

## Fife Network Meeting

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

Venue: Kirkcaldy



**In attendance:** V. McBride (Fife Health & Social Care Partnership), S. Gibson (Fife Forum), A. Muir (Fife Council – Education), R. McCabe (Fife Council – Dementia Friendly Fife), Ruby Urlotti (East Neuk Frail Elderly Project), M. Geggie (Fife Council – Social Work), A. Fraser (Fife Council – Education), L. Jones (Colleydean Community Centre), J. Walker (SDS Options), L. Turner (Open Door Project, Bennochly Parish Church of Scotland & GWT Fife Network Coordinator)

**Apologies:** Cllr Dempsey, Cllr Cameron, K. Dobbie (Methodist Church), E. Fyfe (Fife Council - Community Education Worker), A. Kerr (Fife Council - Active Fife), T. Naylor (Care and Share Companionship, L. Brady (Fife Council – Education), J. Lorimer (Fife Council – Education).

### 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:

- Bella Kerr, IG Development Officer, West of Scotland and Central – (Monday – Friday)
- Donna McGlashan, Intergenerational Development Officer – Perth & Kinross (Tues/Wed)

Generations Working Together is 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*. 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:

- **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
- **27<sup>th</sup> January 2020**, Dumfries

[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.

### **The Scottish Older People's Assembly**

The Scottish Older People's Assembly exists to give a strong voice to older people about their experience of life in Scotland, their challenges and concerns, and to celebrate the positive contribution that older people make to society. Come along to their next assembly on Saturday the 5th of October in the Scottish Parliament.

The Assembly will have an interesting programme of speakers and workshops, including Christina McKelvie MSP Minister for Older People and Equalities who will deliver the keynote speech. The Debating Chamber session will be chaired by Christine Grahame MSP, Deputy Presiding Officer.

### **GWT New Treasurer**

Generations Working Together (GWT) is looking to recruit a new Treasurer who will replace our retiring Treasurer later in the year. Previous experience as Treasurer for a Charity is required however it is not as essential as a sound knowledge and understanding of financial management. Trustees are invited to attend four meetings each year held in our office at Brunswick House in Glasgow as well as a yearly development day, AGM & Conference which are held on the same day. As a small charity it is expected that Board members will take on additional responsibilities between meetings consistent with the objectives of GWT. This may include membership of short life working groups, subgroups or specific tasks consistent with their areas of expertise.

Our team of 11 trustees, five staff and army of volunteers are all committed to helping develop intergenerational work across Scotland connecting people of different generations specifically young and older people. For more detail please check out the [GWT website](#).

GWT uses a Zoom video conferencing system where Trustees can actually call into the meetings should they be unable to attend. If you have any questions regarding the board please get in touch with our Chair, George Kay or the CEO, Alison Clyde for more info on the role itself.

### **Big Climate Conversation** - Here are some of the topics covered in the discussions:

Baby Boomers; Sandwich Generation; No State Pension; WASPI; Ozone Layer; Fairshare; Homestart; Local Business Donations; Food Distribution Points across Fife; Community Fridges; Saving Food Waste App – OLIO; Sustainability; Young people more aware than the older generation; Recycling; Uniform swaps; glass milk bottles; conscious change to lifestyle; Change in job market in last 20 years and also in the last 10 years employment landscape has changed; global economics; Fife Council gifting free energy bulbs along with other large corporations; New builds to be re thought and considerate to environment; Change in legislation needs to be a priority; Floods; rain water in school toilets – smelly with a yellow tinge – sacrifices; Tool libraries; public transport – times and affordability; Edinburgh car hire scheme; Change of diet; Cruise more rather than fly plus many other topics.

Everyone felt the Big Climate Conversation was a good tool to engage generations, stimulating natural conversations.

### **Local Update**

Active Fife and partners are planning an Intergenerational Activities Day in May 2020. A planning day. In Burntisland is being planned, contact Louisa if you are keen to take part.

New GWT Treasurer - Discussions were had, about third sector organisations struggle to engage volunteers to undertake such roles. It was shared that the perhaps we should all be lobbying our Scottish Government contacts to bring this up for discussion at Parliament. R. Urlotti, stated that in North East Fife, there seemed to be a cluster of retired accountants and perhaps we should encourage organisations to approach someone from this area. This followed discussions on the practicalities of doing so.

Social Prescription is happening across Fife – Methil, Cowdenbeath, East Neuk, Dunfermline, Glenrothes and Kirkcaldy. There is a keenness to promote involvement with intergenerational projects. Real benefits to changes in individuals' mental health and general well-being, are being reported.

A Bite & Blether group in East Neuk, comprised of pupils from Waid Academy and the local older community, have been gathering for Fish Teas.

There have been social work contracts which have been funding the Fish Teas as well as a similar project in Dunfermline between Lynburn Primary and Abbeyview Day Centre.

Carnegie Nursery, Dunfermline have been making relationships with Jean Mackie Centre and Touch Rainbow Club with 'Play Your Cards Right' and intergenerational Bookbug sessions.

Colleydean Community Centre in Glenrothes utilising a successful funding application from Greggs Foundation, which funds lunches and afternoon teas including transport for a mixed generational group. Colleydean Primary have been learning to cook with older adults utilising Pupil Equity Funding.

Louisa reported on the recent training course held in Fife (4<sup>th</sup> September), stating another would be placed in the diary on a demand basis but will not happen until 2020. A member stated that her colleague had attended the September training course; as a consequence of her enthusiasm for GWT and intergenerational work, she was encouraged to attend the Network meeting.

Other courses were highlighted, and applications were open for the online International Certificate on Intergenerational Learning (ICIL). Louisa shared her personal experience of the course.

A training for businesses was also highlighted – Age Awareness Training for Intergenerational Teams. More details on the GWT website.

Louisa encouraged the sharing of projects to other GWT members and encouraged posting of such on the GWT website. Louisa also stated that intergenerational projects could be promoted in the local media with support from Kate Samuels of GWT. Details on the website.

Networking and contact details exchanged amongst members.

V.McBride stated that she would forward details of possible venues for the May Network meeting and that she hoped to have an update on the intergenerational Methil Care Village at the meeting.

#### **Next meeting:**

- **Tuesday 28th January 2020, 10:00am - 12:00pm** at The Coalfields Training & Enterprise Hub, 2 Kirk Street, Kincardine, FK10 4PT
- **Friday 8th May 2020, 10:00am - 12:00pm** at Methil TBC