

Forth Valley Network Meeting

Date: Thursday 29th August 2019

Venue: Raploch, Stirling



In attendance: Esmond Sage (Cycling UK), Alice Burns (Link Housing Association), Joan Purdie (Newcarron Court Care Home), Jennifer Thomson (Cycling without Age), Michelle McFarlane (Antonine Primary School), Gisele Hall (Town Break), Anne Brown (HC One), Laura Taylor (Active Stirling), Marie Urquhart & Amanda Connal (Raploch Community Partnership), Clare Ross (Antonine Primary) & Alison Clyde (GWT)

Apologies: May Chamberlain (Relationship Scotland), Ania Sandiland (Outside the Box), Shona Thomson (Forthbank), Victoria McRae (CVS Falkirk & District) & Naomi Kenny (Falkirk Library)

GWT national update:

Sadly, we recently had to bid farewell to Dimitrios who returned to Greece. We welcome the following new members to the team:

- David Wilson, Finance & Administration Officer – works Monday and Thursday in the office
- Bella Kerr, Intergenerational Development Officer for the West of Scotland and Central – (Full time Monday – Friday)
- Donna McGlashan, Intergenerational Development Officer – Perth & Kinross (Tuesday/Wednesday)

Generations Working Together are delighted to partner with Food for Life on a new nationwide programme, funded by the [Lottery Community Fund](#). The **Food for Life Get Together** programme uses good food to bring people of different ages together through growing, cooking and eating. Having the chance to get together, share a fresh, healthy meal and have a chat can really change people's day to day lives. The aim of the programme is to transform our food culture, unite communities, create meaningful relationships between generations and unlock the power of good food for physical and mental health and wellbeing.



<https://www.foodforlife.org.uk/get-togethers/get-involved/resources>

A Year of Conversation 2019 is about celebrating, initiating and exploring conversation in our lives. There will be some events involving many people at places you might expect – festivals for example. But there will be many conversation events that are smaller and more intimate too. What is a 'conversation event'? It's simply something that's been planned – that you might have planned – in which conversation plays a significant part or which gives rise to conversation. So it may be a performance of some kind or it may be a group of people (you have) chosen for a special reason to share a meal. There will be information about events on the website, but there will also be space for you to reflect on your own experiences of conversation. Find more about how you can get involved in A Year of Conversation, from staging an event to volunteering and sponsorship opportunities

<https://www.ayearofconversation.com/get-involved>

Intergenerational Housing case studies report provides a digest of 12 case studies of intergenerational housing drawn from the UK and internationally. These provide examples of intergenerational housing that have features and components that are applicable to the Scottish town centre context. This work is in the context of Architecture & Design Scotland's programme *Town Centre Living: A Caring Place*⁴. The intention is to identify examples of intergenerational living and housing that

are consistent with the principles of *A Caring Place* but also to identify the elements of these case studies that can be applicable to achieving these principles in practice.

For info - **The Warwick-Edinburgh Mental Wellbeing Scales** were developed to enable the measuring of mental wellbeing in the general population and the evaluation of projects, programmes and policies which aim to improve mental wellbeing. The 14-item scale WEMWBS has 5 response categories, summed to provide a single score. The items are all worded positively and cover both feeling and functioning aspects of mental wellbeing, thereby making the concept more accessible. The scale has been widely used nationally and internationally for monitoring, evaluating projects and programmes and investigating the determinants of mental wellbeing. WEMWBS is protected by copyright. If you would like to use WEMWBS, you need to register to receive a license for use.

If you represent a not-for-profit organisation (for example public sector, charity, NGOs, government bodies and community interest companies), the scales are available for use by a standard free license. You can register here and this will act as automatic permission.

<https://warwick.ac.uk/fac/sci/med/research/platform/wemwbs/using>

Intergenerational Training Course for Practitioners and Trainers – 10am – 4pm CPD Accredited (£75

- Full / £50 Concession) planned for:

- **26th September** – Duns, Scottish Borders
- **5th November 2019**, Bridge Community Centre, Stornoway
- **12th November**, Dunbar Grammar School, East Lothian
- **21st November**, Wick, Caithness & Sutherland
- **26th November**, Port Glasgow, Inverclyde

International Certificate on Intergenerational Learning (ICIL) – Edition 4 will run from Tuesday 5th November – Monday 23rd December 2019 (Cost – Members £160 /Non-Members £185) – registration is now open.

“I really enjoyed completing this course and certainly have found it thought provoking. I think it will make a significant impact on my intergenerational projects and it inspires me to continue to develop the work I am doing.” (past student)

GWT National Conference confirmed for Wednesday 4th March 2020, Technology and Innovation Centre, University of Strathclyde, Glasgow - Cost £65 members and £85 non members

Programme details will be confirmed November 2019, opportunities for stalls and exhibitions for projects to showcase their intergenerational work.

Can intergenerational relationships be useful at end of life?

GWT has been in conversation with Dr Forbat around developing a new research study: Intergenerational innovation: health promoting palliative care and death literacy in the care home setting. Here is a brief introduction on the proposal so far:

Intergenerational is defined as that which occurs between groups which are separated by at least 20 years, and a raft of research and practice initiatives have focused on non-kin intergenerational relationships, to manifest social change. Developing collaborations between care homes for older people and nurseries for the under 5s, primary school children, teens, and wider age groups of children with complex needs have been areas of particular focus.

Less recognised and explored is how intergenerational relationships and their role plays in health promoting palliative care; that is, the increasing role of the wider community and self-management in

Generations Working Together is a Scottish Charitable Incorporated Organisation SC045851

supporting people who are in their last phase of life. Care homes often now operate as sub-acute units, with very frail older people often living with complex multiple morbidities. The impact of intergenerational relationships on beliefs about frailty, death and dying is ripe for exploration.

If you have experiences in this field and have been connecting younger people with people in the last 6 months of life or would like to get involved, please get in touch with Alison Clyde.

Alison facilitated a **Big Climate Conversation** and will feed back the comments collated to the Scottish Government. Here are some of the topics covered in the discussions:

- more discussions and education around climate change to older and younger people together
- increase the opportunities for IG groups to enjoy cycling
- create more projects around economy recycling items
- more cooking classes for children possible delivered by older people
- younger people discussing topics such as vegetarianism with older people and why people don't eat meat
- fixing and repairing more things together
- improve planning – how can we plan towns and cities to foster intergenerational work

The Amazon fire and the plastic in water crisis has really brought climate change to the attention of many, especially young people. Members really enjoyed the opportunity to think about how intergenerational work could help address some of the challenges and many of the attendees planned to hold similar conversations with their intergenerational groups.

Local Update

Out of the 12 organisations and projects in attendance there were 9 members currently undertaking different intergenerational projects.

- Raploch Partnership intergenerational gardening club won their first gold medal at this year's Gardening Scotland Show.
- Laura mentioned that Active Stirling's intergenerational leadership programme would be continuing for the next academic year with the schools and care homes.
- Alison is on the search for good quality photographs showcasing intergenerational work for use on new GWT promotional items

Next meeting:

- Thursday 28th November 2019, 9.30am – 11.30am, Hawkhill Community Association, 132 Hillcrest Drive, FK10 3SB