

In attendance: Julie Paterson (Befriending Project) & Maggie Lawson (Badenoch & Strathspey Community Transport), Angela Paton (Action of Hearing Loss), Louise Paterson & Sophie Calderwood (Scottish Health Council), Emily Stokes (Care and Learning Alliance), Pam Topping (high Life Highland) & Alison Clyde (GWT)

Apologies: Cllr Alex Graham, Cllr Carolyn Caddick, Cllr Bill Lobban, Jackie Schillet (Care and Learning Alliance), Wendy Ross, Bryan Gregg (Voluntary Action Lochaber), Sarah Bowyer (Scottish Health Council) & Elizabeth Reid (Childcare Practitioner)

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, Intergenerational Development Officer for the West of Scotland and Central – (Full time Monday – Friday)
- Donna McGlashan, Intergenerational Development Officer – Perth & Kinross (Tues/Wed)

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*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. <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
- **12th November**, Dunbar Grammar School, East Lothian
- **26th November**, Port Glasgow, Inverclyde
- **27th January**, Dumfries
- **19th March 2020**, Duns, Scottish Borders
- **21st May 2020**, Wick

International Certificate on Intergenerational Learning (ICIL) – Edition 4 will run from 5th Nov – 23rd Dec 2019, Edition 5 dates still to be confirmed however it will be around 28th April – 15th June 2020. Just waiting confirmation from the University of Granada. (Cost – Members £160 /Non-Members £185).

“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 announced December 2019, opportunities for stalls and exhibitions for projects to showcase their intergenerational work.

Excellence in Intergenerational Work 2020 (national awards) will be launched in November 2019.

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.

Alison facilitated a **Big Climate Conversation** and will feed back the comments collated to the Scottish Government. More details on the GWT website.

Sharing learning – Emily Stokes, Care and Learning Alliance – rural childcare

Emily shared the intergenerational elements within the 9-month research project CALA are leading on, which is funded by the Scottish Government and the European Social Innovation Fund. There are four main strands to the research project, mobile nurseries, alternative spaces and timings, intergenerational partnerships and a strong and sustainable workforce.

The team are looking at innovative models of early learning care to support and sustain an inclusive rural economy. The research is set against the background of the Scottish Government's major expansion agenda in early learning care, with funded hours for all 3- and 4-year olds and eligible 2-year olds increasing from 600 per year to 1140 from August 2020.

Emily outlined some of the intergenerational work currently taking place in some of the CALA nurseries, notably Junior World in Nairn, with children visiting two local care homes. She also noted some sessions that had taken place at Cantraybridge College with Young adults with learning disabilities, which had gone really well. Plans are also currently being discussed with the NHS regarding the possible co-location of a nursery within one of the care homes in Golspie.

The team are keen to identify as part of their research other intergenerational work currently happening in early learning care and look at potential opportunities to recommend in their report.

Local Update

- Pam is keen to do more IG events and improve on the practice within the library – Alison encouraged everyone to check out the [Aberdeenshire libraries intergenerational case study](#)
- Maggie mentioned that transport is a continued problem for them in their intergenerational work
- Julie is keen to do more intergenerational befriending and shared the example of one 19-year-old befriender being matched with someone in their late 60's. Alison to introduce to Kirsteen in Caithness. Alison would be keen to write a case study.
- Granton School working with a care home – Project Scotland?
- Alison is looking to recruit a volunteer network coordinator for the Highlands. Contact alison@generationsworkingtogether.org for further information and to hear the benefits.

Next meeting:

- Tuesday 4th February 2020, 1.15pm – 3.15pm, Spectrum Centre, 1 Margaret Street, Inverness
- Wednesday 4th March 2020, National Conference, Glasgow