

## **Aberdeenshire & Moray Network Meeting**

**Date:** 01/02/2018

**Venue:** The Barn, Burn O Bennie,  
Banchory AB31 5QA

**In attendance:** Rebecca Dunn (GWT), Linzy McAvoy (The Barn), Karen Wood (Dementia Friendly Communities), Susan McGregor (Aberdeenshire Council), Fiona Pirie (Aberdeenshire Council), Aileen Longino (Aberdeenshire Voluntary Action)

**Apologies:** Tanya Smith (Balhousie Care), Cllr Aaron McLean (Forres, Ward 8), Cllr Rosemary Bruce (Banchory and Mid-Deeside, Ward 16), Carolyn Lamb (NHS Grampian), Andrew Hassan (Aberdeenshire Council)

### **Generations Working Together national update**

#### **Upcoming training days**

**Intergenerational Training Course for Practitioners and Trainers (CPD Accredited) £40 per person**

#### **Dates coming up:**

**22<sup>nd</sup> February 2018, 10am – 4pm, at The Barn, Burn O Bennie, Banchory**

**21<sup>st</sup> May, 10am – 4pm, at Raploch Community Campus, Drip Road, Stirling**

**<http://generationsworkingtogether.org/events-training/training/>**

#### **ICIL**

The second round of ICIL, our 6 week online intergenerational training course, began on the 22<sup>nd</sup> January with 20 participants taking part at the discounted price of £100, in return for students providing feedback. The course is accredited by the University of Grenada, and students gain 50 hours of CPD on successful completion

#### **GWT National Conference**

You can now book your place, nominate for recognition awards, and book an exhibition stall space. Wednesday 7th March 2018, Technology & Innovation Centre, University of Strathclyde, Glasgow (£50 per person). Workshops will be delivered looking at the following themes: care homes/nurseries, raising attainment through intergenerational work, intergenerational workplaces, intergenerational green spaces (The Conservation Volunteers charity), Year of Young People, community safety and a charity from London called Magic Me.

#### **Speakers at the conference will include:**

- **Maree Todd MSP**, Minister for Childcare and Early Years
- **Susan Langford MBE**, Director, Magic Me – Connecting Generations
- **Ewan Fisher**, Business Analyst and GWT Trustee

Delegates will have the opportunity to pick a morning and afternoon workshop from a variety of workshops including:

#### **Morning workshops: 11:00am-12:20pm**

1. Setting up an intergenerational nursery: the good, the bad, the ugly, and the wonderful
2. Intergenerational Practice in the Workplace
3. Year of Young People 2018
4. Raising attainment in literacy and numeracy using an intergenerational approach

#### **Afternoon workshops: 13:30-14:50**

5. Creative activities for intergenerational work

6. Functional Fitness and Ageing Actively

7. Intergenerational Housing

### **CPD Accreditation**

Once again GWT is able to offer delegates the opportunity to gain seven hours of CPD accreditation for their attendance on the day.

Book your place:

<http://generationsworkingtogether.org/events-training/national-conference-2018-safer-fairer-more-successful-communities-07-03-2018>

Recognition awards:

The awards celebrate and recognise the outstanding talent, commitment and inspirational involvement of workers, volunteers and groups who promote Intergenerational activities.

### **This year there are five categories:**

1. New Intergenerational Project (Less than 12 months)
2. Established Intergenerational Project (Greater than 1 year)
3. Outstanding volunteer contributing to intergenerational work
4. Building successful partnerships through intergenerational work
5. Yvonne Coull Local Network Coordinators Award

Deadline for nominations – **Monday 5th February 2018 at midday.**

Eligible applicants must be from within the Scottish Network Areas and are open to charitable, voluntary and community groups or public sector organisations.

Queries can be directed to Sorina.

**Award winners will be announced** and presented at the **National Conference** on Wednesday 7th March 2018 in Glasgow.

<http://generationsworkingtogether.org/news/gwt-recognition-awards-2018-27-11-2017>

Opportunities to Exhibit

Exhibition spaces are available in the reception and public meeting areas which ensures maximum face to face interaction with delegates.

### **Packages include:**

1. Small Local Charities (with a turnover of under £250K) – includes conference registration fee for up to two people – **Cost £100**
2. Larger Charities and Commercial Businesses (with a turnover of over £250K)
  - Exhibition Stall – **Cost £200** – includes conference registration fee for up to two people.
  - Exhibition Stall & Conference Sponsor – **Cost £500** – includes conference registration fee for up to two people.

Tables, chairs and cloths for exhibition stands will be provided. Dimensions of tables are L140cm x W80cm x H72cm.

To book a stall complete a form and return to office.

<http://generationsworkingtogether.org/news/opportunities-to-exhibit-at-gwt-conference-2018-27-11-2017>

**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/>

GWT has listed information on funding available through the Year of Young People

<http://generationsworkingtogether.org/resources/year-of-young-people-2018-five-funds-aimed-at-supporting-young-people>

Keep Scotland Beautiful

KSB have informed me that Keep Scotland Beautiful has chosen the 'Year of Young People 2018' as their theme for 2018, for the groups they support through their Beautiful Scotland and It's Your Neighbourhood campaigns, in the hope that they can encourage more intergenerational working.

Here is the ideas document they have developed for the groups they support. You will see that they reference intergenerational work, and they link to GWT website under the funding section of the document.

<https://www.keepsotlandbeautiful.org/media/1560823/2018-theme-year-of-young-people.pdf>

Old People's Home for 4 year olds: Christmas Episode

If you loved the series last year, then catch up with the story in the Christmas episode.

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

Launch of Scottish Government Consultation on Tackling Social Isolation and Loneliness

A number of events are coming up across Scotland so that we may have input into the draft strategy, which is now available.

You can read the draft strategy, find a list of consultation events and fill out online feedback here:

<https://consult.gov.scot/equality-unit/connected-scotland>

You can access the consultation document here. <http://www.gov.scot/Publications/2018/01/2761>

Several consultation events have been planned by the Scottish Government to engage with people of all ages and backgrounds and gather their feedback on the draft strategy.

Professionals, volunteers, service users and people of all ages and backgrounds are encouraged to come along and add their voice to the consultation on this extremely important piece of work.

An **Inverurie** event is taking place on the 21<sup>st</sup> March from 11am – 1pm. You can register for the event (via Eventbrite) here:

<https://www.eventbrite.co.uk/e/inverurie-loneliness-strategy-consultation-event-tickets-42559847650>

If you have any questions, please don't hesitate to get in touch by emailing

[sandra@befriending.co.uk](mailto:sandra@befriending.co.uk)

An **Aberdeen** event is taking place on the 3<sup>rd</sup> April from 1 – 3:30pm. You can register for the (via Eventbrite) event here: <https://www.eventbrite.co.uk/e/social-isolation-and-loneliness-strategy-aberdeen-consultation-event-tickets-42452386230?aff=es2>

Follow updates on the strategy on twitter @ScotGovEquality

You can contact the Scottish Government team responsible for the strategy at AConnectedScotland@gov.scot

### **Aberdeenshire & Moray Local Updates**

Coordinator – we are looking for 2 coordinators in Aberdeenshire & Moray Network.

Voting members: We have one voting member for this network and are looking for one more.

#### **Aberdeenshire Wellbeing Festival 2018**

Theme: Social Connections

Held during Mental Health Week 16th to 22nd May 2018. AIM: To promote mental wellbeing, reduce stigma, prevent poor mental health and support recovery. Previous activities and events have included; walking football, a vintage tea party, conversation cafés, a bake-off, an international picnic, drive in movie, mindful restoration, walking meditation, behind the mask, Feeling Good in the Woods.

Contacts:

Email: [nhsg.publichealth@nhs.net](mailto:nhsg.publichealth@nhs.net) Tel: 01467 672838

or for further information contact your local Public Health Co-ordinator

**Please note that groups can get in touch to add their details to the list of activities as these will be promoted.**

The Meaningful Activity Network for Aberdeenshire is being re-established and the first meeting was held on the 22nd January.

Aberdeenshire Meaningful Activity Network (A-MAN) is a group of providers who have a come together quarterly to support each other, network and share ideas, information and resources which enhance the provision of activities and meaningful engagement.

If you are interested in being on this network then get in touch with Shona

[Shona.OmandSmith@careinspectorate.com](mailto:Shona.OmandSmith@careinspectorate.com)

Next meeting date:

Mon 23/04/2018 14:00 - 16:00

At council Chambers, Gordon House, Inverurie

An update from the last M.A.N meeting: Intergenerational Practice Liane Bruce from Westbank discussed the fishing project she ran with 3 residents and 3 children. The important message was to keep things simple and keep numbers low. Bringing people together it is mutually beneficial, aids better understanding and respect for each other and builds meaningful relationships. Generations working together have additional details on their website - <http://generationsworkingtogether.org/>

**Discussion with Linzy McAvoy: The Barn, 'Flourish', intergenerational project ideas & the Year of Young People 2018**

Linzy is fairly new to Banchory and is interested in pulling people together. Her role is to connect people locally and focuses on wellbeing. The wild garden provides a sanctuary, and was made and run by volunteers.

Previous activities in the garden include 'Wool and Woods'; a community project which attracted 2,000 people to the garden. Linzy is interested in continuing momentum and increasing interest from schools and local community.

The 'Flourish' project involves the input of writer, artist and trained counsellor in a 'Writing for Wellbeing' themed project. This has involved free workshops, both at The Barn and outreach. The first year of Flourish will end in March with an exhibition at The Barn. The project has worked with the '5 ways to wellbeing' model. The connection with the outdoors has been very good for people. Activities in the garden have included mindfulness sessions, dance and writing.

#### Future plans

Through funding from the Tesco Bags for Health fund a poetry path will be developed in the garden. Future plans include bringing people together in more meaningful ways. There are hopes that intergenerational practice will be integrated, and this will also link in with the Year of Young People 2018. Linzy shared that The Barn have some funding to pay creative practitioners in the leading of projects.

The Barn also runs Dementia Friendly film screenings. They are working with primary schools to organise joint viewings to make this an intergenerational exchange. Linzy also noted that it's important to respond to their audience and what they want to see. One cannot assume that an older audience will like a particular film. Also remember that people with dementia can range in age and may not all be from the same generation. It's important to respond to the audience and not assume they will like a stereotypically older person's favourite film. Generations are changing and we have to move with that. Remember to pay personal attention to individual likes.

#### Challenges

The perception that The Barn is 'Not for me', 'too expensive', or 'too alternative'. But Flourish is free, and the cinema is cheap. Too many people are not aware of what The Barn has to offer. Linzy is working towards connecting with the community more and more.

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

**Aileen** shared her involvement with the Braemar Creative Arts Festival – a possible link for The Barn and the Flourish Project.

**Karen** spoke of the positive response the “Boogie at the...” events have had. There is a “Boogie at the library” event coming up in Alford Library. These are potentially intergenerational dance events. **Susan** suggested that it would be good to involve young people's dance groups in intergenerational events and activities like this. **Question arose: How to get volunteers to drive this?**

**Karen** brought up the need for joined up thinking and working. **Susan** suggested the Community Learning Partnership as a good place to launch ideas. Use partnerships that are already there and get intergenerational on the agenda. **Question arose: How?**

**Karen** is developing peer to peer Dementia Training. Young people speaking to other young people about dementia. There is also a focus on dementia in the workplace.

**Linzy** spoke about a Christmas show The Barn put on in the past called Snow. The show was a sensory experience. Linzy noted that activities with people with Dementia should not always be about the past. Sensory experiences in the present can be very powerful. This can also be intergenerational.

A general agreement in the group that engaging volunteers between 30-50 years is hard. **Susan** shared a good tip that sizeable chunks are more accessible to people. E.g. a one hour one-off volunteering opportunity may be a good way in for someone unsure about how much time they can commit.

**Fiona** shared that Banchory primary school and nursery class visit Dalvenie Gardens Very Sheltered Housing on a fortnightly basis and take part in activities together with the tenants.

They also have links with special needs pupils at the local academy and have been working on a bird feeder project which involves the pupils and the tenants.

Fiona shared a story of a pupil from Banchory Academy who was able to get over stage fright by performing violin for tenants.

Tenants can be more part of the community through intergenerational work. Davenie has a great garden and Fiona would like to see more primary schools involved in the garden though intergenerational projects.

The Barn can help with resources through possibly funding an artist to work with the groups on the garden project, for example.

Fiona is also interested in developing an intergenerational reminiscence recording which represent a timeline of people who have been part of Dalvenie. This would help to break down stereotypes of older people, through the recognition of individual stories and personalities.

#### Groups mentioned which may be of interest and/or good contacts for people:

Young at Heart Deeside (Aileen)

Deeside Knitwits

3<sup>rd</sup> Age Group (The Barn, Linzy)

Heart for Art (Dementia Art Group in Stonehaven, Karen)

Braemar Creative Arts Festival (Aileen)

Dalvenie Very Sheltered Housing has a resource centre and bookable space (Fiona)

Stonehaven Tollbooth Museum

Deeside Dance Centre are starting Dance for Parkinson's sessions with Ruth Kent

#### Date of next meeting

**Wednesday 23<sup>rd</sup> May 2018** (Inverbervie, details TBC)

**Tuesday 25<sup>th</sup> September 2018** (North, Huntly, or Oldmeldrum or Shared lives community garden or Turrif (nursery), or salvation army peterhead details TBC)