

Edinburgh & West Lothian Network Meeting

Date: 15.11.2019

Venue: Newhaven, Edinburgh



In attendance: Brittany Blankinship (University of Edinburgh), Heather Yang (Volunteer Edinburgh), Lynne Porteous, Judy Crabb, Anna & Roger Walpole (Heart of Newhaven), Murdo Macdonald (Church of Scotland), Eui-hyun Kim (The Chosun-Ilbo-South Korea), Cassandra Abousamak & John Hodge (Newhaven Church), Ryan McKay (Citadel Youth Centre), Jaqueline Cassidy (Children in Scotland), Heather Emond (Queen Margaret University), Julie Turner & Emily Hislop (Age Scotland), Lyn Jardine (Viewpoint), Jennifer Marlborough (LHNCC), Cat Young (NHS & GWT) & Alison Clyde (GWT)

Apologies: Lord Provost, Cllr Hal Oster, Cllr Cammy Day, Cllr Lesley MacInnes, Dr Amy McNees-Mechan, Denise Young (RVS), Mike Douglas (Age Scotland), Esmond Sage (Bike Bike Revival), Joanne Brown (Generations Arts Association), Anne Munro (Pilmey Dev project)

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)

[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.

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.

Soil Association, Food for Life Get Togethers – see **handout**

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



Generations Working Together is a Scottish Charitable Incorporated Organisation SC045851

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>

£10 000 grants for community partners in Food for Life Get Togethers test and learn regions are now open (Inverclyde, Glasgow & Edinburgh). These grants are aimed at community organisations or groups looking to test out innovative approaches or develop existing initiatives which bring people from different generations and backgrounds together through food. We are looking for partners that can demonstrate genuine understanding of what is needed in their communities and have the skills and energy to use food as a tool to bring generations together. If you know of any community partners in our test and learn regions who might be interested please pass the attached information onto them. Closing date for **applications is Friday 29th November.**

[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>

Generations United recently launched a new [Intergenerational evaluation toolkit](#) which offers three resources designed to meet the needs of programme providers and researchers committed to demonstrating the impact of intergenerational programming and understanding the practices by which outcomes are achieved.

Volunteer Scotland and the Scottish Volunteering Forum have launched a major new report '[The Contribution of Volunteering to Scotland's Health and Wellbeing](#)'. It reveals how volunteering can help Scottish society face some of its biggest challenges: an aging population, labour market skills shortages, mental and physical ill-health, social isolation and loneliness, and poor community engagement. Volunteering brings even greater benefits for volunteers who experience disadvantage and exclusion.

Local Update

- Email update received from Anna Krzeczowska, Strathclyde University from their intergenerational research study working in primary schools in West Lothian - Our work is ongoing and we have recruited a final cohort of older people which joined the school in September 2019 and will volunteer till March 2020. We needed higher participant numbers for our pilot trial, so we decided to extend the project for another 6 months. Anna managed to recruit 14 new volunteers, 6 of them were assigned to our wait-list/control group that is not actively involved in the intergenerational engagement just now, but they can join the schools when the programme is finished in March 2020. Anna will start analysing the quantitative data from the pilot in Spring and hopefully and hopes to be ready to share some preliminary outcomes in early Autumn. Meanwhile together with their external collaborator they are analysing the focus group data and hopefully, we will be ready to share some findings around March/April 2020.

Anna conducted four focus groups all together: 1) one with the seven volunteers from our Cohort1 (Sep 2018-March 2019); 2) two focus groups with the teachers; and 3) one with P3-P4 pupils. We have received a very positive feedback on the programme from everyone involved and many of our former volunteers from the Cohort 1 and Cohort 2 are still engaging with the reading programme beyond their 6-month placement, which emphasises the importance of and a need for the new role in their lives.

- Someone mentioned GWT should contact the Fringe as they had shared housing during the festival – does anyone have a contact?
- Ryan provided an updated on the 10-year anniversary of their intergenerational project Old Spin and the work involved in Old's Cool which is now being delivered in Estonia and a new project called Cinetopia
- Julie shared an Age Scotland resource game called 'A day in your community'. Julie will share the remaining copies with the members.
- Judy provided an insight in the community asset transfer project which is currently being applied for with Victoria Primary School. They are hoping to build a multigenerational community within the building and are looking for help and support and ideas.
- Jacqueline spoke about her Churchill Fellowship where she has been funded to undertake overseas visits to the US, Singapore and Japan. Jacqueline will bring learning from her Fellowship and offer an opportunity to consider what elements of people, policy and practice we need to effectively embedded intergenerational practice in a meaningful and sustainable way.
- Eui-hyun is a trainee reported and has travelled over to the UK from Korea. Eui-hyun is investigating the benefits of intergenerational work and hopes to take lots of case studies and information home to share with local people in Korea. Eui-hyun mentioned an intergenerational project from home around fashion looking at what people wore in the past, what they wear today and what they could wear in the future.
- Melville housing is looking into a co-housing model.
- Heather Emond is a PHD Student at the Queen Margaret University who is exploring intergenerational policy development in Scotland with a specific reference to dementia.

- Lynn Jardine has been working on some creative journalism with 3 care homes
- Brittany mentioned their arts language intergenerational project had had a bit of a set back however they hope to get it going again next year.

Alison asked everyone to take part in an **ageing attitudes quiz** from the World Health Organisation which resulted in a few surprises. You can download a copy from the [WHO website](https://www.who.int/ageing/features/misconceptions/en/), and you'll find other useful resources including misconceptions on ageing and health.

<https://www.who.int/ageing/features/misconceptions/en/>

<https://www.who.int/ageing/features/attitudes-quiz/en/>

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. 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

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>

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/>

Sessions for 2020 include:

- [**GWT National Conference**](#), **Wednesday 4th March 2020**, Technology and Innovation Centre, University of Strathclyde, Glasgow
- **Wednesday 6th May**, 10am – 12noon, General Register House, 2 Princes Street, Edinburgh, EH1 3YY. This network event will have a food theme around the work of the Food for All get Togethers
- **Wednesday 9th September**, 10.30 – 12.30pm, Cyrenians OPAL Older people, Active Lives, 27 George Street, Bathgate, West Lothian, EH48 1PG