

Highlands Network Meeting

Date: 17th June 2019 Venue: Highland Council Headquarters, Inverness



In attendance: Elizabeth Knock & Luke Strachan (Wild Things), Cllr Isabelle MacKenzie, Cllr George Cruickshank, Cllr Roddy Balfour, Edward Mountain MSP, Sarah Bowyer (Scottish Health Council), Ailsa Villegas (NHS Highland), Kate MacLean (NHS), Dorah Fraser (Alzheimer Scotland) Alison Clyde (GWT) & latterly Cllr Angela McLean

Apologies: Geraldine Ditta (Head of Localities), Wanda MacKay (High Life Highland), Cllr Trish Robertson & Cllr Derek Loudon, Julie Paterson (Here 2 Help), Anne McDonald & Jo Cowan (HSCN), & Fraser Thomson

GWT national update

Introduction to the GWT team

Dimitrios Parias, Finance & Administration Officer – P/T - Monday and Thursday

Bella Kerr, Intergenerational Development Officer – F/T - Monday – Friday

Alison Clyde, CEO – F/T - Monday – Friday

Kate Samuels – Communications and Policy Officer P/T – Wednesday - Friday

Conversations with Prof Peter Whitehouse, President [of Intergenerational Schools](#), Cleveland, Ohio were held in Glasgow, Scottish Parliament, Perth & Scottish Borders. Check out the website for more detail.

Soil Association Food for Life Get Togethers – Bella Kerr our new officer will be working on a new partnership GWT has with the Soil Association to develop new training materials and resources for intergenerational projects working on the theme of food. GWT hopes to share food for life info with all 18 networks across Scotland. GWT looking for intergenerational case studies around food to add to new resources. Contact Bella@generationsworkingtogether.org if you have a project to share.

Eat Well Age Well – Tackling Malnutrition in Older People Living at Home in Scotland Small Ideas, **Big Impact Fund - new round of funding** opening on the 6th of May promote to networks.

Michelle would like to encourage people from all across Scotland to help in their quest to reduce the number of older people who are at risk of becoming malnourished, or already are hungry and malnourished. If you have an idea, or ideas, to help older people aged 65 years or over to eat more, to eat better and to improve their wellbeing, then we'd love to hear from you. They would like this fund to reach far and wide across all types of communities in Scotland. This fund has been specifically designed so that individuals, community groups, sheltered housing complexes, social enterprises, charities and public sector workers can test out their ideas around the theme of older people living well via food.

If at any point in preparing your application you would like additional help from our Project Dietitian, our Innovations Officer in working up your idea, or our Impact and Policy Officer, please contact us at any time at: hello@eatwellagewell.org.uk or call us on 0131 4478151

You can apply for any amount between £50 and £5000. Your project or activity can be a one-off event, over a number of weeks or months or for longer as long as it fully concludes by and is evaluated by February 28th, 2020. Closing date for applications Friday 2nd of August 2019. More details from Michelle Slater, Innovations Officer. michelle.slater@eatwellagewell.org.uk

Date confirmed for the next **National Conference, Wednesday 4th March 2020**, 10am – 4pm, Glasgow (same venue)

Annual Recognition Awards will be announced October/November time

The new [publication for early learning and childcare practitioners](#) available on the website. **A black & white, no photo's copy will also be available to share online on the website.**

[Intergenerational Training Course for Practitioners and Trainers \(CPD Accredited \(£75 - Full / £50 Concession\)](#) planned for:

- **September date TBC**, 10am – 4pm, Inverkeithing High School, Hillend Road, KY11 1PL
- **Tuesday 24th September 2019**, 10:00am–4:00pm at The Crichton Trust, Grierson House, The Crichton, Bankend Road, Dumfries, DG1 4ZE
- **Tuesday 5th November 2019**, 10am – 4pm, at the Bridge Community Centre, Stornoway
- **Inverness course Autumn 2019 to be arranged**

[International Certificate on Intergenerational Learning \(ICIL\)](#) – Edition 4 will run from Tuesday 5th November – Monday 17th December 2019 (Cost – Members £160 /Non Members £185) – registration is now open.

Welsh Government [review of Intergenerational Work](#)

A Guide for Older People – Intergenerational Activity – How to be part of it and why.

Published by St Monica's Trust - Order your copy from

<https://www.stmonicastrust.org.uk/guide?gclid=CjwKCAjw39reBRBJEiwAO1m0OZJx4qrC7HcDYd8RMyhP3TpAR2HLZuJSQ0qZ67Zb8n211nHMgGUZfxoCpBsQAvD BwE>

Care Inspectorate new publication – Bringing Generations Together

<https://generationsworkingtogether.org/resources/care-inspectorate-new-intergenerational-publication>

A Connected Scotland – The Scottish Government's strategy for tackling social isolation and loneliness and building stronger social connections

<https://generationsworkingtogether.org/downloads/5c19203b1a7a0-A%20Connected%20Scotland%20-%20dec%202018.pdf>

Mono/multi and inter generations and challenges – moved to the next meeting as we ran out of time.

Presentation – Wild Things, Silver Saplings with Luke and Elizabeth

Wild things! is an award-winning environmental education charity working in Moray, Aberdeenshire and the Highlands. Since 2003, Wild things! has enabled over 13,000 children, young people and adults to learn from and be inspired by their local natural environment and the remote wilderness regions of Scotland.

Silver Saplings: Wild and Well is an intergenerational project which aims to improve the health and wellbeing of communities across the North East of Scotland. Whether you're 8 or 80 years old, time outdoors is one of the best ways to stay active, make new friends and discover something amazing about the natural world we live in. Join us as we embark upon a ground-breaking new journey,

bringing communities and the environment together in a mutually beneficial way. See attached presentation of the photos.

Local Update

- Dorah mentioned that the dementia day care centre had set up regular visits from the Hilton Nursery and Crown Primary
- Ailsa might be able to help with an intergenerational training course later in the year. Ailsa and Alison to keep in touch. Ailsa will look into recruiting a potential volunteer coordinator from the Aviemore area.
- Alison to investigate if the WEA would fund a few free places on the GWT training course.
- Sarah will consider the coordinator post and let Alison know.
- Alison to make contact with David Rex, Chair of Food & Health in Schools
- Kate mentioned the Hungry Horse project which was an after-school club connecting 4/5 older people, 4/5 younger people and 4/5 parents
- Cathy's Cabin has opened up at the McKenzie Day Care Centre which is situated next door to woodlands. This is a dedicated space for outdoor play and could be used as an IG area.
- Discretionary funds were mentioned which may be available across the Highlands

Next meeting:

- Tuesday 1st October 2019, 11am – 1pm, Aviemore Fire Station, 194 Grampian Road, Aviemore, PH22 1RT