

Wednesday 6th March 2019



**Generations
Working
Together**

Synopsis of breakout sessions

Session 1. Intergenerational mentoring – could mentoring work for you?

Facilitator: Sarah Barr, Quality & Support Officer, Scottish Mentoring Network

The overarching aims of the Scottish Mentoring Network are, to foster a community of good practice in mentoring in Scotland, to raise awareness and promote the work of the Scottish Mentoring Network and its members and to provide a national forum that will influence the development of mentoring across all sectors and respond to/inform policy, decision makers and funders in Scotland.

During this session we will use good practice guidance to explore what mentoring is and consider how your intergenerational work could be enhanced by the development of a mentoring service. We will look at the practical aspects of coordinating a mentoring programme and the roles and responsibilities that need to be considered and reflect on which approach to mentoring would be most appropriate.

This session will incorporate a focus on an existing mentoring project who can give an insight into the whys, hows of operating their mentoring project.

Learning outcomes

1. Understanding what mentoring is and when it is most effectively used.
2. Understanding the possibility of how you could incorporate mentoring into your work.
3. Understanding the practical considerations in developing a mentoring scheme, working in line with good practice.

Session 2. Intergenerational sustainable café – lost arts of early childhood

Diane Boyd, Senior Lecturer in Early Years, Liverpool John Moores University will share her journey from trialing an intergenerational Café to making the project sustainable.

In January 2018, an intergenerational sustainable skill cafe was piloted in a children and family centre in Liverpool. The elderly from the local district were invited to participate and taken to the centre on Friday mornings for six months. They were invited to support early year's children and their families in learning local traditional skills being 'lost' in our throwaway society.

Activities involved cooking traditional meals with local ingredients and considering how to reduce landfill waste, to sewing, weaving and knitting, mending punctures and repairing a scooter.

The success resulted from the cafe not only providing a learning opportunity for all involved, but through creating an authentic and organic 'community of learners', breaking down loneliness and providing a sense of purpose for all.

Delegates participating will not only be able to try out some of the activities from the cafes but will see how other international colleagues are attempting to embed similar practices in Finland, USA and Tasmania, Australia. The workshop will include a quiz about sustainability and how the cafe encourages a much-needed mindset change towards protecting our planet. These activities have also been embedded into Diane's level four modules on her early childhood studies units recognising that head and hands must work together for a holistic approach to learning, resonating with research around intergenerational learning with elderly participants.

Session 3. Languages, art and impact

1. Languages of the Art facilitated by Anna Przybycien, Art Point Director & Dr Thomas H Bak, University of Edinburgh.

Art Point Scotland is conducting intergenerational sessions that combine art and learning languages in the day centre at the time when elder adults are visited by children. In each session, the organisers are talking about a different artist or art-style from around the world, and through this example, teaching the participants simple words in different languages and encouraging them to learn more later. The programme includes small exhibitions and singing songs in different languages.

Recent research points to the importance of language learning through the lifespan and the project is supported and monitored by Bilingualism Matters, Edinburgh University. In our experience the sessions are fun, engaging and enjoyable for all. Both groups are taking equal part in comparing skills and possibilities, learning from each other and enjoying each other's company. Art is used as a "hook" to pass the very important message – that learning and actively using languages has benefits for our brain, wellbeing and creativity. No matter what age you are, it's never too late to start.

2. Apples and Honey Nightingale year two – what happened next...

"Exploring the impact of a daily co-located intergenerational programme on the well-being of residents at Nightingale Hammerson care home"

This presentation shares the key findings from a study conducted in Autumn 2018 to explore the impact of the intergenerational programme on care home residents. Ali Somers, Co-Founder, Apples & Honey Nightingale Nursery will provide a summary of what year 2 looked like, particularly the new challenges and unexpected successes.

Session 4. On the money

Facilitator: Ann Griffiths, Senior Policy Manager Children & Young People and Steve Stillwell, Financial Capability Manager both from the Money Advice Service

The Money Advice Service is leading on the work to prepare young people in Scotland for the financial challenges of adult life. Our goal is to ensure all children and young people have a meaningful education, at school, in the home, and through the community. This workshop will explore the contribution of intergenerational learning to this process.

During the workshop delegates will:

- hear what we know about the financial capability of children and young people in Scotland;
- gain a better understanding of what financial education is appropriate and available for different age ranges; and
- gain ideas for activities to use to support financial capability and sources of support.

The session will be a mixture of sharing insight, activities and discussion and will use material developed for the Talk, Learn, Do/Siarad, Dysgu, Gwneud financial capability parenting programme recently undertaken in Wales.

Session 5. Creating relationships through physical activity

During this session staff from three different organisations will share their knowledge and experience of running intergenerational projects.

Facilitator: Laura Haggarty, Improvement Programme Advisor, Care about Physical Activity (CAPA) & Gillian Johnston, Depute Manager, Cairns ECC, East Ayrshire Council

Through the Care about Physical Activity Improvement Programme, care homes and local nurseries joined together for regular intergenerational sessions with a focus on physical activity, relationship building and learning. Data was gathered in one care home and nursery where improvement methodology was applied, and results showed significant improvements in resident's activity levels, children's wellbeing and involvement and strong relationships were formed. Using a collaborative approach with everyone represented, staff used the data to identify which activities and environments provided optimum outcomes for both generations and planned the next sessions accordingly. With the data and evidence to share, a networking session brought together local care homes and nurseries, generating new ideas, alleviating anxieties, establishing and improving relationships and has since generated a local network of support and spread effective practice.

The workshop will provide an overview of the project's story, its outcomes, the key changes to sessions which led to improvements and ideas which have been generated through this collaborative approach.

Active Stirling Intergenerational project

Facilitator: Christina Feaks, Community Physical Activity Inclusion Officer

Sports leadership programmes are run in many Stirling Council High Schools and this programme promotes leadership skills in pupils and they deliver physical activity in Primary Schools. The project introduces an older adult's physical activity module and was piloted in Dunblane High School and Balfron High School who jumped at the chance to be involved. The project focused on breaking down stereo types and myth busting, whilst also looking at how people age and the effects dementia can have on a person's life. Students then planned their half hour physical activity sessions, choosing their own exercises, dance routines and playlists inspired by their visits to meet the participants. They then took part in a 6-week teaching block some in care homes and with some with volunteers from their local community.

Intergenerational Dancing with Paulina Bryan from Poland

The idea behind Intergenerational Dancing is to tackle stereotypes about old age, fight against social exclusion of elders and connect the generations. Dancing teaches tolerance, builds courage and inspires individuals to develop their passions, regardless of their age.

The main focus is organising dance events that take place in fashionable youth clubs the older people wouldn't normally go to or perhaps even know about. The events are run by senior DJs, young DJs, as well as rappers. The seniors connect with young people as they dance together on the dance floor.

Another project led by Intergenerational Dancing is the "Senior DJs Academy", which offers an opportunity for seniors to learn the profession of a DJing

Session 6. Introduction to measuring your impact

Facilitator: Ali Somers, Co-Founder, Apples & Honey Nightingale Nursery

This 80-minute workshop will introduce you to the basics of thinking through how to measure the impact of your intergenerational project. Participants will be guided step-by-step through creating your 'theory of change' and identifying indicators to track your progress.

This will be a fast-paced workshop designed to support participants to simply and easily begin thinking about the short, medium and long term change their projects deliver. The workshop will also include how to do stakeholder mapping and ways to include lessons learned into future planning.

Session 7. Improving achievement and attainment in education

Take part in our lively interview session involving three projects which are being facilitated in schools in West Lothian, Perth & Kinross, Scotland and in Granada & Madrid, Spain.

Anna Krzeczowska, PhD Student, & Louise Nicholls, Lecturer, University of Strathclyde will introduce their project 'Generation for Generation' a school-based intergenerational research project launched in Autumn 2018 by the research team from the School of Psychological Sciences and Health. This programme is designed to promote health and wellbeing in adults aged 60 - 85 and to improve children's success in school. It aims to bring the generations together and build stronger and better-connected communities. Volunteers support young children in primary schools (P1-P4) with their reading, writing, numeracy, and with other school activities. Anna and Louise will share their anecdotes/reflections so far, as the study is still ongoing. The study will test the potential health and wellbeing benefits for the adult volunteers, as well as the possible benefits for the children and schools involved.

Dr. Mariano Sanchez, Head of the Macrosad Chair in Intergenerational Studies, University of Granada will share the results and challenges of their recent research project 'Improving our Educational System: Introducing a Model of Intergenerational School in Primary Education' (ISCI), a project aimed at planning, piloting, and validating a model of intergenerational school in three Primary Education [children aged 6-12] schools located in two Spanish Autonomous Regions (Andalucia and Murcia). Building upon and inspired by the expertise accumulated by The Intergenerational Schools in Cleveland, OH (U.S.) over the last 18 years, the ISCI project has devoted 3 academic years to (i) configure a local model for intergenerational primary schools, (ii) train teachers and older volunteers to get involved, (iii) sensitise the schools' educational community, and (iii) pilot the model through a mentoring scheme focused on enhancing pupils' progress on reading and maths. Older mentors' quality of life has been assessed too.

We shall also hear from GWT's very own Connecting Generations project involving Perth Grammar School and the Community School of Auchterarder to find out how their intergenerational projects have developed during year two of this exciting pilot.

Session 8. The Cares Family – finding connection in a disconnected world

Facilitator: Iona Lawrence, Director, The Cares Family

The Cares Family is a group of community networks in London, Liverpool and Manchester that brings together young professionals and older neighbours in rapidly changing urban areas to hang out, have fun and help each other. 81% of older neighbours who participate feel better connected as a result and 86% say they are better able to appreciate the world. Meanwhile 98% of the younger neighbours who participate say they have a greater connection to their community as a result and feel that they have been able to contribute to their community in a way they would otherwise have been unable to.

Until recently Iona was the founding Executive Director of the Jo Cox Foundation established in 2016 in memory of the late MP Jo Cox. Jo's legacy has so far resulted in the appointment of the world's first Minister for Loneliness with £20 million of new funding for the issue. It's also brought about the development of the Great Get Together, which saw millions of people across the UK come together for annual community celebrations inspired by Jo's belief that we have more in common than that which divides us. Iona joined the Cares Family in 2018 to support their work to forge connection in a disconnected age and build stronger, closer communities.

Join Iona to hear about how The Cares Family is remaking the rules of community work. Be inspired by their story, get practical advice on how you too can defy the traditional relationships of volunteer and beneficiary and harness the power of truly local and reciprocal relationships to forge connection and community.