

Dumfries & Galloway Intergenerational Network Meeting

Date: 18/02/2020

Moffat Town Hall



In attendance: David Steel Gatehouse Development, Lorraine Murdoch Senior Practitioner, Glenda Ruddick Early Years support assistant, Ellie Haggerty Activities Coordinator North West Community Campus, Rebecca Crooke Individual studying BA Childhood Studies, Amy Galpin Childcare Practitioner Wise Owls Nursery, Alan Sidaway Secretary Chairman Dumfries Over 50s, Kerry Hyslop and Jackie Bell Administrator and Manager Jaybees Nursery, Billie Lockharst Community Health Development Practitioner NHS, Jill Hima Youth Worker Youth Work D & G Oasis Youth Centre, Ann Gordon, Volunteer Co-ordinator GWT, Sian Wooler Service Co-ordinator D & G Hard of Hearing Group, Kathryn Robinson Nursery Nurse School Nursery, Bella Kerr GWT Development Officer, Fay Salmon Moffat Community Trust

Apologies: Charlie Miller Mens Sheds

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/>

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<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.

Local Update

David Steel Gatehouse Development spoke about the Erasmus funded project transferring skills from older people to younger people. It is an ethnological study where young people came into touch with older people and learned about the skills they have. Training days were held with younger people. They found over 700 glass plate negatives which were over 100 years old and talked with young and older people about how things have changed. They also were involved in the restoration of Rutherford Monument

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using the skills of traditional stone masonry. The young people interviewed the stone masons. They also worked with the library, learning about oral history and they did training with young people – they talked to a cheesemaker, a farmer who was 96 years old. It was also interesting to note that all of the young people were vegans. Intergenerational team work included dry stone dyking and this gave participants a real sense of achievement. Kirkcudbright Academy rural skills group took part in the National 4 Course to learn about dyking in school, they came and took part and joined in with a dyker and wall otherwise the course would have been theory based with no practical activity. Also the group were involved with another bunch of young people clearing leaves. Across Europe services have been cut down or cut back. The Town Hall garden involved Gatehouse local volunteers working together to tidy up the garden area. Lots of people use the garden.

Other suggestions came up from the group such as involvement in Loch Maben walk round and volunteers 70 / 80 year olds could link with young people and clear leaves etc.

Discussions were spurred by David's presentation and ideas such as Lockerbie Academy and rural skills were discussed . Also Forest school – go out in woods put in bedding plants etc

Alan from SOPA and UNITE / Dumfries over 50s is involved in IG work with members being aged very young to 105 years old. They have been involved with the college at Bankend Xmas Dinner, They found barriers at the beginning due to child protection but this has all been sorted now.

Billy Lockhart a community development worker with the NHS who can work with any volunteers to try and encourage older and younger people to do things together. This takes place in Upper Nithdale. Cooking from scratch skills works with the Cabin in Kirkconnell – building interaction with relatives and residents

Health and Social Care based worked with NHS new volunteer pathways and Community Activists its now about going out into communities.

Northwest Community Nursery and Nursing Home started in October meeting every Tuesday when 10 children visit. It took a while for the children to feel comfortable with the visits. They interact and play games they enjoy the bat and balloon game. They are now looking at the idea of getting the care home to visit the nursery. The language that the children use is that they are going to visit the 'Big House' to see the ladies and gentlemen. The faces all light up with joint activities.

Lincludem Nursery plan to link in with older people living with dementia.

Wise Owls – they met a volunteer at the coop and the volunteer meets with the children, Wise Owls also meet with Fay at Moffat Town Hall Development Trust once a month, and with Dun House to do activities such as body building, bingo, also meet with a Hanover Development with veterans once a month taking 8 children along to participate.

D & G Council Youth Work Team – meet with sheltered housing for a skills and share at Oasis. Young people visit Cumberland Day Centre and said it was just like being at school . They are working at interviewing skills re: World War II, VE Day and hope that this may develop into something as they work on it. They are also involved in work with Food Train Meal makers Project with older people.

Good project in Kildonan School where children interviewed older people about what they did when they were young (there is a video on You Tube). Group discussed how older people like to talk about the past.

Discussed Musical Minds – Alzheimers and how it was really good.

Crichton Trust have been working on a project asking what makes D & G a good place to grow old. This spurred discussion around working and living with each other and how people may wish to continue working. Sparked discussions about working spaces (particularly abroad) lots of information on projects in Denmark and Holland with students exchange time with older people for reduced or no rent.

Moffat Town Hall Development Trust have 50 / 60 people per week for a meal and entertainment on a Friday. Monday Wellbeing Club about 25 people in wheelchairs 10 from Bankfoot and 12 – 20 from community. Some people with dementia and complex needs.

One person came as an individual **student who is studying for a BA in Childhood Studies** and has hopes to set up a parent / carer group with little ones adults and older people and to plan activities with all three generations doing something together. She had moved to the area as a stranger and knew no one and felt isolated and plans to set something up with Bankfoot Nursing Home to tackle isolation and bring generations together.

Hard of Hearing Group is hosting Drop Ins for volunteers over 60. They wish to encourage younger people to join. The group remit is about maintaining hearing aids and most people are older adults. They are looking to set up a new Drop In at Oasis Youth Centre to encourage more to join. The project is filming hearing loss how it affects people in areas such as accents and how difficult it may be. It will be good for volunteers to form relationships.

JAYBEES Nursery in Lochmaben do work with Westfield Care Home, Lockerbie. The home now visits the nursery too. It is good for people to be driven there through Lochmaben (many of whom used to live in that area). It takes place once a week for 1 hour with 6 children. Some children do this for the term time it enables relationships to be formed. Children are very welcoming to them when they visit.

Next meeting:

- **DATE :15th June**
- **TIME: 3pm – 5pm**
- **VENUE: Rainbow Family Centre Ashwood Drive Stranraer DG97SW**