

East Lothian & Midlothian Network Meeting

Date: 17/9/2019 **Venue:** Dunbar Grammar School



In attendance: Fiona Hayes (St Martins PCPS), Parvine Jayzerri (Ageing Well East Lothian), Lauren Cowie (North Berwick Youth Project), Claire Slowther (Dunbar Grammar School), Carol Stobie (North Berwick Coastal Community Connections), Jacqui Burke, Heida Abdalgader, Kirsty Saunders & Isabella Matthews (Dunbar Fashion School), Kirsty McLuckie (Dunbar Grammar School), Jerry Clements & Alison Mack (Ross High School), Zoe Murdoch (East Lothian Council Arts Services), Ken and Moira Campbell (Dunbar Dementia Carers Support Group) & Sue Northrop, Dementia Friendly East Lothian

Apologies: Cllr Fiona O'Donnell, Cllr Andy Forest, Loreen Pardoe, Carey Douglas, Gerard Lohan, Tina Pollock & Alison Clyde

GWT national update:

Welcoming new members of staff to GWT

David Wilson, Finance & Administration Officer – works Monday and Thursday
Bella Kerr, Intergenerational Development Officer – Full time Monday – Friday
Donna McGlashan, IG Dev Officer – Perth & Kinross

Soil Association, Food for Life Get Togethers – see handout for more details

A Year of Conversation 2019 is about us all 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 – see attached

Can intergenerational relationships be useful at end of life?

There has been a surge in interest in intergenerational practice, policy and research over recent years however there is an area which has to date been under researched which has been identified by Dr Liz Forbat, Associate Professor in Ageing, University of Stirling. 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.

Warwick Scale – see attached sheet – may be useful for some members

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:

- **5th November 2019**, Bridge Community Centre, Stornoway
- **7th November 2019**, Inverness
- **12th November**, Dunbar Grammar School, East Lothian
- **21st November**, Wick, Caithness & Sutherland
- **26th November**, Port Glasgow, Inverclyde
- **27th January 2020**, Dumfries

[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.

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 Nov/Dec 2019, opportunities for stalls and exhibitions for projects to showcase their intergenerational work.

Notes from session

Dunbar Grammar School Old (DGS) and Young Diners

DGS runs a weekly dinner with music, fun and friendship for local older people, including people living with dementia. Kirsty McLuckie, Pupil Support Teacher at DGS organise a team of pupils,

teachers and parents with the support of a team from Dunbar Rotary and Dementia Friendly East Lothian. Around 20-30 local people, pupils, teachers and volunteers get together every week, except for the festive period. The project is funded by Eat Well Age Well, Dunbar and East Linton Area Partnership and others. You can see more here: <https://youtu.be/aKfTbm4rzhA>. This is one of a range of intergenerational projects that Dunbar Grammar School pupils and teachers are involved in and Dunbar Grammar has a number of awards for its intergenerational work. School Head, Claire Slowther said that the school has a commitment to being part of the community, an essential principle of the school ethos.

Dunbar Fashion School Intergenerational Project

Dunbar Fashion School runs a wide range of projects that bring different ages together. The Fashion school project started in April 2018, bringing together people of all ages and abilities, including school pupils and people living with dementia, to work together, socialise, learn new skills and have fun! Participants learnt new skills such as Fashion Design, Pattern Construction, Cutting Room Practice, Machine Study, Garment Making and Showcased their made to measure own unique designs in a Fashion Show." The project aims to reduce loneliness and isolation, break down the barriers between the generations - learning from each other, sharing skills and respecting each other, building genuine friendships, socialising, and most of all have fun!" See more here: <https://www.youtube.com/watch?v=JHrFtcB5vcs&feature=youtu.be>

We talked about what enabled great intergenerational working. Claire Slowther said that for Dunbar Grammar School, the key enablers were School Leadership and a culture of embedding inter-generational and community working and values into the whole school approach. We tried to understand why this isn't happening in all schools. Local cultures, networks and individuals can make all the difference.

A number of people at the session were keen to try out intergenerational dining in their communities.

Climate Change

We didn't have time to do the whole of the climate change conversation however we looked at the resource and had a conversation about climate change. There was a discussion about how older people felt that when they were young, re-using and making things were important because of lack of money or it was just how things were done. They were also interested in hearing more about the younger generations about their thoughts about climate change. We had a very interesting discussion about Fashion and climate change and how the Fashion School's work can help people make good quality clothes, re use, repair and contribute. There was also a discussion around the range of sustainability projects across East Lothian.

Future events:

- Intergenerational Training Course for Trainers and Practitioners - Tuesday 12th November 2019, 10:00am - 4:00pm at Dunbar Grammar School, Summerfield Rd, Dunbar EH42 1NJ
- Network Meeting - Wednesday 22nd January 2020, 10am – 12noon, Arts Centre, Dalkeith Library 2 White Hart Street Dalkeith EH22 1AE.