



Generations Working Together

Notes from Generations Working Together (GWT) Fife Network Zoom Meeting 15th May, 2020

Welcome: Ruth McCabe, Fife Council, Fife Friendly Dementia Project; Fiona Sword, Linkliving; Ainsley Dryburgh, Fife Forum & Fife Voluntary Action; Colin Scott, Hourglass; Kay Fraser, Fife College; Ann Kerr, Fife Council, Active Fife; Vivianne McBride, Fife Council, Change & Improvement

Apologies – Iain Hawker, Fife College; Ruby Urlotti, East Neuk Frail & Elderly Project; Caron Hughes, The Coalfields Training & Enterprise Hub

Unable to connect: Alison Fraser, Fife Council – Others reported that in this last week Fife Council, has removed Zoom from the staffs' desktops.

Around the screen introductions – Everyone said hello and introduced themselves. Some people explained that their roles had changed to meet service needs during lockdown. Fiona and Colin have only very recently started in post and were new to the GWT Network. Kay was also new to the Network.

Fife Intergenerational Activities ongoing during lockdown – Before lockdown, Ruth had made connections with a school in Glenrothes and with people living well with dementia. Connections are to be made with schools in Lumphanans and Aberdour. Things have come to a halt, but Ruth awaits a proposal of Zoom interactions with pupils to be established. Ann is working with health inequalities in a new area for her – Glenrothes. Her team are coordinating activity packs for care homes and schools, encouraging people to keep moving. Everyone was aware of the vast amount of new community groups that have galvanised into action during lockdown. Some have engaged with Fife Voluntary Action's Helping Hands scheme, others have been reacting to the current situation and helping their neighbour but help is extended to the community at large with food/clothing banks springing up. There is a clear sense of neighbourliness in Fife.

⑩ **Connection Coalition** – Dying to be Heard Newsletter concentrated on grief. Items include supporting people and communities through grief and bereavement. "A survey showed that 2 out of 3 people stated that we don't speak enough about dying. In the current circumstance that we all find ourselves, in life and in our organisations, we may be interacting with a person who is grieving.

⑩ **Screen Memories** - The work of Screen Memories is led by volunteers, who create a fun and stimulating environment for all involved, using film clips, still

images, memorabilia and audio. Singing and dancing is included, if possible with some groups.

Screen Memories is a project that naturally developed out of experience from creating and running groups focused on Sports Memories. By using cinema, it has given the scope to expand the use of reminiscence in a group experience.

A special lockdown quiz has been produced, which can be used with your groups. The quiz is at the end of the notes.

For more information: <https://www.screenmemories.org.uk/>

and to connect with email: contact@screenmemoriesscotland.com

⑩ A helpful resource from **Music for Dementia 2020**, A Musical Guide for People with Dementia & their Carers during COVID-19 has been forwarded from NHS Western Isles.

So many of us can testify to the transformative & soothing power of music. This is amplified for those of dementia, as I know many of you have come across - it evokes such a deep sensory response, along with associations of memory & pacifies anxiety & distress. The recent success in Scotland of the Playlist for Life initiative was proof of this.

With our rich Gaelic musical culture here, we are particularly well placed to utilize some of the strategies highlighted in the guide. Music has often brought the old & the young together in performance & appreciation, adapted as this is out of necessity at the current time to remote ways of online connection.

Please share with those you who think would find this of benefit.

⑩ **Big Lunch** – <https://www.edenprojectcommunities.com/thebiglunchhomepage>

Please promote that on 6 & 7th June, nationally the Big Lunch will be taking place. Ideas for lockdown, should be mindful of social distancing as well as being inclusive. Remember the hard of hearing and individuals who maybe struggling financially, perhaps keep things simple – coffee morning on Zoom, standing in driveways/front doors with own packed lunch - any other ideas. Remember to take photos for evidence, if appropriate after asking permissions.

⑩ **T.O.Y. Project** – Together Old and Young. <http://www.toyproject.net/>

Check out the TOY Project as there are lots of resources online. TOY is a global movement to promote young children and older adults learning together. TOY originally took place in seven countries: Ireland, Italy, Slovenia, Spain, the Netherlands, Poland and Portugal. Being unique amongst European intergenerational learning projects with its explicit focus on children in the early childhood years – 0 to 8 years.

⑩ **Reminder** - To connect with groups of young people and the older generation, via video calling during lockdown, we have to be mindful of safeguarding. One online video calling – Google Hang Outs has been researched to be safe (schools are using it). GWT are presently working on Safe guarding guidelines for video calling. Once the guidelines have been complete they will appear on the GWT website.

⑩ **Scottish Government Research Project** - Funding received which will

enable GWT to offer free online training and a resource directory. As well as a data base for mapping intergenerational activity in Scotland and bettering connections for future partnership working amongst the people of Scotland. GWT staff numbers will increase.

⑩ **Free intergenerational training** from GWT will be available in June. Look out for more details on our newsletters, Facebook and the website.

⑩ **A directory** of projects across Scotland will soon be available online. The directory will be useful to see projects which you may like to partner up with or for ideas for starting a project of your own. Ideas are great but remember that not all ideas are transferrable into your setting or group. GWT are here to support you, please make use of the membership and contact us for help if required. We cannot give funding but we may-be able to suggest sources which you can apply to.

⑩ **Volunteers' Week 1st – 7th June** – what have you planned to say thank you to your volunteers? Previously books have been handed out to GWT volunteers. A simple thank you card may be much appreciated, especially receiving something in the post during lockdown, as it may be a big event the post person delivering something. Larger celebrations can be held when everyone can mix again. In the past, I have combined the Big Lunch with a Volunteers Thank you event.

⑩ **Fife Activity Day** was proposed to take place in May 2020, but has had to be postponed. If you would like to be part of a big event next year, please contact Louisa Turner.

⑩ **Clear Your Head** - <https://clearyourhead.scot/> This campaign is to help people destress and think about themselves, especially during these very strange times. Remember to take time out for yourself. A walk outside or time spent with a book in the garden will help, to refocus your thoughts.

⑩ **Scottish Older People's Assembly** - <http://www.scotopa.org.uk/>
A voice for older people in parliament. Encourage your older peoples' groups to take a look at their website and participate.

⑩ **GWT Website** - <https://generationsworkingtogether.org/>
Please take a look, as there is lots of useful information about intergenerational projects, training and possible funding opportunities. The website is update regularly and new things of interest are always appearing. There are many links to resources for activities during lockdown.

Methil Care Village update. Viv McBride, gave the meeting an update. Val stated that because of lockdown everything had come to a standstill on the ground, however there was lots of work happening behind the scenes. Planning approval was received in December 2019, which followed a frenzy of work to gather contracts, which were to be awarded. At the moment the Project is awaiting confirmation from the Scottish Government when non-essential construction can resume. The opening of the nursery has been presently, pushed back to 2022.

Kay interjected stating that Fife College and their students, would be excited to be involved with the Project. Connections are going to be made in the near future for students to aid with designing spaces for older and younger people. Opportunities for work experience for other students may also become available.

Sharing ideas – What’s been happening in Fife

- ⑩ Ruby reported that her project was busy handing out food gift bags, soup, sandwiches and delivering prescriptions and groceries.
- ⑩ Ann stated that Bums off seats were connecting with walk leaders via Zoom and daycare staff via e newsletters, leaflets and Facebook. Community groups have sprung up and have been gathering and distributing food and toiletries. The 7 anchor points in Fife have been busy issuing food to those shielding and the vulnerable including the foodbank. Others have been offering their services to undertake some gardening.
- ⑩ Community groups have been connecting and giving away activity packs to children and the lockdown time sheet capsules have been really popular.
- ⑩ Ruth commented that people with dementia were connecting via DEEP Project and film with the schools before lockdown. The adults in Ruth’s projects have been busy with planting seeds and postcards to care homes. Ruth spoke about the Purple Hippo project. More details below.
- ⑩ There have been groups placing plastic storage boxes in bus shelters across Fife. The boxes hold notes of: Take what you need and give what you can. The boxes have been well received as people have used them when out for their daily walks.
- ⑩ Rainbows have appeared in windows and larger displays made for care homes and the local community by Girlguiding Rainbow groups.
- ⑩ Knitted hearts have been posted through doors with little notes attached.
- ⑩ Similarly, a packet of love hearts posted with a note through doors. Notes have varied – “Today, give a stranger one of your smiles, it might be the only sunshine they see all day.”
- ⑩ Whats App groups have mushroomed.
- ⑩ Groups have been delivering small zip lock bags of fruit and vegetables to older people who are isolating.
- ⑩ Homemade cards/drawings/puzzles/quizzes have been sent electronically to care homes for them to be printed off for residents.
- ⑩ Remember to put your contact details on anything that you send out as older people might want to reciprocate the gesture.

Evaluation

An online evaluation of the Network meeting link is below, please let Louisa know if you have any problems accessing the link. Please complete, as it helps with the Scottish Government’s Research Project and is also an insight on how we can improve our meetings. <https://forms.gle/XvhK3qouqpiVQb2c6>

AOB

⑩ **GWT Annual Conference** – March 2020, Louisa Turner – Fife Network Coordinator, attended the GWT Annual Conference at the beginning of March and was awarded the Yvonne Coull Local Network Coordinator Award. She was presented with a framed certificate and an engraved glass award. There were no other awards presented to any Fife projects this year.

However, keep gathering evidence of what is happening during lockdown and Louisa could help you create a case study for your project, to enter for an award in 2021.

⑩ **Take away message** from the meeting: everyone is proud to be a Fifer with all the good community groups which have sprung up in reaction to the virus and lockdown, including the partnerships who are all working collectively, with one focus on helping everyone in Fife.

⑩ Look after yourself, so you are able to look after others.

Future meetings

⑩ **July, 2020 on Teams, invites will be forwarded.**