

Western Isles Network Meeting

Date: 4.11.2019

Venue: Bridge Centre, Stornoway



In attendance: Karen Peteranna & Murdo Macleod (NHS), Marion Wilson & Bellann O'Brien (VCWI), Ashleigh Maccaskill (GWT & NHS), Kate Langley (VCWI), Alison Clyde (GWT), Sally Reynolds (Carloway Estate Trust) & Marion Matheson (NHS) joined via Zoom video conferencing.

Apologies: Jane Ballantyne & Vicki Manchester

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.

[National Awards for Excellence in Intergenerational Work 2020](#). The awards recognise, showcase and celebrate achievement and outstanding practice in the field of intergenerationality. Nominations are encouraged from projects and individuals living throughout Scotland. This year there are five award categories:

- Most innovative project
- Most improved project
- Award for promoting achievement and attainment in education
- Award for contribution to reducing loneliness and isolation
- Volunteer of the year

To apply, please find below a copy of the Award Guidelines and the nomination form. Deadline for applications will be **Friday, 7th February 2020** at noon. Nominations should be emailed along with three high resolution photographs to Bella@generationsworkingtogether.org. The awards will be presented at our National Conference, Glasgow on Wednesday 4th March 2020.

[GWT National Conference](#), **Wednesday 4th March 2020**, Technology and Innovation Centre, University of Strathclyde, Glasgow - Cost £70 members and £85 non-members
Registration now open, opportunities for stalls and exhibitions for projects to showcase their intergenerational work.

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). Now open for registration.

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>

The Big Climate Conversation

Alison encouraged members to check out the Big Climate Conversation toolkit a step by step guide for running your own community conversation as part of 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

This was our first-time using video conferencing and it was a great success, we shall continue to offer this service at future meetings so those unable to travel can still join in.

- Bellann reported on the intergenerational work that they were supporting in Stornoway Primary. The clip below was shared on the VCWI Facebook page in December and is definitely worth a watch:

<https://www.facebook.com/109240205826891/videos/pcb.2601326073284946/442858963059572/?type=3&theater>

- Kate highlighted the work in Sir E Scott School with P6's going into Harris House to do armchair aerobics.
- The care home in Barra receive weekly visits from their local nursery. The North and South Uists nurseries are also visiting care homes. Marion agreed to do a blog for the GWT website (Alison to get in touch) and we found the following clips on Facebook which we think are worth looking at:

- **Intergenerational Care – short film with the Solas Day Centre and An Cotan Nursery**

<https://vimeo.com/288019173/587f6c6ce4?fbclid=IwAR2iuS5KbeseMF3P2unW5PBbZ70JAM6LgbtSf86OCinUM8A2g3YvYUruXk>

https://m.facebook.com/story.php?story_fbid=2359576080745320&id=529043420465271&anchor_composer=false

<https://www.facebook.com/Alzheimer-Scotland-Western-Isles-529043420465271/>

- Ashley announced that she was pregnant and wouldn't be at the GWT conference or possibly at the next network meeting as it was close to her due date. GWT sends congratulations and wish Ashley well in her new arrival.
- Vicki Manchester is keen to get involved and has offered to help with the next network meeting in the South.
- Karen reported that the 'Spring Chickens' project had been bringing younger children together with older ladies monthly for the past 12 months which included activities such as line dancing and sharing photos.

Next meeting:

- Tuesday 21st April 2020, 10.30am – 12.30pm, Benbecula – venue TBC
- Wednesday 22nd April 10am – 12noon, Stornoway, venue TBC (possibly council headquarters)