

Network Meeting

Date: 23/01/2020

Venue: Forgewood Community Centre 49 Dinmont Crescent, Motherwell, ML1 3TT

In Attendance: Clare Hay NLC Stepping Stones Family Learning Centre, Elaine Murphy NLC Stepping Stones, Julie Dalziel Gold Group (University placement). Stella Mason Gold Group (University Placement), Susan Brooks NLC Dunbeth Family Learning Centre, Sandra McCrory Larkhall & District Volunteer Group, Chris Simpson NHS Health Improvement, Audrey Morrissey and Emma Hamilton Earlston ASC, Richard Bolton Forgewood Community Centre, Fiona Fotheringham Councillor for Marion Fellows MP, Louise Tiffney Forgewood Family Centre, Lynne Barbour Routes to Work South, Pauline Wells North Lanarkshire Council, Joan Wilson Trellis,

Apologies: Sharon Granger Older & Active East Kilbride, Robert Piper Orbiston Neighbourhood Centre, Margaret Bryce Blue Triangle, Mandy Manager Park Springs, Charlie Miller Men's Sheds, Stefonia McGrath Trust Housing,

GWT national update:

[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 confirmed for Wednesday 4th March 2020, Technology and Innovation Centre, University of Strathclyde, Glasgow - Cost £70 members and £85 non-members

<https://generationsworkingtogether.org/events-training/national-conference-2020-04-03-2020>

GWT Vacancy – Scottish Borders PT 18hrs per week based in Jedburgh

WHO | Ageing Attitudes Quiz

Take the Ageing Attitudes Quiz as a first step in your Stand Against Ageism. Check your attitudes against these commonly held views of ageing and older persons and find out how much you know about ageing and older people.

www.who.int

WHO website giving details on the misconceptions on ageing and health.

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

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

Intergenerational Training Course for Practitioners and Trainers – 10am – 4pm CPD Accredited (£75 - Full / £50 Concession) planned for:

- **27th January 2020**, Dumfries & Galloway
- **19th March 2020** Duns, Scottish Borders

- **25th March 2020**, Kirkwall, Orkney
- **25th March 2020**, Perth
- **15th April 2020**, Ayrshire & Arran
- **27th April 2020**, Argyll & Bute
- **21st May 2020**, Wick, Highlands
- **2nd September**, Lanarkshire
- **11th September**, Greater Renfrewshire & Inverclyde
- **18th September**, Dumfries & Galloway

[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).

Generations Working Together is looking to recruit two enthusiastic, committed, dependable and proactive volunteer trustees to replace two members of our board who are retiring at our next Conference/AGM on 4th March 2020.

We are looking for a new treasurer and a trustee who have experience of working in the voluntary, public or private sector who want to become actively involved in progressing intergenerational work across Scotland.

Letters to our grandchildren – Mollie has set up a unique project where she is seeking to recruit **those aged 65+ to write letters addressed to younger people in their lives aged 18-35**. It is Mollie's goal to then compile these letters into a moving and thought-provoking book that will engage young people and connect them with an older generation.

If you are interested in taking part, or feel like you might know someone who might like to write to you, please get in touch either via e-mail or by following the project on Instagram @letters_to_our_grandchildren.

<https://generationsworkingtogether.org/news/letters-to-our-grandchildren-14-01-2020>

GWT research – have your say

As part of evaluation, we are asking members, colleagues and partners to share with us their experience of engaging with and learning from Generations Working Together.

TRELLIS

Joan Wilson came along to the meeting and offered a demonstration on a planting bulb activity that can be used as an intergenerational activity that will stimulate discussion between young and older people. Everyone took part and enjoyed the activity. Joan also let the attendees know that they can ask at any Dobbie's for free bags of compost. Joan's demonstration showed how conversations can strike up during the activity and explained that it was a great exercise for children to understand how things grow.

FOOD STANDARDS AGENCY RESEARCH

Kevin Geddes from the University of Hertfordshire attended the meeting and spoke about the research that he is working on. He invited members to contact him if they are interested in taking part. Attendees were given Kevin's details if they were interested or wished to share with their own networks. Kevin explained it was a short-term research about food choices around buying cooking and eating food. He will be visiting people in their own home looking in their fridges and cupboards, then go out shopping with them while they do their food shop, then go out with them to a place that they would eat out. Kevin will keep us posted how the research goes.

Generations Working Together is a Scottish Charitable Incorporated Organisation SC045851

Local Update

- **CLD** – explained that there was a lot of work going on in the area in Wishaw around community gardens and schools and orchards by giving seeds for planting vegetables.
- **Routes to Work South** spoke about a community café working with food poverty
- **Forgewood Learning Centre** work with a local **care home Parksprings** and they get involved in Tai Chi, Book Bug, Open Dyas, Concerts, Allotment and they hope that residents will be involved more. They fundraised for a picnic bench. They have sing songs and family ties and are looking for more ways of doing intergenerational work.
- **Steppingstones Family Learning Centre** Host a Grandparents Day – afternoon tea where isolated grandparents come along.
- **GOLD Group** hold tea dances, work with nurseries and blether and did a capsule project, Dance class, Tennix, Bowling club, older people teach children new sports as it is dying out in the area.
- **Fiona Fotheringham Councillor for area** signpost people to groups, works on a poverty action network and would like to invite GWT along to this.
- **Richard Bolton** is based at Forgewood Community Centre and is involved in 4 Intergenerational activities across 2 centres directly or in partnership.
- **Sandra Sneddon Cambuslang Day Care** spoke about community and how age is just a number. She is experiencing work with a large majority of people living with dementia and how they needed support to live their lives. Cambuslang schools and P1, P2, P5 and P6 have been involved in learning about dementia and this something that twill continue.
- **Susan Dumbeth Family Learning Centre Coatbridge** they have a community champion and they visit East Stewart Day Centre Gardens and Summerleas House and Woodside Care Home. They find it difficult for transport. Each place they visit is very different and not always singing and dancing sometimes it holding hands and in the moment. At Woodside it is more difficult to engage the children and this is done with lower numbers. The Centre also attend open days, concerts. It is a natural process and relationships are formed over time.
- **MAD (Making a Difference) Group** first contacted Generations Working Together in November 2019 and after speaking with Bella asked the children aged P1 to P7 to write letters and draw pictures of themselves to send to a local nursing home. They are keen to get starts and work with young and old together to share skills and stories. They may do an activity around favourite things and matching people accordingly. Also they will be looking at pen pals withing the community.
- **Tea Dances, Food Together, Zumba for over 50s** – Children leaning about loneliness they used the Christmas advert for M & S (man in the moon).
- **Larkhall & District Volunteer Group** work with volunteers 18 – 80. The majority of work is focused on older people but hey host intergenerational events and are building relationships with nursery, primary and high school. They have voluntary transport and older people who are volunteers. They have a session where volunteers read to children and have taped a recording of this. They got involved in Sing a Song for Santa. They have hosted events run by students, games old people used to play, what they used to eat etc. There have been nursery restrictions around food. Also work with social enterprise students who are not engaging with education and this has opened up how teenagers are often socially isolated

Next meeting:

- 26th May 1.30pm until 3.30pm in Larkhall and District Volunteer Group, 55 Victoria Street, Larkhall ML9 2BL