



Directory of intergenerational ideas and resources For use during Covid-19 crisis

Even though we have been distancing physically, there are still many ways that younger and older people can connect. Generations Working Together has been compiling a list of resources and ideas that you can use. These will be useful for individuals, families, educators, carers and for community organisers.

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**Generations
Working
Together**

Ideas & activities

Virtual lunch

The Eden Project's annual Big Lunch is going virtual this year on 6 - 7 June. They have made many resources available for organising your own virtual lunch, with a guide for organising it over the phone too. Virtual invites and printable invites are free to use, as are templates for bunting and decoration. www.edenprojectcommunities.com/your-big-virtual-lunch-pack

Themed calls

It may take awhile to get used to connecting over video calls. To help things along, do a 30 minute online meet up on a specific subject. This can be a great way to start the connection between younger and older people as a theme can help lessen awkward silences and the timing ensures that the relationship can build slowly. Ideally an organiser would create questions or activities on the theme that people can use.



For example, use a show-and-tell format to share about hobbies, favourite places to visit, or famous historical people. If there are common interests like pets or animals, each person could present interesting facts and behaviours of different animal breeds or species.

Online classes

Attend online classes and webinars with a grandparent or neighbour, or stream the same Youtube video at the same time. This could also work well in places like care homes. Drawing, dancing and exercise classes have become very popular. Classes go from beginner to advanced and are great for both improving skills and relaxing.

- Easy art projects: www.youtube.com/watch?v=FpGrTBx7Xy8&list=PLFqr2A1rIlnDqYO1MDCmiJHxRTvaqLm1m
- Yoga: www.youtube.com/watch?v=kFhG-ZzLNN4

Learning languages

Learn or practice a language together. Many language courses currently have free trials or memberships, making it a great time to pass on languages between older and younger people. Apps like DuoLingo and Babbel allow you to share your progress along the way. The Scottish Book Trust has resources for all ages for practicing Scots: www.scottishbooktrust.com/articles/online-bookbug-session-scots-for-tots

Virtual tours

Many museums, galleries and zoos have opened virtually. Younger and older people can visit the same places virtually and discuss their favourite painting or animal afterwards, or open conversations about history or the environment.

Zoo tours & live feeds

- Pandas at Edinburgh Zoo: www.edinburghzoo.org.uk/webcams/panda-cam
- Chester Zoo: www.chesterzoo.org/virtual-zoo-2
- London Zoo: www.zsl.org/zsl-london-zoo/virtual-london-zoo

Museums & exhibitions online

- National Museums Scotland: www.nms.ac.uk/museum-at-home
- Glasgow Science Centre, daily videos: www.youtube.com/playlist?list=PL3HiMoKupdbLS_i3MMObllpqNm7hswB2i
- Stonehenge: www.english-heritage.org.uk/visit/places/stonehenge/history-and-stories/stonehenge360
- Virtual walk through the Smithsonian: naturalhistory2.si.edu/vt3/NMNH/
- British Museum, ancient history: britishmuseum.withgoogle.com
- Louvre: www.louvre.fr/en/visites-en-ligne#tabs
- Google Arts & Culture: artsandculture.google.com/?hl=en
- Glasgow Women's Library: artsandculture.google.com/partner/glasgow-womens-library
- Street Art: streetart.withgoogle.com/en/audio-tours

Walks & nature reserves

- Cairngorms Nature at Home: www.cairngormsnaturebigweekend.com
- Virtual tour of Yellowstone National Park: www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm

Shows, films & theatres

Watch shows, films or theatre together. This can create a shared experience and afterwards you can discuss what you have seen or do a movie/show quiz. As well as apps such as Netflix party, there are also resources for people who don't have a streaming service. This includes theatre shows on National Theatre www.youtube.com/channel/UCUDq1XzCYONIOYVJvEMQjqw and Older and international films www.openculture.com/freemoviesonline.

Writing stories

This is the perfect time to pick up the pen, markers and crayons and share intergenerational stories. Write stories about your daily life, family, or create a story together to break the ice. There are many online programmes that can help write a story socially, for example foldingstory.com.



Authors like Glasgow based Claire Miller have also been creating worksheets or doing stories online: www.clairemillerauthor.co.uk/writing-workshops-glasgow.php.

Linking Generations Northern Ireland has a guide on questions: linkinggenerationsni.com/wp-content/uploads/2020/04/family-history-resource.pdf, many centred on family history and ancestry. Use a notebook to create a physical record of your family history, or use a free Microsoft Word template: templates.office.com/en-GB/Search/results?query=family+book

Expand on that further by tracing your ancestry with a free trial from www.ancestry.co.uk

Pen pals & postcards

Find intergenerational pen pals around you. This is a great way to share about your life, and to maintain a relationship or to tackle loneliness. It can also improve writing skills in children and can help older people who may miss writing letters.

Life Story is coordinating a pen pal project, with ideas on how you can do this yourself: www.retiremove.co.uk/stronger-together-new-pen-pal-campaign-from-lifestory.

You can also drop off postcards to those around you. Linking Generations Northern Ireland has a template and a guide on how to do this: linkinggenerationsni.com/wp-content/uploads/2020/04/intergenerational-postcard-of-kindness-2.pdf

Art projects

Sharing artwork can be a great way to create connections for people who are unable to write letters or younger children. This can be about sending sharing artwork with others, but it's much better if this is reciprocal. For example, a younger and an older person sending each other's artwork on the same theme.

If you have access to software such as Photoshop you may also be able to create your own and send this electronically. You can then collate these side by side. Many stock images and illustrations are also available for use online.

Tip: A simple way to encourage younger and older people to make art or take time for creative practice is through templates that can be coloured or decorated together while being apart.

Magic Me, an arts charity, is hosting several activities specific to the lockdown: magicme.co.uk/project-category/at-home-together

- Stained glass patterns: www.delphiglass.com/free-patterns-projects/stained-glass-patterns
- Free stock images: www.unsplash.com, www.istockphoto.com

Phone calls

Don't forget basics can sometimes work best! Phone calls and voice messages can be as effective as video calls, and some people may be more comfortable using something they are familiar with. Talk about how things have changed for them because of the virus, and what they are looking forward to doing when lockdown lifts. Adapt the activities we've suggested for sharing over the phone, like reading and writing.

Reading

Reading is a great way to bring younger and older together and there has never been a better time to start a book club. During the health crisis you can do this virtually and many books are now available to read online. Some of the classic ones can be downloaded for free. Check out the Open Library: openlibrary.org. Alternatively, take turns reading to each other online or over the phone and if you're able to you can even do character voices!

Gardening

If you have access to a garden, now is the perfect time to step outside and get it into shape. Gardening has many health benefits, both mental and physical. Nothing is more satisfying than eating fresh vegetables or fruits that you have grown and nurtured. Read more about its benefits here: scotlandsgardens.org/gardening-at-a-time-of-crisis

If accessibility is an issue, check out the factsheet and other resources on adaptive gardening from Trellis Scotland: www.trellisscotland.org.uk/content/adaptive-gardening

Music

Making music together is still possible in lockdown. You can have a Zoom call and play instruments to places like care homes. You can also create songs together, for example one person plays the music and another provides



vocals. If this is not possible you can also sing songs together, share your favourite music or do a music quiz. There are already many groups that have already started with the idea of connecting through music. One example is Connect Choir on Facebook that would be great to do intergenerationally facebook.com/ConnectChoir.

One other way to engage with music is to make a video of your music making, and share it on social media. Most smartphones have a free video editor and there are many free editing apps with more advanced functions.

We've taken several tips on connecting through music from the fantastic guide produced by Music for Dementia 2020: musicfordementia2020.com/info/musical-guide.pdf which we think is helpful for anyone looking to connect over music.

- Make a playlist together using Spotify, or printed resources from Playlist for Life: www.playlistforlife.org.uk/connectthroughmusic.
- Share favourite CDs, vinyl or old mix tapes
- BBC Music Memories: musicmemories.bbcrewind.co.uk

Intergenerational projects and examples during isolation

- Adopt a grandparent intergenerational online project: chdliving.co.uk/adoptgrandparent
- Bridges Together, intergenerational connections in isolation: www.bridgestogether.org/ig-connects-during-covid-19
- Connection during isolation – tips from Vintage Vibes: vintagevibes.org.uk/connection-during-isolation-vintage-vibes-covid-19
- Sporting memories: www.sportingmemoriesnetwork.com/news/turning-on-asixpence
- Virtual games, including chess and bingo: www.techrepublic.com/article/6-bestzoom-games-for-some-virtual-face-time-during-the-coronavirus-pandemic
- The Alone Together campaign: www.campaignlive.co.uk/article/dazed-medialaunches-alone-together-campaign/1678437

Technology & other resources

Accessing technology

While technology has been key to connecting during social distancing, there are still many barriers to accessing said technology. The person may not have a device to begin with, or is unfamiliar with touch screens and apps.

The Scottish Council for Voluntary Organisations (SCVO) conducts training for essential digital skills, as part of their Digital Champions project. Find out more here: scvo.org.uk/support/digital/participation/champions.

As part of that work, SCVO have also produced a Digital Participation Charter with helpful checklists to identify gaps in digital skills, as well as a list of tutorials and training videos.

- Essential Digital Skills checklist: storage.googleapis.com/scvo-assets/test/digitalparticipation/essential-skills-checklist-2019-02.pdf?version=0.0.17
- Digital training tutorials and guides: digitalparticipation.scot/resources

For care homes, care at home and housing support services, free tech devices may be available through Scottish Care, who have been collecting donations: scottishcare.org/techdevicenetwork/

Where possible, helping someone in person often works best. If they are able to get on a computer, you can use Zoom to take control of their screen temporarily, using a feature called remote control. While physical contact remains difficult, try to print out guides and post it to the person you are wanting to connect with, ahead of a phone call to guide them through.

- How to video call your family: www.bbc.co.uk/news/technology-51968122
- Get to grips with your Android tablet: www.ageuk.org.uk/wp-assets/globalassets/leeds/get-to-grips-with-your-android-tablet.pdf

Online video calls

Staying in touch via video calls and conferences has become the new normal. You shouldn't need to pay for apps to do this.

Tip: Zoom has been in the news for issues like Zoom bombs, where random people join your call. To prevent this from happening, always require a password for the meeting, and lock the meeting once everyone is on.

Zoom has become one of the most popular ones. You can sign up for a free account, which allows unlimited one-on-one meetings, though it has a 40 minute limit on meetings larger than two people.

Other free video conferencing apps

- Skype Meet Now, up to 50 participants: support.skype.com/en/faq/FA34926/what-is-meet-now-and-how-do-i-use-it-in-skype
- Google Meet: apps.google.com/meet/?hl=en-GB

Digital safety

We are in the midst of producing an in depth guide to digital safety in the context of intergenerational activity and the laws around broadcasting the image of a child. Some practical tips until then:

- Make full use of safety features on apps, like locking a digital meeting room, and requiring a password for entry to the meeting room
- Where parental consent is required, Google Link, in tandem with Google Hangouts, allows for parental control of the child's account
- Have a dress code to ensure everyone is properly dressed. Turn this into something fun like using retro or formal dress codes
- Keep video calls out of private spaces like bedrooms

Support

Glasgow Council for the Voluntary Support Sector has a specific page on Covid-19 resources for volunteer organisations: www.gcvss.org.uk/blog/covid-19-capacity-building-guidance-for-organisations

Many community groups have sprung up to help with running errands. Find your local group on Covid Mutual Aid's website: covidmutualaid.org

Other resources

Lorraine George's new book, Growing Together, has fifty themed intergenerational activities – all clearly set out for those leading activities. Use code gt10 (lower case) to get a 10% discount at Yellow Door: www.yellow-door.net/products/growing-together

Care Home Friends and Neighbours are encouraging communities to connect with care homes locally, with fantastic resource kits on their website: carehomefans.org/remote-intergenerational-linking

Volunteer Glasgow offer several befriending and community care services: www.volunteerglasgow.org/services

Incommon Living have a 6 week resource kit for intergenerational activity during physical isolation, with themes for every week: www.incommonliving.com/buddies-activities

Mental Health Foundation's ideas for random acts of kindness: www.mentalhealth.org.uk/coronavirus/random-acts-kindness.

Ready Scotland has advice on preparing and dealing with emergencies: www.readyscotland.org

Other intergenerational organisations have produced similar directories:

- Connection Coalition: www.connectioncoalition.org.uk/resources
- Linking Generations Northern Ireland: linkinggenerationsni.com/wp-content/uploads/2020/04/intergenerational-ideas-covid-19.pdf
- Generations United: www.gu.org/resources/intergenerational-programs-and-physical-distancing

Staying safe

Keeping the virus at bay

Always adhere to the Scottish Government guidance when using any of these tips and resources. A study by the New England Journal of Medicine found that the virus can remain stable on cardboard for up to 24 hours, so do take extra precautions if you are dropping off postcards or letters. As this is an emerging virus information will change as more studies and testing are done.

- Scottish Government guidance on staying safe: www.gov.scot/collections/coronavirus-covid-19-guidance/
- NHS Scotland advice: www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19

Keeping scammers away

Unfortunately, scammers see the virus as an opportunity to prey on vulnerable people. Doorstep scams offering temperature tests and paid Covid-19 tests have been reported.

So have emails about fines for breaking lockdown, HMRC goodwill payments, even links to a staying safe guide.

Common Covid-19 related scams: www.which.co.uk/news/2020/04/coronavirus-scams-how-to-spot-them-and-stop-them/

Other common scams and advice: www.ageuk.org.uk/globalassets/age-uk/documents/information-guides/ageukig05_avoiding_scams_inf.pdf

A free premium subscription to antivirus software Malwarebytes is available to all Royal Bank of Scotland customers, and can be shared with up to 10 devices, meaning you can share the subscription with someone who isn't an RBS customer: personal.rbs.co.uk/personal/fraud-and-security/malwarebytes.html

Tip: Never give out sensitive information like your password. If in doubt about the legitimacy of the link or contact, reach out to the organisation or provider directly, without using the links or telephone numbers in the suspect text or email.

We hope this has helped! Stay safe and keep in touch with us. Our team is working remotely during the lockdown and can be contacted via phone or email: generationsworkingtogether.org/contact/team

Please share any other resources you find with our Communications and Policy Officer, Kate Samuels at kate@generationsworkingtogether.org

Generations Working Together

Website: generationsworkingtogether.org

Facebook: www.facebook.com/GenerationsWorkingTogether

Twitter: twitter.com/generationswt

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