

Network Meeting

Date: 30/01/2020

Venue: Balquhiddar House 1 Charleston Way Alexandria G83 0TD

In Attendance: Evelyn Graham Bridge Court, Nicole Carroll Lennox ELCC Bonhill, Jill Williams Lennox Primary, Margaret McQuade Crosslet House Day Service, Yvonne Walker Braehead Primary, Veronica Loveridge Crosslet House, Collette McBride Crosslet House, Sharon Thomson Brucehill Nursery, Joan Wilson Trellis, Annette Gillies Northwood House Care Home, Emma Lang Argyll Care Centre, Arlene Mustarde WDC, Margaret Buchanan-Coles Moving Therapy, Claire Coyle WD Community Food Store, Robin Patel Maid of the Loch, Brian McQuillan WDC, Alex

Apologies: Jessica McGilivray & Alison Gildea TSI A & B, Rosemary McKenzie DWP, Catriona Brown Rhunahaorine Primary, Angela Sprott WD Council, Mairi Fleck Argyll Carers

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

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- **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.

Local Update

Bridge Court Bield Housing / Lennox Primary Bonhill August to October children have been visiting the housing group. They invited Evelyn (Bridge Court) to attend the meeting today to be part of the network. The children love the visits, they play board games. The children were nervous when they started. They have covered Getting to Know You, Pets, Brothers and Sisters questions? They had expected to encourage socially isolated tenants, but it never worked out like that. The tenants who are involved bake for the children coming. They covered conversations at Christmas of what they children wanted and what the older people used to get when they were children. Some of the younger people learned new things about older people in wheelchairs wearing oxygen masks as they thought that older people in such a condition were not able to do anything and were surprised to see that the older people could communicate. It is Primary 5 class and usually 6 children at a time go from 1pm until 2.45 pm once a week for 4 weeks. Then a new set of children go along. The children have come up with ideas for their playground that they have learned at Bridge Court and have now requested Play Your Cards Right, Playground Ludo / Snakes and Ladders.

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Discussion re social media and technology Alex – Project University / College working in sheltered housing using a drawing app / ipad – love taking part in this and older and younger were able to share with families through social media, also use skype for reviews for many families.

Crosslet House / Braehead Primary School started pen pals with school children. Then worked on World War 2 – write letters re the war, what was it like? ... Shelter, evacuated. Collette and Veronica wrote up the resident's answers.

When they met their pen pals Primary 7 knew who they were meeting. The young people were nervous about meeting the older people; however, the whole experience has exceeded what either school or care home expected. They have met every 2 weeks for 1 year. The school hoped to raise attainment in literacy for older children and visiting residents has inspired them to do so. They were split into 3 groups: working with physio for vitality, and literacy to health & wellbeing, and there has been a huge difference in mental health & wellbeing – so everything they have been involved in together is interlinked. They covered various topics including cooking, arts & crafts, games and residents even visited the school. The nursery worked on an activity and produced giant pictures made with handprints mixed with older people and younger people's hands.

Braehead Primary School Primary 7s. It has been a great experience for the young people. One girl takes her musical instrument or sings to residents who are in bed. Letters from the young people to say it had made them a better person and some said that they would like to come and care more.

Brucehill Nursery / Crosslet House started topic people who help us? One young person's granny worked in a care home and they said their granny helped older men and ladies. Usually we get Fireman, Policeman or something, this turned out to be something a bit different than usual. We contacted Crosslet House about 2 ½ years ago. The first day we did the hand painting and made a flower stem. We have issues with transport and for that reason we only go once a month. We have planted wildflower bombs, Made ghosts with marshmallows, Crosslet House residents have visited the nursery. We have fruit trees to plant and a time capsule to do. We took part in Song for Santa.

Northwood House, Helensburgh Projects x 3 Mulberry Bush, Young at Heart sharing stories and ideas. This is carried out in 10-week blocks once a week for 1 hour with a dedicated person from the home and a worker. It is noticed that older people become more engaged. Sometimes they take part in physical activity, sometimes a quiz. Young people pair up with older people and they have a programme. There is also another activity that takes place once a month with an after-school club. The ages vary. They have a minibus and they do trips together such as going to see lambs in spring. Volunteers from **Armitage Academy** have done postcard to kindness. Sometimes they do activity with actions with music. Most things are free, but some activities have a cost. Northwood do not have an activities co-ordinator, so activities are everyone's role.

Argyll Care Centre Helensburgh Occupational Therapist adopted role of activities co-ordinator. There was no IG work when she started in her post. She knew of a parent who was doing something around grandparents' day at school and decided to take some residents. They loved it and she met with the Deputy Head of the school and now they meet every month with the school, the older people go to the school. They have been involved in a French theme, Scottish theme, Bingo, Song, Exercise class in French (head shoulders knees and toes), The Big Lunch. Also the older people are invited to school shows and church and residents are mentioned in the service. The older people love to see the young people and after a visit they talk about it and are more sociable. Word of the links has been spread in the community and now the beavers and brownies want to come and visit.

Manager to New Day Centre in Clydebank was happy to attend and hopes to look at setting up intergenerational activity there. **Day Centre Crosslet House** manager formerly worked here and was involved in lots of intergenerational practice with a nursery visiting once a week. Also, local primary school hosted a cooking group once a week learning how to set and clear tables (P7). Also, P1 arts and crafts. **West College Scotland HND** Fitness one to one with 5 people doing one to one and project from Caledonia University SING FIT.

Craig Michael Community in Helensburgh would like to do more intergenerational work with the community. The meet on Wednesdays for lunch it is difficult as there are tensions in the area.

West Dunbartonshire Community Team involved in communities' team and found the session inspiring to listen to all the projects and raising awareness of the network.

Maid of The Loch set up in 1993 a group of enthusiasts worked together to restore boat, strong interest mainly 50 retired engineers. Men's Sheds, looking at this model and looking to diversify – 18 – 80 and involve women and men learning from each other, learning from made at the shed and establish a base for activity. They do not have connections with schools. They are building an IG reminiscence kit- have this conversation with care homes and about cultural activity around Loch Lomond using photos, podcasts, letters, it can all spur memory bringing people together to create oral histories.

West Dunbartonshire Community Food Share support people experiencing poverty they have 100 volunteers aged 14 years to 80 years. They work across the foodbanks. One of their trustees is a retired primary teacher and they have a good partnership with schools. They fund raise, go trips to ASDA, and this ties in with projects that classes are doing or setting up.

Alex McEwan Rhu, Helensburgh Albatross Arts CIC delivers projects in high quality arts and has worked with big names such as the V & A. They have worked with; older people and younger people with sensory impairment, Luminare ARTS, BOLD network, Sense & Engage. They go into big spaces and make them intergenerationally friendly and they try and make everything bespoke and multi-sensory.

Balquhiddy House and Levensdale Primary work together as they are in proximity (walking distance). They have been involved in various projects with P1 and P2 once a week for 3 years. They have taken part in storytelling, game playing, arts and crafts and the home go to the school to their assembly. The children are involved in learning through play and the ECO community. Every child from nursery to P6 has been over to the care home. Some residents just love to watch, and others join in.

Next meeting:

- 13th May 2020 1.30pm – 3.30pm Venue TBC