

## Caithness & Sutherland Network Meeting

Date: Thursday 26<sup>th</sup> September 2019

Venue: Brora



**In attendance:** Dominic Corcoran from Police Scotland, Isobel Murray from Sutherland Care Forum, Deirdre Aitken from Hearing & Sight Care

**Apologies:** Maria Aitken, Joyce Kullas, Garance Warburton, Doreen Leith, Penny Cormack & Cllr Mathew Reiss

### **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>

**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*. 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.

We had a good conversation about intergenerational housing and how it might be helpful with recruitment issues for NHS staff and teachers.

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:

- **5<sup>th</sup> November 2019**, Bridge Community Centre, Stornoway
- **12<sup>th</sup> November**, Dunbar Grammar School, East Lothian
- **21<sup>st</sup> November, Wick, Caithness & Sutherland**
- **26<sup>th</sup> November**, Port Glasgow, Inverclyde

[International Certificate on Intergenerational Learning \(ICIL\)](#) – Edition 4 will run from Tuesday 5<sup>th</sup> November – Monday 23<sup>rd</sup> 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 4<sup>th</sup> 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 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.

### **Local Update**

We talked about organising an event to showcase the good work happening in Caithness & Sutherland. We felt May might be a good month. The plan to try to hold the event at Nucleus in Wick. This will take a lot of partnership working and will need to access some local funding to help us

achieve our goal. With stalls, speakers and perhaps music. To put any suggestions forward or to offer to help please contact [Kirsteen@generationsworkingtogether.org](mailto:Kirsteen@generationsworkingtogether.org)

**Dominic told** us about their successful Safe & Well Highlander Event held in Golspie on the 14<sup>th</sup> September. In previous years it has been a senior's event but this year they aimed it at all ages. They had a marketplace with information stalls which included NHS Highland, Highlife Highland, Sutherland Care Forum, CAB, Connecting Communities, Tykes, Home Energy Scotland, SSE, Highland Senior Citizens Network, Age Scotland and Tele Care. The Caithness Big Band entertained everyone. A very successful non-judgemental event with 68 attending. There is plans to organise an event for next year again.

**Isobel told** us about their successful food waste program. They collect waste food from the local Coop and hand it out to clients. Isobel told us about the white goods grant which they have just successfully received a new fridge/freezer. This will help their food waste program so much more. You can find out more from [www.turn2us.org.uk](http://www.turn2us.org.uk)

**Dominic told** us about Fareshare. Sutherland have started receiving food from them. For more information you can go to [www.fareshare.org.uk](http://www.fareshare.org.uk) or email [GRobbie@cfine.org](mailto:GRobbie@cfine.org) we felt this would be great information to share in Caithness.

**Deirdre told** us about her IT project for people with visual impairments, she has a young volunteer who visits people's homes to help them set up their iPads or other computing equipment to make things easier for them to see and use. Looking for new volunteers age 16 up.

**Dominic told** us about Asset planning after the successful transfer of the Police station in Dornoch. A useful contact for more information is [joan.bishop@outlook.com](mailto:joan.bishop@outlook.com)

**Dominic also** gave us a useful contact for the Moo food project [emma@moofood.org](mailto:emma@moofood.org)

#### **Next meeting:**

- Thursday 17<sup>th</sup> April 2020, venue in Wick tbc

#### **Intergenerational Training for Trainers and Practitioners**

- Thursday 21<sup>st</sup> November, 10am – 4pm, Nuclear & Archive Centre, Wick Airport, Wick, KW1 4QS