinators Award – Robin Falconer (Dundee Network)

### **Intergenerational Training Course for Practitioners and Trainers**

13th June, 10-4pm, Fraserburgh, Aberdeenshire

6th Sept, 10am – 4pm, Balivanich, Isle of Benbecula

9th November, 10am – 4pm, Stornoway

No course planned at present for Shetland – please get in touch if you'd like to attend training

**International Certificate on Intergenerational Learning (ICIL)** – 20 participants have agreed to take part in our new (pilot) online training course (50 hours) which GWT will deliver in partnership with University of Granada, Spain. GWT received a brilliant response with over 50 people registering their interest. Unfortunately on this occasion GWT could only take 20 people through the pilot, which starts on Monday 5<sup>th</sup> June (lasting 6 weeks). It is hoped another course will be delivered around Sept/Oct time. Further details will be announced after the summer.

### **Voting members**

Network members in attendance agreed that Denise Nicolson and Neil Pearson would be the nominated persons to represent the Shetland network as voting members for GWT's AGM. The normal term of office is 2 years however people may stand for re- election at the end of each term.

The '**Care...about physical activity (CAPA) improvement programme**' will work with partnerships across Scotland to build the skills, knowledge and confidence of social care staff to enable those they care for to increase their levels of physical activity and move more often. Also, social care staff will discover ways to be more active themselves. The Care Inspectorate has been commissioned by the Scottish Government to lead the programme. More info on the GWT website.

## **Sharing and networking**

- Elaine, Mary, Neil, Genny, Cara, Sherienne and Denise have direct involvement with intergenerational projects.
- Ann Marie is hoping to develop intergenerational working within the school.
- Shetland Arts has been going in to Care Centres to deliver arts (including music, film making and weaving). The project has ended for this year, but Genny intends to introduce an intergenerational aspect for next year.
- Denise is volunteer co-ordinator for an intergenerational project, which is a partnership between Shetland ForWirds, Scalloway School and volunteers in the Scalloway area. The project links photography and dialect.
- She is also involved in a project about the Lerwick Observatory, which involves a group of ex Met men, people who lived on the old station, young people who are involved/interested in media studies and Scotland's Urban Past.
- There are seven care homes on the Isles including South Mainland, Lerwick, Westside, Brae, Unst, Yell & Scalloway. GWT to connect and send invites to all for next meeting
- IG work is embedded within the CLD Action Plan

**Next meeting:** Thursday 30<sup>th</sup> November, 9.30 – 11.30 am, Adult Learning Huts, Lovers Loan, Lerwick, ZE1 0BA (look at IG project ideas for care homes and schools)