

## Network Meeting

Date: 23<sup>rd</sup> August 2018

Venue: Rapploch Campus, Stirling



**In attendance:** Clare Ross (Antonine Primary), Morna O'May (Contact the Elderly), Gisele Hall (Town Break), Joan Purdie (Newcarron Court Care Home), Jennifer Thomson (Cycling without Age), Linda Stuart (RVS), Christina Feaks (Active Stirling, Lucy Paul (Stirling Council), Angela Samson (FV Uni of the 3<sup>rd</sup> Age), Liz Rowlett (CTSI Clacks), Marie Urquhart (Raploch Community Partnership), Jean Porter (St Mark's Parish Church), Barbara Fulford (Stirling Libraries), Ann Brown (Forthbank Nursing Home), Sheila McGree (Older Adults Forum), Donna Paterson (Alzheimer Scotland) & Rowan Valentine (Stirling University Bridge Club & Alison Clyde (GWT)

**Apologies:** Jessie-Anne Malcolm (NHS), Cllr Farmer, Cllr Margaret Brisley, Cllr Danny Gibson, Cllr Mike Watson, Provost Simpson & Cllr Maureen Bennison (Stirling Council), Cllr Les Sharp & Provost Tina Murphy (Clacks Council)

### **GWT national update:**

#### **New staff members**

GWT have recently recruited two new Network Development Officers, Marion Wahle who is covering six networks in the North East of Scotland and Josh Brown who is covering seven networks in the West of Scotland.

### **Using an IG approach in end of life care – research study (Forth Valley)**

Dr Liz Forbat, Associate Professor in Ageing, University of Stirling is applying for funding to run a research study looking at how an intergenerational approach could be used in end of life care. Our deadline for round one of the funding is November 2018 and we are now looking for 2-3 care homes or day care settings in the Forth Valley area to get involved. We would like to involve staff and residents during the development stages of the funding application. If successful in round one, we would submit a second more detailed application early 2019. It would be hoped that this study would commence October 2019.

### **Intergenerational workshop for early years practitioners - Monday 27th Aug 2018**

The workshop was aimed at early years practitioners who are involved in intergenerational projects or who would like to develop projects however have faced barriers. GWT is looking to produce a new publication – An Intergenerational Guide for Early Years Practitioners

The publication will provide guidance on:

- planning an intergenerational project and setting appropriate outcomes
- what activities work and don't work
- ideas on who to connect with to create new partnerships
- benefits of intergenerational work for early years
- evaluating and measuring the impact

A similar workshop will be run on Thursday 4<sup>th</sup> October 1.30 – 4.30pm, Glasgow for care home/day care and sheltered housing staff to contribute **to another new intergenerational guide.**

<https://generationsworkingtogether.org/events-training/intergenerational-workshop-for-care-homes-04-10-2018>

**International Intergenerational Research Group – Scotland meeting planned for Wednesday 7th November 2018, 10:30am - 1:30pm, Glasgow.** GWT is hosting a similar meeting to that held in June by Ali Somers, Co-Founder of the Apples and Honey Nightingale in London to gather thoughts and

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ideas for direction and collaboration between practitioners, policy makers, academics and researchers in Scotland and possibly wider afield (UK and Europe). Our aim is to connect practitioners, policy makers, academics and researchers who are actively or interested in investigating the impact of intergenerational work/relationships on both younger and older aged participants to come together.

**GWT Annual National Conference** - Wednesday 6th March 2019, University of Strathclyde, Glasgow.  
**Recognition Awards 2018** will open in November 2018.

The **Intergenerational Leadership Institute (ILI)** is a certificate-training program developed by Penn State University for older adults seeking new lifelong learning experiences, skills and volunteer opportunities to contribute to innovation and change in their communities through an intergenerational perspective. ILI functions as a sort of incubator for creating and sustaining new intergenerational programs at local level. After attending the ILI yearlong program, older participants will have the skills to lead concrete intergenerational plans, programs and campaigns.

Generations Working Together will be attending the training course in November and is looking for someone who works for an older people's organisation to accompany GWT on the training course. The ultimate goal is to bring the knowledge back to Scotland to work together to look at ways GWT could support older people's groups and how you can deliver this training to older people seeking new lifelong learning experiences, skills and volunteer opportunities to contribute to innovation and change in their communities. You will need to cover your own travel and accommodation costs however GWT will cover one person's course fee which will include training materials, two lunches, three coffee breaks and your final certificate from Pennsylvania State University, USA.

### **Intergenerational Education in Spanish Primary Schools**

Generations Working Together has a close partnership with the University of Granada and will be attending the following seminar hosted by Professor Mariano Sanchez to hear the results of the intergenerational school research project, Colegio Intergeneracional which is based on the Cleveland intergenerational school model.

GWT has been allocated two spaces and is looking for someone within Education in Scotland who would like to attend the seminar on the 22 & 23rd November 2018 in Granada, Spain along with Alison Clyde, GWT. We are looking for someone who has a real interest in developing intergenerational work within primary schools who can come back to Scotland and share their new knowledge to education colleagues within their local authority area and wider with a view to creating more intergenerational projects within Scottish schools. You would need to be able to cover your travel and accommodation costs (however refreshments, lunch and dinner on Thursday 22nd November will be included within the free seminar).

### **Intergenerational Training Course for Practitioners and Trainers - CPD Accredited (£75 / £50)**

- 11<sup>th</sup> September 2018, 10am – 4pm at Rowlands, 24 West Port, Selkirk, TD7 4DG
- 12<sup>th</sup> September 2018, 10am – 4pm at the Catstrand, High Street, New Galloway, DG7 3RN
- 3<sup>rd</sup> October 2108, 10am – 4pm General Register House, 2 Princess Street, Edinburgh

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

**International Certificate on Intergenerational Learning (ICIL)** – 6-week online course -Tuesday 23<sup>rd</sup> October - Monday 3<sup>rd</sup> December 2018 – Cost £150

<https://generationsworkingtogether.org/events-training/international-certificate-in-intergenerational-learning-2nd-edition-23-10-2018>

**Inspiring Purpose:** Between the Generations enables young people to explore the history and events of the First World War, as well as the character strengths and values required to get through this tough time, through discussions and working together with a partner from a different generation. This project creates a bond and relationship 'between the generations' and brings everyone together. The programme is ideal for young people under the age of 16 but must be completed with a partner from an older generation.

### **Intergenerational Writing Campaign – Scottish Book Trust**

<https://generationsworkingtogether.org/news/intergenerational-rebel-writing-campaign-31-08-2018>

### **Sharing and networking**

- Jennifer Thomson shared information on Cycling Without Age Scotland which launched in Falkirk in March 2017 as the first chapter in Scotland. This intergenerational project helps isolated and/or elderly people from care homes or their own homes get outdoors, socialise and feel good about themselves. It first began in Copenhagen in 2012. The aim is to transform the lives of elderly people through outdoors trips on Trishaws with local volunteer pilots (Trishaw drivers). These rides give them the wind in their hair, to experience their local community and an opportunity to tell their stories in the environment where they live. This initiative encourages meaningful social contact between the generations actively building relationships with isolated and vulnerable elderly people. A team of 5 are based in Larbert have been funded by the Scottish Government to enable groups all over Scotland to set up chapters. These range from care homes, community groups or a town/village that will raise money for a trishaw in their area and recruit volunteers to be pilots and co-pilots of the Trishaws. The team can help with fundraising, insurance for the bikes, volunteer training and any other enquiries. For more details contact [jen@cyclingwithoutage.scot](mailto:jen@cyclingwithoutage.scot)
- Reading Friends Project connects people by starting conversations through reading. Delivered by volunteers and co-produced with older people, Reading Friends meet regularly to chat and share stories in groups or one-to-one sessions. It aims to empower, engage and connect older people who are vulnerable and isolated, people with dementia and carers. Stirling is one of the pilot areas which launched just before the summer connecting younger and older people. For further info contact Morag Smith at [smithm@stirling.gov.uk](mailto:smithm@stirling.gov.uk)
- Morna O'May provided an update of the work of Contact the Elderly including their tea parties, youth ambassador work and YPI. You can watch a short video on Vimeo <https://vimeo.com/285281922>
- University of Stirling Bridge Club would like to invite new members younger and older to join them in some Bridge lessons for the Autumn. [phuspamalar.poopalasingam@stir.ac.uk](mailto:phuspamalar.poopalasingam@stir.ac.uk)
- Barbara Fulford continues to deliver intergenerational activities involving Bannockburn High School & Fairview Nursing Home. The BBC are interested in filming a short film.
- Christina Feaks shared details of her project which is based on some of the recent CAPA (Care about Physical Activity) work. Christina is working with Dunblane and Balfron High School working with S5 and S6 pupils who will be given training then will visit care homes to deliver physical activity sessions. This project fits in with the sports leadership programme in Balfron and the Health & Wellbeing programme in Dunblane. The training will include intergenerational elements and it is hoped to build relationships between the different generations during the programme.

- Ann Brown mentioned a pen pal project which their residents were involved in. They are connecting with a mixture of ages from schools and wider. Letters arrive at the care home and school every week.

**Next meetings:**

- Tuesday 20<sup>th</sup> November 2018, 9.30am – 11.30am, CTSI Connect Centre, Burgh Mews, Alloa, FK10 1HS
- Wednesday 20<sup>th</sup> March 2019, 9.30am – 11.30am, Falkirk – venue TBC