

Caithness & Sutherland

Network Meeting

27th September 2018

Brora Learning Zone



**Generations
Working
Together**

In attendance: Garance Warburton (Highlife Highland, Nucleus Archives), Cllr Nicola Sinclair (Caithness Ward 3), Doreen Leith (Wick Society – Wick Voices), Zhen Ron Tan (NHS Highland), Penny Cormack (NHS Highland Pulteney House Manager), Steven Szyfelbain (Befriending Caithness, Intergenerational Coordinator), Keith Moncur (Highlife Highland), Joyce Kullas (Highland Council Early Years Education Support Officer, Sutherland), Cllr Deirdre Mackay (Sutherland) & Kirsteen Campbell (GWT Coordinator)

Apologies: Maria Aitken (Highland Council Early Years Education Officer Caithness), Jordan Tillier (Wick High School), Heather Jappy (Vocational Support), Charles Minall (Dornoch Firth Group), Cara Cameron (youth development officer, Kinlochbervie), Deirdre Aitken (Hearing & Sight Care)

Previous minutes were handed out and approved by Kirsteen and Keith.

Redesign speech by Zhen and Penny. Currently going through a consultation period to get feedback from the public about the new proposals of care hub villages in both Wick and Thurso in Caithness. Zhen had plans of the proposals set out on the tables. Thurso will be built on the current Dunbar hospital site. Wick has two proposed sites to choose from the current Town and county site or Pulteney house care home site. Talked a little about pros and cons for both sites. New proposals will have care home, palliative care, step up/down beds on one site with sheltered housing, possibly GP practice and other services. We talked about intergenerational prospects. A fantastic round the table discussion of options which Zhen will take back to NHS Highland management. Our suggestions were Intergenerational housing, befriending to happen at both care hubs, we talked about early years involvement, with possibly playgroup or nursery visits, creation of therapeutic gardens at the new hubs where young and older people could gather outside, grow vegetables and then share a meal together with their produce. Everyone loved that idea. Also singing. We fed back that the hubs should have community rooms available. We also talked about the idea of the modern apprenticeships being good and that transport will be an issue. A very positive discussion.

We then moved onto the GWT National update.

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. It is hoped that this study would commence October 2019.

Intergenerational workshop for early year's 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

A similar workshop will be run on Thursday 4th October 1.30 – 4.30pm, Glasgow for care home/day care and sheltered housing staff to contribute to another new intergenerational guide. Would be good to have a skype option for people from our area to join in. (Unfortunately this is too late however Alison will keep in mind for anything else).

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 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 - Full / £50 Concession)). Please get in touch with Kirsteen if you would like a training course organised for Spring 2019

International Certificate on Intergenerational Learning (ICIL) – 6-week online course will run again starting on Tuesday 23rd October and finishing on Monday 3rd December 2018. <https://generationsworkingtogether.org/events-training/international-certificate-in-intergenerational-learning-2nd-edition-23-10-2018>

Kirsteen mentioned that she had recently completed the ICIL course and it was a well-supported process on an easy to use platform.

Round the table Introductions.

- Garance gave an update on the grandparent's day project. This year we have been based in Wick High School with Jordan Tillier and some of his pupils, Garance has taken along some archives and Doreen came along to do some voice recordings of intergenerational conversations. We did the first one on the 21st September we are doing our second one on the 2nd November where some Grandparents are going to come along too.
- Penny was delighted with last year's intergenerational befrienders, Pulteney house are waiting for their next batch to start. They have also had visits from the local Peeps group, mothers with young babies singing group. They have also been working on project echo and have been working on residents' playlists.
- Steven has settled into his new post, they have put each young befriender through a PVG check this year, so it has slowed the process down a little. They have completed their befriending training, stroke awareness training, dementia awareness training. 7 continue from last year. There are 22 young volunteers ready in Wick and 9 in Thurso. This year's placements will be Pulteney house, Seaview care home, Bignold Ward and Bayview care home.
- Keith has been busy with the accreditation for students from school, he has seen a popular rise in befriending. Keith has been supported by Jordan Tillier in this. They have promoted the community achievement award, which comes in 3 levels and looks at volunteering goals, roles and milestones a saltire can also go along with this. Keith has a new project attainment challenge, we look forward to hearing how it

goes when we next meet. The intergenerational aspect comes with older people in the youth club. Doreen is going to get involved here too.

- Joyce is a new member this was her first meeting.
- Nicola and Deirdre are both very motivated with poverty and health.
- Nicola is designing a website now to promote Caithness for a place to come and work.
- Deirdre is on the Sutherland community partnership and on the NHS Highland board.

Date of next meeting:

May 2019 (date, time and venue TBC) however proposed for May in Wick.