

Caithness & Sutherland Network Meeting

Date: Monday 2nd October 2017

Venue: Lovell Room, Alba Building,
Golspie KW10 6TG



In attendance: Rebecca Dunn (Generations Working Together), Keith Moncur (High Life Highland), David Watson (Brora Health and Wellbeing Hub), Julie Shaw (Golspie Nursery), Valerie Gale (Sutherland Care Forum)

Apologies: Anne MacDonald, Wendy Simmonds (Dementia Friendly Communities), Tracey Campbell (Go Golspie), Kirsteen Campbell (Befriending Caithness, & GWT local volunteer network coordinator), Lindsay Tennent (NHS Highland)

Generations Working Together national update

United Nations International Day of Older Persons and **Grandparent's Day** both take place on the 1st of October. This year we are looking to share stories, memories and photos with grandparents as part of our campaign to challenge stereotypes and ageism. So please send us photos with/of your grandparents with a short story about their life or how they have helped/supported you. It doesn't need to be only biological grandparents, it can be anyone who has played a role as a grandparent in your life including from intergenerational projects. You can send the photos and stories to our fb messenger or e-mail our communications intern Kate at kate@generationsworkingtogether.org

Channel 4 documentary (1&2nd Aug 2017) - #oldpeopleshomes4yo

Pre-schoolers share their classroom with pensioners for six weeks. What impact does this intergenerational experiment have on the health and happiness of the older group?

If you missed #OldPeoplesHome4yo last night, you can catch up here @Channel4.

<http://www.channel4.com/programmes/old-peoples-home-for-4-year-olds>

Funding secured to recruit a full time IG Development Officer for Perth & Kinross who will work closely with two schools, Perth Grammar School and The Community School of Auchterarder focusing on raising attainment levels for Maths and English. Schools have contributed through their Pupil equity funding. Other funders include Voluntary Action Fund and The Gannochy Trust.

Year of Young People 2018 aims to inspire Scotland through its young people, celebrating their achievements, valuing their contribution to communities and creating new opportunities for them to shine locally, nationally and globally.

Objectives

- Provide a platform for young people to have their views heard and acted upon
- Showcase the amazing talents of young people through events and media
- **Develop better understanding, co-operation and respect between generations**
- Recognise the impact of teachers, youth workers and other supporting adults on young people's lives
- Provide opportunities for young people to express themselves through culture, sport and other activities

<http://yoyp2018.scot/>

Intergenerational Training Course for Practitioners and Trainers (CPD Accredited)

There are nine one-day training courses planned for the autumn with your closest being:

- 20th Sept 2017, 10am–4:00pm at Edward House; 283 West Campbell Street; Glasgow G2 4TT
- 26th October 2017, 10am – 4pm at the Hub in Aviemore (more details on website shortly)

- 6th Nov 2017, 10am – 4pm at Queen Anne High School, Broomhead Parks, Dunfermline, KY12 OPG

For more details and learning outcomes search here: <http://generationsworkingtogether.org/events-training/training/>

International Certificate on Intergenerational Learning (ICIL) – 20 students participated in the first online training course, which GWT delivered in partnership with University of Granada, Spain. The course has been a big success and the tutors are now busy reviewing feedback and making improvements to the materials. GWT plan to run the 6-week course starting on Tuesday 7th November and finishing on Monday 18th December 2017. There will be an approximate cost of £100 per person for the course, which takes approximately 50 hours to complete. The course includes tutor support. Further details will be available around September time.

As the training is still being tested we shall only be offering approximately 20 places.

Voting members

Please continue to seek your two voting members per network (cannot be a member of staff however one place could be the volunteer coordinator).

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.

Research Partnership Invitation: School-Based Intergenerational Engagement – see handout Glasgow schools only

GWT Conference - date and venue confirmed – Wednesday 7th March 2018, Technology & Innovation Centre, University of Strathclyde, Glasgow

Isolation & Loneliness

The Scottish Government has committed to producing a National Strategy to tackle social Isolation and loneliness (Scottish Government) – a draft strategy consultation is due out after the summer.

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. The Rickter scale could also be used in conjunction with the loneliness measurement tool.

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

Sharing IG stories and projects – round the table

Keith works in youth development at Wick High School. He discussed how he would like to relaunch some of the pupil activities as intergenerational. Areas where this could happen include the Youth Forum, and the Friday night youth club.

Discussion took place of the youth philanthropic initiative as it pertains to Dornoch Academy and Golspie High School; a good chance for intergenerational links to happen through interaction and working with charities.

Valerie suggested idea of training school pupils, or college students in hand massage and offering this to dementia projects. This could be a starting point for intergenerational relationships to build.

David spoke of his work in relation to the themes of intergenerational practice and loneliness. David has links with local primary school who would like to link up with older people in the community. Ideas forming include a music project, a techno project in which younger people pass on skills in modern technology to the older generation. Keith mentioned he has done this with school pupils before so may have resources to share.

Date of next meeting

Tuesday 15th May 2018, 1:30 – 3:30pm, East Caithness Community Facility, Newton Road, Wick
KW1 5LT

Wednesday 5th September 2018 (venue TBC, Golspie)

Please if anyone can help with a venue for the September date, let Rebecca know.