

**Generations Working Together**

# **2018 NATIONAL CONFERENCE**



Safer, fairer, more successful communities –  
Celebrating the Year of Young People 2018

Workshop synopsis

### Setting up an intergenerational nursery: the good, the bad, the ugly, and the wonderful

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**Facilitator: Dr Ali Somers, Co-Founder, Apples and Honey Nightingale CIC**

Apples and Honey is a brand-new community nursery and social enterprise based on the grounds of a Jewish care home, Nightingale House in Wandsworth, London.

In this workshop, Dr Somers will share the journey of setting up Apples and Honey Nightingale CIC, from the idea stage through to being fully open. Topics covered will include regulatory challenges, safeguarding, community engagement, and lessons learned about intergenerational planning.

#### **Learning outcomes:**

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1. Participants will gain greater understanding of the barriers and opportunities new intergenerational initiatives face when starting up, particularly in the third sector
2. Through this insight, participants will be able to identify solutions to these barriers faster and will be better prepared when supporting other professionals designing similar projects
3. Participants will learn about innovation in the care and early years sector, and how to begin to approach impact measurement in this new field

# Morning Workshops

Session 2

Level 3, Conference Room 1

## **Intergenerational Practice in the Workplace**

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**Facilitator: Ewan Fisher, Business Analyst and GWT Trustee**

One area where intergenerational practice is becoming increasingly important is in the workplace. We are now, for the first time ever, seeing five distinct generations in the workforce. This brings with it a new set of challenges, which didn't exist previously, which employers need to be aware of and actively plan for.

At this workshop you will be asked to think about intergenerational issues in the workplace and how they affect employers and employees. In groups you will reflect on some of the challenges and benefits that can arise as a result of this new but increasingly relevant set of circumstances and explore ideas for creating a working environment suitable for all ages.

### **Learning outcomes:**

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1. Participants will gain an understanding around the issues relating to intergenerational practice in the workplace.
2. Participants will consider approaches that can be used for creating an effective intergenerational workplace.

# Morning Workshops

## Session 3

## Level 3, Conference Room 2

### Year of Young People 2018

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#### Facilitator: COMMUNIC18

Workshop led by young people from Communic18, who are a group of Co-design Leaders recruited from all over Scotland. Communic18 are there to ensure that the Year of Young People 2018 is really, authentically, planned, developed and led by young people

#### Learning outcomes:

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1. Increased understanding of the value of citizenship and its importance to young people.
2. Participants are able to better understand why young people want to get involved in national projects and work to make their world a better place – leading to a better understanding between generations, reduced stigma and more positive stereotypes.
3. Participants are able to understand the concept of co-design and how this is radically different from consultation.



Generations  
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Together

### **Raising attainment in literacy and numeracy using an Intergenerational approach**

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**Facilitators: Maureen O'Reilly, Intergenerational Development Officer, Kate Samules, Communications & Policy Assistant, Generations Working Together and Mike Farrell, Depute Head Teacher, Perth Grammar School**

The Intergenerational schools project is the first of its kind in Scotland, where a dedicated Intergenerational Development Officer has been based within two schools in Perth & Kinross to recruit older volunteers to work with pupils to raise attainment in literacy and numeracy.

Hear how we set up this exciting new project in the Community School of Auchterarder (an all through school) and Perth Grammar School and how we connected pupils with older people from the local community. Find out what the challenges were for schools, the partners and the younger and older people and how the volunteer training was designed around the needs of the volunteers.

Maureen will introduce you to some of our volunteers and pupils involved and will share our plans around evaluation and how we plan to capture the impact of the project.

#### **Learning outcomes:**

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1. Participants will have a greater understanding around the intergenerational work taking place in The Community School of Auchterarder & Perth Grammar School.
2. Participants will have a greater knowledge around activities and resources which can be used to help raise attainment in Literacy and Numeracy.
3. Participants will have a greater understanding around how to train and recruit older volunteers for intergenerational project work within school environments.

# Afternoon Workshops

Session 5

Level 3, Conference Room 2

## Creative activities for intergenerational work



**Facilitator: Susan Langford MBE, Director, Magic Me**

How do you plan an activity that not only really engages people of different generations, but also means that they are working together, exchanging ideas and getting to know each other? How do you choose themes and questions that include everyone, not favoring those who have lived longer, or have more experience?

This workshop will combine: an opportunity to try and experience creative activities which have been successfully used in Magic Me projects; reflection on how they work and what are their key ingredients; and time to consider how to adapt these activities for your participants, or for new intergenerational groups meeting for the first time. Susan Langford will introduce a range of activities for group members to try, then dissect, with examples of how the activities have been the jumping off point for creative projects lasting over weeks or months.

[www.magicme.co.uk](http://www.magicme.co.uk)

### Learning outcomes:

1. Participants will have an understanding of two or more models of intergenerational practice involving young adults and older adults
2. Participants will recognise some of the factors which will lead to success in setting up and running such projects

# Afternoon Workshops

## Session 6

## Level 1, Auditorium

### Functional Fitness and Ageing Actively

**Facilitators: Professor Dawn Skelton, Glasgow Caledonian University & Mr Bob Laventure, Later Life Training**



What's it really like getting older? How does physical function, eyesight and foot health affect the way we move and interact with our environment? Dawn and Bob's workshop will explore what happens to our bodies as we age, how we can slow this process and why sitting less will make all the difference!



They will introduce you to the Functional Fitness MOT, a chance to pitch young and old against each other, but the younger people get a handicap! – the age simulation suit! Compare yourself to others of your age, or older and explore what you can do to help improve your strength, balance, stamina and flexibility to age successfully!

### Learning Outcomes:

1. Understanding the concept of functional fitness and its importance to people as they age.
2. Demonstrate activities that have the potential to improve functional fitness.
3. Describe activities that might be involved to promote functional fitness.

# Afternoon Workshops

Session 7

Level 3, Conference Room 3

## Intergenerational Housing



**Facilitator: Dr Emma Garland, Winston Churchill Fellow and Policy & Research Officer at Ongo Homes**

The UK has no purpose built intergenerational housing developments – this is a shame given the multitude of benefits to all ages from this kind of living. All is not lost however...there is much we can learn from the USA! This is the key message from Emma's month long research trip to eight different intergenerational housing developments across the USA.

Hoping to inspire development here, Emma will be sharing her report in the Spring via the Winston Churchill Trust web site: [www.wcmt.org.uk](http://www.wcmt.org.uk) but in the meantime, you can check out her blog to read some case studies and to find out more about the purpose of the trip and the places she visited: <https://intergenerationalhousingblog.wordpress.com/>

In this workshop, Emma will share her experiences covering topics such as: the different models of intergenerational housing, common themes, benefits for residents and staff, what worked well, what didn't work so well and what the residents thought about living there. You will also explore how this learning could be applied in the UK.

### Learning Outcomes:

1. Participants will have a greater understanding of how a range of intergenerational housing models work effectively in practice.
2. Participants will consider how intergenerational housing could be successfully developed in the UK.