

## Highlands Network Meeting

Date: 03/10/2017

Street, Fortrose IV10 8TW

Venue: Fortrose Academy, Academy



Generations  
Working  
Together

**In attendance:** Rebecca Dunn (GWT), Sheena Paterson (Highlife Highland), Roslyn Munro (BSCTC), Liz Macdonald (Scottish Health Council), Anne MacDonald (HSCN), Jenye Monckton (Black Isle Cares), Wanda MacKay (High Life Highland), Brian Devin (Black Isle Cares), Fran Crowhurst (Black Isle Cares), Alistair Ferns (Fortrose Academy), Monica Neeling (Artsplay Highland)

Fortrose Academy pupils: Cory, Daphne, Samantha, Bethany, Holly, Logan, Kirsty

**Apologies:** Ruth Mantle (NHS Highland), Lara Anne Can de Peer (Care Lochaber), Maria Roberts (Highland Council), Wendy U Ross (Royal Voluntary Service)

### **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](mailto:kate@generationsworkingtogether.org)

### **Channel 4 documentary (1&2<sup>nd</sup> 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 7<sup>th</sup> November and finishing on Monday 18<sup>th</sup> 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.

**Network volunteer coordinator vacancy** – If anyone is interested in taking on the role of coordinator please get in touch with Rebecca for further details.

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

**GWT Conference - date and venue confirmed** – Wednesday 7<sup>th</sup> 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.socialimpactscotland.org.uk/understanding-social-impact/methods-and-tools/the-rickter-scale/>

### **Case Study spotlight – Working together: Black Isle Cares, Highland Senior Citizens Network, Fortrose Academy, Highlife Highland and more**

Alistair described how Fortrose Academy pupils undertook the Youth Philanthropic Initiative and chose Black Isle Cares as the winners which meant that the funding available through the initiative went into this charity and pupils worked together with Black Isle Cares in intergenerational activities. These include meals on wheels, which a number of the pupils take part in and provided positive feedback of their experience.

Fran got involved as a participant and goes to sessions with Fortrose Academy pupils where she learns about using modern technology such as ipads. She loves it and says many other participants have such a positive response to the students.

Among other benefits, students involved in these projects benefit from having skills to add to their CV, working towards Saltire Awards and other national awards.

Wanda brought a big display board which showed many pictures of these initiatives in action and allowed the group to see some of the things that have been going on.

### **Sharing IG stories and projects – round the table**

Wanda updated and a highly successful rowing initiative she is leading in Cromarty. Older and younger generations are learning to row and going out on the water, with a number of 150 rowers, and 50 young people. Wanda highlighted the benefit this has on loneliness and heart health. The initiative in Cromarty has contributed towards outcomes such as building relationships and sharing of stories across generations. The initiative is very inclusive; the oldest member so far is 79 years old, and Wanda is currently welcoming three new members who are blind. A similar scheme runs in Avoch and Avoch Youth Coach has been instrumental in helping set up the scheme in Cromarty.

There is a men's shed starting in Munloch.

The group highlighted the need for pupils teaching tech skills to older generation to learn how to teach with patience. Pupils can be prepared for this with some prior training activities.

Discussion moved on to the idea of having a community hub for people to find out what is going on. It was also raised that it can be a struggle to reach lonely and isolated people who are on their own.

### **Date of next meeting**

**Thursday 8<sup>th</sup> February 2018** (venue TBC, Nairn)

**Wednesday 8<sup>th</sup> June 2018** (venue TBC, Inverness South)

**Tuesday 2<sup>nd</sup> October** (venue TBC, Black Isle)

**Please if anyone can help with a venues for the dates above, let Rebecca know.**