

Highlands Network Meeting

Date: 06/06/2018

Kingsmills Road, Inverness IV23 JT

Venue: Crown Primary School,



**Generations
Working
Together**

In attendance: Rebecca Dunn (Local Network Development Officer, Generations Working Together), Jean Donanld (Hanover Housing Association), Helen Philip (High Life Highland Network Librarian), Duncan Wood (Activity Coordinator, Southside Care Home), Hayley Lyons (Dementia Advisor, Alzheimer Scotland), Michelle Gowans (High Life Highland Network Librarian), Michelle Newell (Nursery worker at Crown Primary), Liz MacDonald (Local Officer, Scottish Health Council), Louise Paterson (Administrator, Scottish Health Council), Susan Appleby (Libraries, High Life Highland), Kate Maclean (NHS)

Apologies: Gail Duff (Volunteer Development Officer, Signpost)

GWT national update:

GWT Conference - Wednesday 7th March 2018, University of Strathclyde, Glasgow – presentations are now available to view on the website:

<https://generationsworkingtogether.org/news/gwt-national-conference-2018/>

Recognition Awards 2018

Winners and runners up can be viewed at:

<https://generationsworkingtogether.org/news/gwt-recognition-awards-2018/>

The five categories Trophy Winners of 2018 Recognition Awards in Intergenerational work were:

- New intergenerational project (Less than 12 months) – ‘Blethering Buddies Harris’ Academy
- Established intergenerational project (Greater than 1 year) – ‘Back to Life’ Newbyres Nursery and Newbyres Village Care Home
- Building successful partnerships through intergenerational work – Intergenerational Befriending Caithness
- Yvonne Coull, Local Network Coordinators Award – Louisa Turner, Fife Intergenerational Network

Due to the outstanding applications submitted Certificates of outstanding contribution were also awarded to the following projects:

- New intergenerational project (Less than 12 months) – ‘Difference in Age and Time’ Balhousie Primary School
- Building successful partnerships through intergenerational work – ‘Old’s Cool Intergenerational Project’ Citadel Youth Centre

International Certificate on Intergenerational Learning (ICIL) – 2nd ICIL online learning course (23 students) now running with a plan that we shall run another in the Autumn.

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

To book a place on the above courses or to see the learning outcomes please click on the link below:

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

Intergenerational workplaces

GWT invited a variety of private sector businesses to a workshop, the aim being to discuss issues relating to intergenerational practice in the workplace. In essence this means issues which arise as a result of not only having an ageing workforce, but particularly the resulting increased gap between the oldest and youngest employees. We hope to address not only the difficulties, but also the potential benefits and opportunities that might arise in an intergenerational workplace.

The session is being followed up another workshop involving GWT members at the national conference. Findings will then be collated and a plan to help resolve the issues possibly by offering an inquiry of the organisation to identify gaps and challenges and/or provide training to help organisations benefit from their intergenerational workforce.

Raising attainment in numeracy and literacy through intergenerational work

Alison provided an update on the pilot education project Connecting Generations in Perth & Kinross. A GWT Development Officer has been recruited and is working within two schools in Perthshire, The Community School of Auchterarder (TCSOA) and Perth Grammar. It's still very early days however 17 older volunteers have been recruited and the schools are reporting a significant impact has been made since the volunteers started to work with the children (January 2018). Check out the following link for further details and the short film from TCSOA.

<https://generationsworkingtogether.org/events-training/perth-kinross-intergenerational-learning-event-03-11-2017>

BBC Alba is making a documentary this Spring about Intergenerational projects in Scotland – and is looking for Gaelic speakers with strong stories to tell.

Are you a Gaelic speaker who has benefitted or worked on a scheme to bring young and old together – or would like to? Maybe you are an older person who has helped youngsters or young families – a surrogate granny or young person's mentor, maybe. Or perhaps you have children who take part in projects in Care Homes or similar. Whatever your story, if it involves bringing young and old together we would love to hear from you.

Please email Elly Welch, Filmmaker/Journalist or call on 01851 705638 / 07884 265035

Enjoy the latest BBC 1 documentary featuring Apples & Honey Nightingale House (Ali Somers) the intergenerational nursery situated in a care home who presented at our conference. (Expires 10th April 2018)

<https://generationsworkingtogether.org/news/bbc-1-documentary-featuring-apples-honey-nightingale-house-13-03-2018>

The Journal of Intergenerational Relationships (JIR) is planning a special issue on Social Isolation and Loneliness to be published in 2019, guest edited by Alan Hatton-Yeo and Alison Clyde. We are currently seeking submissions for this special issue and have extended the deadline to August 31, 2018.

<https://generationsworkingtogether.org/news/journal-of-intergenerational-relationships-13-03-2018>

Please continue to promote the Year of Young People 2018 which 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/>

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.

CAPA

Please see mid report from CAPA programme - 4 mentions of IG work in three local authority areas. Please report this to network meetings.

New National Lottery Fund for Year of Young People:

https://bigblogscotland.org.uk/2018/03/19/new-national-lottery-fund-opening-for-year-of-young-people/?utm_campaign=632843_Scotland%20bulletin%20March%202018&utm_medium=email&utm_source=The%20Big%20Lottery%20Fund&Ref=email&utm_keyword=new-national-lottery-yoyp-fund-btn&dm_i=3V8D,DKAZ,19C4QD,1FDRP,1

Scottish Government Social Isolation and Loneliness Strategy Consultation update:

The consultation period has ended, but you can still view the draft strategy and see published responses here: <https://consult.gov.scot/equality-unit/connected-scotland/>

“The Attic” - an intergenerational theatre production

Teacher's resource available for anyone wishing to produce a similar project:

<https://generationsworkingtogether.org/news/the-atic-a-fantastic-intergenerational-theatre-production-18-04-2018>

Developing digital activity within a Care Home - resource

‘Inspiring Digital Communities’ resource includes information on: – Suggested activities, Session resources, Online safety, Research, Useful information etc.

https://padlet.com/dcwalestraining/inspiring_carehomes

Crown Primary intergenerational projects discussion:

Thanks Crown Primary School for hosting this meeting. Crown Primary have been implementing some intergenerational projects. We heard about what they've been up to.

Michelle Newell works at the nursery at Crown Primary and talked about their pairing with Isabel Fraser Care Home. 6 – 8 nursery children have been going fortnightly for half hour sessions at the care home since September 2017. Usually they meet with a group of 8 residents. Activities are planned to appeal to both groups. These have included bowling, balloon games, singing and musical instruments. Children were very cautious at first visiting the care home, but now they are very excited to go. Michelle notes the noise and vibrancy of the children as they walk back from their visits to the

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care home. It's also nice that the care home is within walking distance. The interaction between the groups is very natural. Michelle aims to get some insights from the children about their experiences, either verbally or through drawings.

Duncan Wood, activities coordinator at Southside Care Home, has been working with Crown Primary school pupils and shares his experience. So far, 3 sessions have taken place at Southside Care Home at which primary 4/5 pupils have visited the care home. Duncan can see relationships between the pupils and the residents are starting to form, and has received positive feedback from those involved. Duncan says it's great to see the smiles on residents' faces as a result of this exchange.

Hayley, from Alzheimer Scotland, shared about an Alzheimer Scotland initiative that her colleague has been involved in called 'Art Across the Ages; an exciting intergenerational exchange involving users of the Woodland Day Centre and primary 5 children from Crown Primary. Their work has been exhibited at Eden Court Art Gallery. There has also been a playlist project in which older and younger people exchange favourite songs and make a playlist together. These projects have been really beneficial and staff are keen to be involved in more work like this.

Further sharing and networking –

- Susan, who works in libraries in Inverness, shared about a Playlist for Life project which she is involved in for Dementia Awareness Week. They are working with people with Dementia to identify songs which trigger particular memories, and exploring the benefits of meaningful songs for people as ways to sooth and help settle down when in distress. Susan identifies the possibility of bringing children into a project like this, and developing an intergenerational aspect to the scheme.
- Duncan shared about a group which some of his residents take part in called the Sounds Familiar Group, designed to trigger memories and enjoyment through the singing of older songs.
- Liz MacDonald from the Scottish Health Council shared about an organisation which may be of interest to some, called 'Creativity in Care'. **Liz offered to send a link for this round to the group.**
- In addition to this, Rebecca brought up the 'Arts in Care' resource from the Care Inspectorate, which may be of interest to some. This can be found here: <http://hub.careinspectorate.com/improvement/care-inspectorate-programmes,-projects-and-publications/arts-in-care/>
- 'Get to know your techno' initiatives were discussed, as a positive example of intergenerational sharing. This has taken place in Ullapool and now in Fortrose too.
- Hayley discussed the good work happening involving Fortrose Acedemy. They run Get to know your techno once a week, as well as meals on wheels. Fortrose Academy is classed as a Dementia Friendly School, and all pupils are trained in Dementia Awareness.
- Liz highlighted the potential for Men's Sheds to include intergenerational exchange.
- The group discussed the rules surrounding PVGs. It was highlighted that PVGs are specific to particular groups, e.g. vulnerable adults, or children. Duncan pointed out that not all residents in care homes need someone working with them to have a PVG, some residents have capacity and are not classed as a vulnerable adult. A GWT resource on PVGs and intergenerational work is available online, it can be found here: <https://generationsworkingtogether.org/resources/an-introduction-to-the-protection-of-vulnerable-groups-pvg-scheme>
- Michelle Gowans, High Life Highland Network Librarian, and Kate Maclean, NHS, are working together on an intergenerational project. For Michelle, it's her first stab at an intergenerational project. The project ties in with the existing Summer Reading Challenge for Generations Working Together is a Scottish Charitable Incorporated Organisation SC045851

children at the Culloden Library. Kate and Michelle intend to link up with older people and run events themed on the Beano, as this year marks 80 years of the Beano. They've called this project 'Gnashers and Grandparents'. Young and older generations can come together and share stories about reading the Beano and take part in activities such as a scavenger hunt, puzzles and laughter yoga.

- Susan Appleby, also with libraries, shared about the work she's doing with Cameron House care home activities coordinator, Maggie, in linking up 6th year pupils at Inverness Royal Academy (one of the libraries she covers) with a care home. This has been happening every year between August and Christmas. The exposure to care homes and dementia can be a learning curve for the school pupils. She says that it's small numbers but it's very important and makes a difference. The groups take part in reading poems together, sometimes singing, and sometimes taking part in conversation that sparks from this. The activities are flexible depending on the feeling on the day, but it's quality interaction and Susan highlights the importance of Maggie's role as a coordinator, helping the groups in their learning and building of relationships.
- Kate shared about Mackenzie Centre and Ach an Eas Day centres plans to develop outdoor nurseries in their grounds.
- Liz mentioned that Evanton Community Wood runs activities for people with Dementia and a local nursery. This opens up the possibility of intergenerational activities between the groups, who are currently operating separately.
- Michelle Newell highlighted that the High Life Highland summer programme lists some activities for ages '0 – 99'. Good to see this happening.
- Jean discussed the isolation experienced by residents in the sheltered housing she manages. They have started running a garden party annually and can see how good it is for the residents to meet each other, and have seen a taste of the benefits interaction with younger generations could bring to life for the residents through the involvement of Jean's grandchildren at these parties. The residents are currently pretty isolated from each other and Jean hears from some of them that they feel lonely. They don't have much interaction with each other and there is no communal space to make this easier. Jean is thinking about having a communal space build on the grounds, such as a log cabin, and is looking into grants for this. This space would mean it would be easier to have visiting groups such as school children. Jean is also looking for activities taking place in other locations that she can let residents know about and has also considered a befrienders type scheme for the residents. Jean has perceived that they love having children around, so hopes intergenerational exchanges can be organised.

AOB:

Michelle Gowans suggested that Culloden Library is glad to host a Generations Working Together network meeting in the future. This could be a good venue for a future meeting.

First World War Centenary posters and £100 allocated to network. Short discussion took place about what this could be used for; possibly publicity? Also the possibility to link up with Age Scotland on the poster project, as they have a new employee working with veterans.

Next meeting:

Tuesday 2nd October 2018, 2-4pm, Fortrose Academy, Fortrose IV10 8TW