

---

**In attendance:** Jacqui Murray (Active Schools), Moira Bell (RVS), Stephanie Bain (Disability Shetland), Lonnie Paton (VAS), Neil Pearson (VAS), Denise Nicholson (Adult Learning + GWT Network Coordinator) & Karen Malone (Shetland Library) & Josh Brown (GWT)

**Apologies:**

**Introductions and discussion:**

KM begins by talking about the intergenerational work going on locally to her, including Book Bug sessions, activities such as songs, rhymes & stories, as well as physical activities. These involve local schools and care homes including Mid Yell and Baltasound schools and Nordalea Care Home.

NP explains he's been a member of the network for 8 years and comes along to find out what's going on locally to help match-up volunteers and other projects. He's the second voting member for GWT too.

SB says they're not doing any intergenerational work as such at the moment but are very keen to. They work with families, from pre-school right up to end of life. They put on groups in a shared building so there is real potential for bringing people together.

MB talks about the lunch club they've been running with the High School [name?]. Have seen real progress already, even though they're only 7 sessions in. Will be starting a social club at Aith Junior HS in September.

JM helps run activities for young people of school age, in the west side schools. She explains that 80% of Aith JHS' pupils don't live in Aith (to help give sense of school make-up). The activities they run are usually theme based and, working with P6s and P7s, they do basic exercises (involving Occupational Health staff too). They've found that doing other activities, such as memory boxes, photos, chatterbox etc., alongside the physical activity is the most successful way of working. This is also helps to avoid problems that might come from people being nervous, shy or unsure about starting a conversation. She adds that the participants end up pairing-up naturally, they keep the sessions relaxed and flexible, reacting to the participants and that fun is a really important part of it all. She explains too that timing can be an obstacle when working with schools and care homes.

A discussion follows about the benefits of being reactive to the individuals involved. The so-called 'soft skills' that develop out of intergenerational work can be incredibly empowering.

DN explains that she approached Shetland Life to do a piece on the IG work that goes on in Shetland. So far two articles have appeared. It's explained that the readership is quite limited and that seems to be aimed more at Shetland 'alumni' than current residents.

NP then adds that he thinks it would be great to have a two-day IG training course/event. Others agree. Later discussion follows on this and some kind of showcase/celebration of Shetland's IG work could help to really bring others on board and help recognise the fantastic work that's going on. **JB agrees to share this with GWT in the hopes that there may be capacity for a collaboration.**

JM mentions that lots of older people may feel they have nothing left to offer when in fact there is a real desire to recruit grandparents and older people to be involved with projects – they have a wealth of experience and knowledge (as demonstrated in DN's project, later).

JM explains the Health Improvement Team help to identify individuals in the community who need some kind of intervention. As a result of this the Breakfast Club has become a huge success. It includes transport, a meal and an activity. This ran throughout winter and people kept coming back.

A brief discussion around knitting follows and how this used to be taught in schools. It still forms part of projects and IG activities now.

DN discusses the Dundrossness history work running since 2018. This included walks which 116 children, 50 adults and 6 older people (as story-tellers) were involved in. This involved moving to different locations where the older people were waiting to tell their stories about the local area and its history. They then had a chance to chat together afterwards and to ask questions and find out more. Some local media studies students did a film about this – **JB asks if GWT can get access to this and share**. This has also developed in to a digital storytelling project in the pupils' wider achievement time.

JM mentions a musical jukebox in a previous project which really brought a lot out of one particular individual (with dementia). His son couldn't believe the response it had gotten out of his dad. There's also evidence that children who often don't engage also tend to get an incredible amount out of IG work. It's helped to break down some barriers too around behaviour, particular in terms of what's acceptable both in and outside school.

Others add that it can also help to challenge and develop teacher's perspectives of pupils. Likewise that children have so much potential and such great ideas. It's agreed that preparation is key to successful projects like those discussed.

DN goes on to talk about a project with Sandwick school, where she visited to do some initial IG training. This included workshopping ideas around stereotypes of young and old, as well as looking at the obstacles and barriers both groups face and how they compare. Some incredibly dynamic discussion followed as a result.

DN explains that they initially had problems getting older people involved, but that once they changed the wording of the invitation to engage, they had lots of sign-ups. To start with the focus had been on inviting older people to join in with sessions for their own benefit. This then changed to asking the older people to come along to help the children – it was this that brought people in. **DN explains she has lots of feedback from the participants which JB then suggests could make an excellent case study**.

DN talks about how they identified that young people were nervous about conversation in the initial stages, so they did some preparatory work on this (i.e. question activities as per GWT IG training). She adds that she has collated evidence from this work with Hoswick Visitor Centre, **which again could be shared**.

Others mention that so much of the above is good for #MentalHealthAwarenessWeek (which it is currently). Brief discussion then follows that there is a need to be tactful about this as participants wouldn't necessarily see themselves as having poor mental health.

DN adds that the Learning Partnership's purpose was to form an older person's group and that it looks like this is going to happen.

DN adds that she has done a **draft report on the above project that again could be shared**. She explains too that the group needs to be sustainable once her involvement has to end. The older people want the next topic to be on the Mousa Ferry.

DN mentions that Mossbank School has an enthusiastic HT and have a project on the horizon.

DN moves on to talk about the Inspiring Purpose (IP) project which they ran on behalf of the network. Four groups managed to complete it and between them they came 1<sup>st</sup>, 3<sup>rd</sup> and gained another finalist place too (out of over 1000 entries!). They feature heavily in the IP publication that followed.

DN explains that it's what happened next that she's especially interested in – there's been lots of continued collaboration since, including a talk with a local history group and a memory book that can be passed down too.

NP highlights how good it would be to share much of this in the potential event he mentioned previously. Rather than speakers/presentations one after the other, it could be workshops that people get to attend, similar to GWT conference format perhaps.

JM adds here that she would love to involve older people in this so that they are made aware of how much they have to offer and likewise how interested others are in their contribution.

NP clarifies that volunteering needs to be formalised for them to be involved.

JB moves discussion to communication with/from GWT. Others mention that they receive lots of emails from GWT and that it's likely that, as the content often relates to mainland/central belt activities, they are deleted. Therefore, for future meetings we need a different approach or to involve other 'influencers' too to help get numbers back up to what they were.

QIOs would help to increase engagement. Someone suggests Robin Calders as a good contact. Also that it would be good to be able to attend the Head Teacher's meetings.

### **GWT national update:**

#### **- Professor Peter Whitehouse visits GWT**

GWT is delighted to announce the arrival of Professor Peter Whitehouse, President of the [Intergenerational Schools International](#), Cleveland, Ohio, USA. We are delighted and honoured that Peter will be spending four days with Generations Working Together during a three month stay at Oxford University. Peter has agreed to give a series of conversation meetings during the first week in June to people interested in how intergenerational approaches can be used in schools.

You can register for the Glasgow event on Weds June 5<sup>th</sup> below:

<https://generationsworkingtogether.org/events-training/a-conversation-with-prof-peter-whitehouse-05-06-2019>

- **The Intergenerational workshop for Early Years' practitioners** was held in August. The workshop was aimed at Early Years practitioners involved in intergenerational projects or who would like to develop projects but have faced barriers. GWT launched it's a new publication at the National Conference in March – An Intergenerational Guide for Early Years Practitioners, with 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 was held on Thursday 4<sup>th</sup> October for care home staff to contribute **to a new intergenerational guide for care homes**. A new publication will follow from this too later in the year. Both are/will be available to download direct from the GWT website.

### **TRAINING:**

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

The next scheduled training session is in Dumfries & Galloway but we are able to offer sessions on request as long as we receive sufficient bookings. Hosts also get a free place – if you'd like to host or think your area would benefit, please get in touch.

You can book a place on planned sessions or see the learning outcomes here:

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

**ICIL** – we currently have a session of the International Certificate in Intergenerational Learning (ICIL) underway, but we also run the course in the autumn. Find full details here:

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

We also have a new workplace training session that can be delivered to up to 16 people at a cost of £400 for the session (a total cost for all participants, not per person). Visit our website to get in touch and find out more.

**- National Conference in March**

If you were unable to attend, or if you would like to revisit some of the talks, presentations are available on our website.

**- Soil Association partnership**

You'll find full details of our new partnership with the Soil Association, on the Get Togethers programme here:

<https://generationsworkingtogether.org/news/generations-working-together-joins-forces-with-the-soil-association-on-food-for-life-get-togethers-project-24-04-2019>

**- Dr. Ali Somers' research**

Dr. Ali Somers was one of the guests again at this year's conference and spoke about her recent research in to the benefits for residents at Apples & Honey Nightingale in London of Intergenerational activities. You can find out much more here:

<https://generationsworkingtogether.org/resources/intergenerational-programme-at-nightingale-house>

**- The Small Ideas, Big Impact Fund**

As part of the Eat Well Age Well initiative, funding from £50 to £5000 is available for organisations using food as a means of bringing people together to help improve health and wellbeing. Find out more on their website:

<https://www.eatwellagewell.org.uk/smallideasbigimpact>

- **Our YouTube channel** has lots of useful videos with case studies, animations and more which may help with planning and inspiration. You can find a link at the bottom of our website.

**A.O.B.**

**Next meeting – tbc but likely Nov 20/21. Please check GWT website for correct details.**