

## Lanarkshire Network Meeting

**Date:** 2<sup>nd</sup> May 2019

**Venue:** Kingsgate Care Home, 149 Glasgow Rd, East Kilbride, Glasgow G74 4PA

---

**In attendance:** Josh Brown (GWT), Lynne Barbour (Routes to Work South), Deborah Mooney (Digital North Lanarkshire), Charlie Miller (Men's Sheds), Jayne Gardiner (LDVG), Sandra McCroy (LDVG), Nicola Innes (LEAP), Jodie Phillips (LEAP), Laura Biggart (Befriend Motherwell), Kathleen Crymble (Kingsgate Care Home) & Fiona (Cathkin Nursery).

### Apologies:

## 1. Introductions and around the room

KC welcomes us to Kingsgate Care home, mentioning how much she's enjoyed the IG work they've been involved in and that they have a 'Music makers and shakers' trial coming up, which is a music group with babies.

CM explains the work that Men's Sheds do and explains how effective they are as a means to combating isolation and loneliness. There are 106 sheds at present, with 17 in development. There's a monthly email bulletin people can sign up to. 11<sup>th</sup> of May Bearsden and Milngavie have an open day.

LB extolls the benefits of the work they do at Befriend Motherwell, and goes on (later) to discuss the recent project they ran with school children.

SM explains that LDVG have been running for 24 years, working with those 55 and over. Services include a call line, activity groups, transport bus, football, tea dances, walking groups etc. They're looking to becoming 'Dementia Friendly' as well as a community centre for 18+. Hoping to introduce IG aspect to all their work in a natural, organic way.

DM, from [Digital North Lanarkshire](#) explains firstly there are 2 DNLs and that they are the non-council one. On their website they have over 100 activities, organisations can join for free and they are able to lend out iPads for short periods to help develop digital engagement/literacy.

JP explains their 'Hands On' project is for the over 50s and includes befriending.

NI mentions their Revolve project (which includes recycling materials and teaching basic sewing/crocheting etc skills) is an IG project by its nature but that they would like to run future projects in a way that embeds IG practice into the planning and development from the start. They would also like to link better with the community, young people, colleges and so on. [www.leap-project.co.uk](http://www.leap-project.co.uk) She also mentions their Leisure and Learning sessions (tai chi etc).

[www.generationsworkingtogether.org](http://www.generationsworkingtogether.org)

Generations Working Together is a Scottish Charity Incorporated Organisation (SCIO)  
Charity Number SC045851

LB explains they have space available for training sessions/meetings/events at Routes To Work South in Cambuslang and they're keen for this to be used. They also have a community café, Heart of Africa, and this includes free food donated by local supermarkets. This is given out in a discreet, inclusive way so that anyone is able to help themselves. They have new projects that include cookery classes.

SM mentions that the Heart of Africa manager, Mr. T., also runs a community kitchen in their Larkhall site. She goes on to mention the activities they run at [LDVG](#) – she also highlights a young person's social enterprise Scotmac Productions and [Spark Connections](#).

Fiona explains she's been bringing 6 children to Kingsgate each week and it's been fantastic to see the relationship between them and the residents blossom. She also mentions a project they did with the older children where they built an Anderson shelter, played WWII songs, told stories etc.

## 2. Discussion

JB asks for those who've been involved with an IG project to share their experiences. Key points are:

- Start with what the older and younger people want to do. Involve them in the process and ensure that relationships can develop naturally.
- Have discussions with your partner organisation(s) to ensure you are aware of potential issues; such as snacking/allergies, PVGs, boundaries, how do all parties see the project progressing, how will 'ownership' of it be shared.
- IG work really helps to bring out competencies and confidence in participants who might otherwise be quiet, disenfranchised etc.
- When the group takes ownership that's when the most positive outcomes happen

## 3. Generations Working Together – national update

### Change to Network Structures

Having recently merged some of our networks, we now have a total of 20 – 18 geographical ones within Scotland, plus 1 research and 1 international network.

### GWT National Conference

All of the presentations given at our National Conference in March are available on our website and offer a great bank of resources and inspiration. [You can access them here](#).

### Training

Our Intergenerational Training for Trainers & Practitioners Course is running in Cambuslang next week, Friday 10<sup>th</sup> May. We still have places available and you [can find full details here](#).

We're also now offering workplace training, for up to 16 participants at a cost of £400. Please email [info@generationsworkingtogether.org](mailto:info@generationsworkingtogether.org) for full details on this.

[www.generationsworkingtogether.org](http://www.generationsworkingtogether.org)

Generations Working Together is a Scottish Charity Incorporated Organisation (SCIO)  
Charity Number SC045851

### **Early Years Publication**

Our latest publication came out of a consultation in late 2018 that brought together EY practitioners to discuss the strengths, weaknesses, highlights and challenges of running IG projects. It offers guidance on how to plan, develop and evaluate projects. [You can download the guide here.](#)

### **Soil Association Partnership**

GWT recently announced details of their partnership with the Soil Association and it's 'Get Togethers' project (as part of Food For Life). It's a national programme (though GWT's involvement is in Edinburgh, Glasgow and Inverclyde). [More details here.](#)

### **Vacancy**

JB explains he will be moving on at the end of the month and that his successor will be Bella Kerr who starts in June. She will be in touch over the summer months and will be at the next meeting in September.

### **Resources**

JB highlights the research done by Dr Ali Somers of Apples and Honey Nightingale which details the benefits of IG practice, including that IG activities can be prescribed as an anti-depressant. The full and summary reports [can be accessed here](#) and are highly recommended for planning a project in particular.

## **4. Sharing intergenerational news, ideas and networking**

**Men's Sheds** – CM mentions a Community Garden in Govan that's using tools/skills to make toys. SM highlights that Seniors Together have a mobile Men's Shed too.

KC highlights how useful Men's Sheds could be for partners/husbands of residents with dementia who are often left without much direction or purpose once their partner leaves their home.

NI mentions the game developed by [SCHOOL at 2019 Conference] to help start conversations between the generations and set-up as a social enterprise.

JB mentions his visit to the 'Unforgotten Forces' conference. He highlights the 16 partners involved in the project and suggests there is overlap with much of the work being done. He also explains that one of the key take homes from the conference was that the veteran community wants to be part of the wider community and is actively looking for ways of being involved in community projects and engagement. Also that many veterans do not see themselves as veterans and miss out on benefits/extra opportunities as a result (a veteran is anyone who's done 1 day of service). Veterans should be able to inform their GPs and be signposted to what they're able to access. Another point that came from one of the workshops was the use of the term 'reducing isolation'. It was suggested that, with participants in mind, 'increasing social networks' was a better more empowering way of referring to the work that does tackle isolation and loneliness.

[www.generationsworkingtogether.org](http://www.generationsworkingtogether.org)

Generations Working Together is a Scottish Charity Incorporated Organisation (SCIO)  
Charity Number SC045851

Small Ideas Big Impact fund – JB mentions that Eat Well Age Well are opening applications next week for their next round of funding. [Full details here](#).

**5. A.O.B.**

6. **Next meeting** – Friday 6th September 2019, 10:00am - 12:00pm at Befriend Motherwell, Dalziel St. Andrew's Parish Church 43-47 Merry Street Motherwell ML1 1JJ.