

Scottish Borders Network Meeting

Date: Wednesday 2nd October 2019

Venue: Jedburgh



In attendance: Susan Oliver (Jedburgh Grammar), Cllr Sandy Scott, Cllr Andy Anderson, Cllr George Turnbull, Donna Wood (SB Council), Diane Findley (SB Seniors Forum), Jennie Sutton (Coldingham Gala Committee), Lizzie MacLeish (NHS), Stephanie Logan (VCB), Morag McCreadie (Jedburgh Primary), Shirley Jefferson (Beyond Earlston) Douglas Pringle (Job Centre), Sumati Bala (Ability Borders), Jenna Valasek (Jedburgh Grammar), Lorraine Anderson (SB Social work), Heather Batsch (The Bridge CVS) & Alison Clyde (GWT)

Apologies: Cllr Weatherston, Cllr Scott Hamilton, Coreen Knight, Robin Tatter, First Nursery Peebles & Anila Chughtai (NHS Borders)

GWT national update

Sadly, we bid farewell to Dimitrios and welcome the following new members:

- 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.

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 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:

- **27th January 2020**, Dumfries
- **19th March 2020** Duns, Scottish Borders
- **25th March 2020**, Kirkwall, Orkney
- **25th March 2020**, Perth
- **21st May 2020**, Wick, Highlands

International Certificate on Intergenerational Learning (ICIL) – Edition 5 will run from Tuesday 28th April 2020 – Monday 15th June 2020 (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 £70 members and £85 non-members
Programme details will be announced 16th December 2019, opportunities for stalls and exhibitions will also be available.

Alison facilitated and encouraged members to take part in the **Big Climate Conversation**. GWT is facilitating six conversations and will feed back the comments collated to the Scottish Government. We are specifically identifying how an intergenerational approach can be used to address some of the climate challenge issues we face in our community. Alison encouraged members to check out the Big Change Conversation Initiative.

<https://www.gov.scot/policies/climate-change/low-carbon-living/>

<https://www.gov.scot/publications/the-big-climate-conversation-community-conversation-pack/>

Local Update

- Alison mentioned that GWT were recruiting a new local network coordinator for the Scottish Borders area and would be keen to recruit two volunteers based in different parts of the Borders. Three members came forward.
- Susan provided an update on the new intergenerational work which would be starting early in the new year involving Jedburgh Grammar and Jedburgh Primary. GWT will be recruiting an Intergenerational Development Officer in the New Year to work two days a week in the new Jedburgh Intergenerational Community Campus. The Officer will also have some dedicated hours to supporting intergenerational work in the community.
- Heather is keen to develop opportunities to connect local groups with GWT and intergenerational work in the Borders.
- Shirley shared details of a new intergenerational project planned to commence in Feb 2020.
- Martyn highlighted that intergenerational work was a priority within the Earlston Learning Community Partnership.
- Lizzie is keen to develop intergenerational work in Burnfoot and Hawick. Already facilitating some reminiscence work with Burnfoot Primary.
- Jenna from Jedburgh Grammar, maths department mentioned the successful funding bid for work to start on a new numeracy project which she hoped the new volunteers would get involved in.
- Members suggested GWT invite the following groups to the next few network meetings: LGBT Youth, developing young workforce, health, reps from care facilities, lunch club organisers, 3rd sector groups, sheltered housing and care orgs.
- Jennie highlighted that she is keen to set up an intergenerational project in a social enterprise setting.
- Douglas keen to explore intergenerational opportunities for his job centre plus clients through volunteering.
- Donna is keen to help advertise any intergenerational volunteering opportunities

Future dates for 2020:

Network Meeting - Friday 21st February 2020, 10:30am - 12:30pm at Galashiels Library, Lawyers Brae, Galashiels, TD1 3JQ

Training course - Thursday 19th March 2020, 10:00am - 4:00pm at Berwickshire Association for Voluntary Services (BAVS), 55 Newtown Street, Duns, TD11 3AU