

Ayrshire and Arran Intergenerational Network Meeting

Date: 19/02/2020



University of West of Scotland Ayrshire Campus

In attendance: Michelle Ferguson L & D Coordinator, Catherine Gibb and Tony Meighan Speirs Nursing Home, Donna Van Heddegem and Eileen Hay Burnfoot Care Home, Gail McClure Care Home Manager, Vicki Campbell Burnfoot Nursing Home, Kirsty Semple Manager The Meadows Nursery, Edel Roddy University of West of Scotland, Sharon Smith EY Practitioner Nether Robertland ECC, Stacey Anderson Townend Care Home, Jukie McAleese Head Teacher Cumbrae Primary, Margaret Brown and Abby Anderson Early Years Practitioner Beith EYC, Margaret Robertson EY Practitioner Onthank ECC, Sheila Miller, Rosaline McCluskie Hillbank ECC, Gillian Haughey Health Promotion Dietician NHS A & A, Leigh Blackie Activities Coordinator Carrick House Care Home, Catherine Speirs and Maggie Walker Home Activities Coordinators Glenfairn Nursing Home, Laura Niven EY Lecturer Ayrshire College, Jane Murdoch Activities Coordinator Glebe House, Angela Baird Team Facilitator Partners for Inclusion, Tricia Harkness Team Leader Older People and Wellbeing East Ayrshire Council, Lynsey Reilly EYP attainment Newton Primary South Ayrshire Council, Linda Kerr Senior ELCP East Ayrshire, Vincent McWhirter Duke of Edinburgh Awards Manager South Ayrshire Council, Fraser Baird Teacher Doonfoot Primary (More people attended with many not signing the list)

Apologies: Val Allen Scottish Care, Katherine Pathok West Bank Care Home, Denise Barr Hanover, Clare Mills ANAM CARA, Alison Milroy Head of Girvan Early Years Centre, Marianne Greenaway Ayrshire Child Services, Gillian Jennings Health Improvement Officer

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

Generations Working Together is a Scottish Charitable Incorporated Organisation SC045851

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
- **May 2020, Ayrshire & Arran (date and venue to be confirmed)**
- **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.

Local Update

Training -Discussed the date that has been arranged for training in the area and it is in the Easter holidays as such Bella agreed to rethink the dates and get back to network with new dates and venue.

Learning Development Fleet Care Homes – local nursery links in with Dounebank Care Home every Friday, the children walk a mile to the home. Its not been happening recently and they are planning to review it as its quite far to walk and are looking at starting it back up again but once a fortnight. The residents have been asking when the children are coming back to visit. It has been seen that it is extra work for the team organising snacks and they have been trying to limit which older people took part.

Burnfoot – started in August they partner with primary – 8 week block every Friday – set up different activities, let residents come along naturally. The environment natural and they enjoy early years kids being there. The children have shown no boundaries to age they do not see a difference, they play hiding seek.

Glebe Housing Dalmellington with a local primary school and Early Years Centre. The primary school has the whole classroom involved and mix up with all residents together. They are setting up a poly tunnel project with early years. It was suggested that they could use Vibrant Communities. Apprentices can help to build things required for project. They also take residents to the school for visits.

Dietician Gillian NHS – East Ayrshire – Eating Well for Older People – a pilot in Thornton Care Home. Marie the cook won an award. They work with Crosshouse Nursery (food element) met with early years and worked together adapted 'Make and Taste' non cook snack making activity adapted to make snack with older people. Gillian can offer people the facilitators guide resource and is happy to share this. BUSY BEES – St Josephs -Eat Well Age Well Project – re malnutrition in older people. Older people going into school to do cooking and drama based activity which will produce stories around food.

South Ayrshire Health Improvement IG Joint Action Group HSCP, NHS and Local Authority and third sector worked on an action plan. Plenty of ideas an activities across South Ayrshire – they are carrying out a mapping exercise to share ideas on what is happening – it comes under Community Safety Partnership. The public health framework for care homes, what are they doing around health and wellbeing etc. They are also looking to see what people want from the framework from the whole of Ayrshire.

Speirs Care Home, Beith has good relations with Early Years and Beith Primary School Primary 1. Primary 1 come down to visit. Also Garnock Academy come and deliver sports exercise with residents in a 6 week block. Kibble Primary School are also offering a 4 week pilot with the art teacher offering an afternoon with arts and crafts. Early years have a great relationship and it has been noticed that older people speak whole sentences that they would nit normally do because of the advanced dementia. Singing and instruments, Bean Bags, more interaction, building relationships- takes place every two weeks – Fridays – there is a barrier around lunch but is hoped that the new hours of nursery (1140) will allow them to extend the time.

Glencairn Nursing Home came along for ideas and found it useful listening to ideas in network meeting - theatre and relationship workshop with young people and older people – sometimes they

have nurseries, sometimes brownies but there I nothing definite and it is not structured. This is something they will look to do.

Early Years Lecturer Ayr College, Kilwinning Campus – have been involved with students in afternoon tea dance with a local care home. Teamed up with a local nursery who visit care home. This gives students experience of IG work. They are doing research into what IG is, what does it mean? Stigma etc.

Nether Robertland Stewarton- visiting Hamilton Gardens – the children were shy at first. They all take part in song time residents teaching children songs and vice versa. They take part in bowling together - They meet every Thursday and it is noted that times are difficult fitting around morning / afternoon session. They walk there and back.

Cumbrae Primary School – take part in lots of IG work – knowing your community over with over 70% an ageing nature the work that they take part in helps children to understand older generations and how we depend on them for skills within the school. The school aims to have younger people learn to cook 5 main meals from scratch before they leave primary 7. They have developed a garden with 100 square metres for the whole community to use. The school relies on older people to pass on skills about worming, seaweed. There are 60 children in the school with an island population of 1400. The school has close links with:

- Lady Margaret Hospital Jumping Generations Project
- Skills Academies
- Handy Wives Groups Sewing – mend and repair- create new clothes
- Community Heritage Project
- Photography Skills / older residents
- Community Radio – taught by skills of older generation
- Dementia Awareness
- Loneliness Project - letters and Christmas presents

Bellsbank – Early Childhood Centre in a rural deprived area. The new build opened today. They plan to work with the Glebe Garden garden project and hope to have lots of growing, prep own food and residents are expressing an interest in more than planting. They are working with Academy and vulnerable young people with issues along with early years and the community. They have 2 girls and young men one afternoon per week.

Early Years Heathfeild Nursery and Heathfield House – it's a short walk am and pm with children choosing if they wish to take part. Parent helpers walk them round to the home and many children do not have grandchildren. They try to get P 5 involved too around Halloween and Christmas.

Vincent McWhirter Duke of Edinburgh Award – always looking for ideas and opportunities for young people to get involved in activities. IG work with any interest in projects. Working on a project that they have funding for to build two coastal skiffs, did project previously in Troon 2 ½ boats, they work in Ayr is with children from Ayr Academy. If anyone has any interest in getting involved they would be happy to hear from you.

Frazer Baird – Doonfoot Primary, Ayr – linked in with Vincent McWhirter work and Bedford Nursing Home. Scholl and Early Years looking at involvement with the community – get people outside – young people and able bodied residents from the nursing home – taking part in canoes on the river Doon also a local park and some orienteering.

Forehill Early Years Centre – In the early stages of establishing an IG connection – meeting with local church community café and 20 – 24 older people - go along to engage, nursery visits too, games, activities, choirs, church to reciprocate and bring their choir to children.

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Lainshaw Early Childhood Centre – work with assisted sheltered living every Friday alternated between am and pm with 7 groups in 3 week blocks. They all enjoy it. The residents want to go out and about.

Healey House and Largs Primary – 6 week project arts and crafts, singing, baking, 3 or 4 residents building relationships and working really well at the moment. Introducing a group for babies with mums and babies going into the home – first meeting of this to take place 20th March 2020.

The Meadows Nursery – interested in exploring IG work and may look at visiting Temple House. Training may be of interest to them with GWT.

Newton Primary Ayr - working with cared home residents inviting them to remembrance assembly, Burns Supper, Shows, Gardening Group – planting and growing own produce and cook eventually, Knitting Club, Visits to care home, There is scope to do more. They also link up with Summerset Walkers. It is a deprived area with a high percentage of single families.

Edel Roddy Kinnections Project with Care Homes in East Ayrshire – They are producing a book of local stories and legends. They have opened the project out for any resident to put in a story for example a resident tells the story of making her own wedding dress from the inside lining of a parachute. The book is also working at making it sensory to touch for people living with later stage dementia. Care Homes have suggested involving children from Primary Schools with stories and to introduce these to the book. Someone suggested that maybe children could draw pictures for the book.

Winton Primary Ardrossan – 6 children from Primary 6 interview care home residents with I Pads and ask them about school now and compare now and then. Arts and crafts, clay modelling, potraits took laptops and produced power points together.

Hillbank Early Childrens Centre – 2 – 3 year olds walk to care home and back. Do activities paired (developing numeracy through Bingo, Pairing Socks, Balloons and fly swats, Bubbles, Sticky kids, cuddles. Sing – You are my sunshine is a signature song. You canny shove your granny aff a bus.

Onthank Early Children's Centre – Crossgate Nursing Home – working with 2 groups of children twice a week – Buddy and play games, Person introducing was designated outdoor person – they have a new garden and are planting, go walks around the garden, have animals – Guinea pigs, a bearded dragon. One person who is 92 years old only ever comes out of her room when the children visit.

Windyhall Care Home – Scout group visit periodically and they have one to one chats with residents. South Craig School – learned Makaton with residents living with learning difficulties, Used some ideas from Trellis.

Heathfield House - Vibrant Communities supported Accommodation East Ayrshire - lots of links with early years, primary schools, Art Project, older people going to school to create art work, Scottish Opera and primary school in Stewarton also Throughcare Project in Independent Living working with older people in a two way support, befriending / volunteering with older people. Also young people did a DJ session at Christmas party for older people.

Symington Townend Care – learning disabilities and Downs Syndrome – planted bulbs. Been involved in CAPA Project. Also some personal experience of hosting grand child's birthday party in home and residents always asking for her and how she is. Interested in ideas and getting involved in more IG work.

Laura Haggerty – Care Inspectorate – working with older adults and IG work. Looking at quality. Looking at how to collate data. The care Inspectorate would like support around gathering data. Looking at how they will evaluate that. Know that one size does not fit all. In March 2020 they will have a big push for IG work through

their social media channels. The work connects to HSC standards. They will be looking at the things that you need to be considering early on. They will be hosting a live face book to hold discussions on 26th March 2020. It will be a good chance to share ideas around the CAPA project and ask questions. They will be looking for ideas on what worked well for people. Basically Laura explained that when carry out the work people need to look at the aim (what it is), How we measure it – meaning we must measure before we start the work (baseline). Maybe using ideas like word clouds.

Bella Generations Working Together – Intergenerational Guide in early Learning and Child Care – can be downloaded from our website – it's a great resource and looks at baseline ideas. Also the one days training offers an in-depth look at evaluating Intergenerational activities.

Next meeting:

- **DATE :10th June**
- **TIME: 3pm – 5pm**
- **VENUE: Newton Primary, Russell Drive, Ayr KA8 8JL**