

**Edinburgh & West Lothian Intergenerational Network Meeting
Conversations on the way forward
Introducing Food for Life Get Togethers update
On line via ZOOM**

Date and time: Wednesday 20th May 2019, 10am – 12noon

Meeting Report

In Attendance: Bella Kerr (GWT), Joe Hind The Soil Association, Ryan Mackay Citadel Youth Centre, Judy Crabb Heart of New Haven, Jo Cook TRELIS, Norma Johnston Heart of New Haven, Anne Houlston Davidson's Mains Primary School, Denise Young FFLGT RVS.

Apologies: Tilly Robinson-Miles Eat Well Age Well, Melissa Dunn, South Dale Nursery , Jacqueline Cassidy Children in Scotland, Emily Hyslop Age Scotland, Donna Borokinni The Soil Association.

Evaluation

This is the online link to our new evaluation. It will give you the opportunity to feedback to us. Please let Bella know if you have any issues accessing it. GWT appreciate your feedback and completion will allow us to fulfil the requirements needed for the Scottish Government's Research Project and will assist us in looking at our practice and how we can best support our network and members at these meetings. You may have already filled this in and if so Thank You and if not this is a reminder <https://forms.gle/XvhK3qouqjVQb2c6>

1. Apologies and introductions

Introductions all round as follows:

- Joe introduced the **Food for life Get Togethers** an updated on some projects, Active Teenagers in Blackburn carrying out IG work.
- Jo Cook from **TRELIS** therapeutic gardening, work with care homes – sometimes IG table top work as a gardening activity> They have design guidance resource on website <https://www.trellisScotland.org.uk/>
- Judy Crabb from **Heart of New Haven** who are an enterprise recently become an asset transfer in a primary school, they will be looking at heritage and culture and enterprise, community wellbeing.
- Norma Johnson from **Heart of New Haven** is interested in health and wellbeing and an IG project that will help each other with mental health.
- Ryan MacKay from **Citadel Youth Centre** they have been working on several IG projects such as Old's Cool, Friday IG café, and a Food for Life Get Together programme.
- Denise Young Food for **Life Get Together partner through Royal Voluntary Service** assist with get together set ups and community led volunteer groups.
- Willy Barr from **Citadel Youth Centre** same as Ryan and joining meeting for short while.
- Anne Houlston from **Davidson's Mains Primary School** keen to take part in meeting.

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2. Short discussion on Covid-19 and how GWT is working to help with practical examples on how to reconnect the generations.

Bella explained to the group that Generations Working Together is committed to maintaining and developing friendships and connections across Scotland through IG activities and projects. GWT are delighted to say that with Scottish government backing, we are upscaling our activities and will engage with network members and local communities, to find practical ways to reconnect younger and older generations through technology, telephones, radio, television and paper. Bella encouraged people to share this information so that people could become members at www.generationsworkingtogether.org and share across our communities. We know that the social distancing situation will continue for some time after lockdown and to help reconnect we will share:

A directory of activities (with safe and simple ideas for IG work)

Free online training for volunteers and organisations working with socially isolated and vulnerable members of the community.

GWT will provide additional support to care homes.

3. Connecting practitioners digitally – do you need help to connect?

Ryan informed group that at **Citadel Youth Centre** they try to give people the benefits of IG work and have two regular video calls with people each week to catch up and keep people connected and find out what they are doing. The bulk of older people phone calls, but those who are comfortable with face book and with video we do through this, though none of them are completely comfortable with this. There are a number of older people self-isolating. It is difficult to talk them through connecting virtually.

Judy is looking at ideas of working with Men's Sheds as partner – with a Youth Worker – young people are renewing interest in traditional skills and one has created a video of how to create a box, its about recycling and reusing. This has been done via vimeo.

Food for Life consultation has shown a variety of abilities in technology and the need for a digital element for the programme. www.generationsworkingtogether.org Generations Working **Norma** is a volunteer counsellor with **Crossreach Edinburgh**, online work is showing that older clients are less keen to engage digitally. There is a definite fear among older people and this may be due to fears about internet safety and Phishing.

Joe spoke about doorstep delivery is happening a lot now with volunteers – and its good to stay and have a social distancing chat. He asked for a show of hands for those who knew about Food for Life Get Together project and explained hat it began in June 2019 with the test and learn areas for Scotland being in Glasgow, Edinburgh and Inverclyde. These areas are the ones who can receive funding from the project. Though other areas across Scotland are welcome to host a get together they will not receive any funding assistance at present. A guide around intergenerational good practice good food is available on the website [Here](#).

Online training will be written in year 2 of the project from July on this year, though the format and content is yet to be decided. Joe explained the project has been supporting communities and groups during Covid-19. Citadel, Broomhouse Hub and 3 other partners across Glasgow, and Inverclyde in different ways, sharing recipes and ideas. Covid 19 has hit the programmes work like everyone else. Thus far 35 FFLGT have taken place and some number planned.

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This can still be turned into something useful to still engage what we can and change and adapt to extend beyond intergenerational as it can be difficult to engage. It is just as important where and if it is possible we can encourage participation in activities that are planned and not intergenerational and we can still support these. Joe explained that they are consulting with stakeholders and listening more than they are asking. They are still open for funding and last week they gave out funding across the three areas, and it's use has been made more flexible during the time of Covid-19.

For example **Inverclyde Mens Sheds** planting in whisky barrels and school share with older members, check at doorstep. **Edible Estates** a home grown group from Leith and Lochend in Edinburgh offer a starter pack to support people growing at home. **Art in Westerhailes** giving out 1,500 art packs, a collaborative food map to find out where good food is available.

Broomhouse Centre received additional funding with the provision of food and food vouchers, helping to support social isolation, relationships with people working in partnership. Joe informed the group that the Food for Life Programme are looking for ideas from people and want to reach out and find out what they can do to help. They have a face book page set up if anyone wishes to connect Food for Life Get Togethers Community.

Willy informed group that he is working with others to deliver 440 meals per day to local families. The food is prepared daily with fresh ingredients, by a local restaurant who are cooking a whole range of meals. He reported that people are enjoying the fresh meals. Some older people fed back that they are tasting food that they had not tried before. For example polenta. One older person said they did not like macaroni cheese but they do now. There is lots to learn about food and good food the two chefs are keen to go on and do demonstrations and this is something that Willy will look at later – maybe using a digital platform. It's a new way of looking at things.

Assumptions around food – a lot of older people have fantastic skills in cooking, some people don't want to cook. If you are on your own its difficult and then touching on issues of food poverty. Willy has engaged with older people who have not left the house for 9 / 10 weeks and they rely on people to deliver.

Joe offered examples of good food and making from fresh ingredients with a minimal amount of preparation. The real concern is that if foodbanks is the only source of people's food then they will not be eating an all-round healthy diet, as fresh ingredients do. **Belville Community Garden** in Inverclyde grow food they also have community fridges. This is a good point where people who are providing food meet the needs of people who require it and make sure it is within skill set of preparation and readymade.

Jo from TRELIS knows of some projects that are still operating – stay well in the garden, lots of examples of risk assessments on website (see link at beginning for this) and this may be useful for July's project with Men's Sheds.

4. Online training

- **What do your volunteers need to do IG work?**

All of the above discussions looked at the things that people know of or are involved in. People are happy to receive the information about GWT free on line training and any other resources that may be of use.

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Generally volunteers are more competent in using digital, but maybe they will not have the resources such as ZOOM etc. Some children do not have laptops or tablets or internet access. Having a decent phone will get most people on video or call show screen, face book accounts that they can contact directly.

Norma felt that we need to think out of the box. Take the tech to churches, start to show them an idea of what they are missing (older people). Edinburgh library, newspapers, magazines, talks on line. Promote what is great about it to encourage them to join. Pointed out that a decent smart phone is £99.

Norma spoke of Singapore and her experience of family living there. Health care is expensive (not free like UK) and there are much more self-reliant groups for older people to exercise such as tai chi, yoga and pilates. People have to be more self-reliant and as such are better suited with technology as it is the way ahead and everything is online.

Age Inclusive Public Space is something that Bella wanted to mention and a new book that has been published on this. Ryan had links to the pod cast and sent it out for everyone to listen to - age-inclusive-public-space- www.generationsworkingtogether.org Generations Working **Lisa** spoke about her community choir which has put everything on line, even people in their 80s have taken the leap. People are doing art, sharing tea, through ZOOM. If you are not aware it can be really tricky and people may require support. How can we buddy people up?

Health Care Improvement Scotland has digital skills training in local hubs.

Denise from RVS talked about NHS responder programme in England supporting anyone who is shielding covering shopping, prescriptions, phone calls. Denise has been seconded into safeguarding team during Covid-19 and is on a 7 day rota on a very busy project. There has been a massive amount of volunteering ¾ million people and there is a lot of signposting and referring.

Norma spoke about loneliness and shopping for an older lady who is self-isolating. This lady has reported to Norma that she is having the best time ever and she is no longer lonely because she is getting calls.

Denise hopes that a lot of this work will continue, and it may be something that will fit with FFLGT. RVS does virtual village hall every day something is offered such as listening to radio, music there is a person there.

Bella mentioned the Eisner Foundation and how they have utilised a facilitator to help set up the meetings such as ZOOM etc. <https://eisnerfoundation.org/>

Lisa from Community Action Blackburn at GWT Conference – it was mentioned that when **Wilma from Citadel Youth Centre** spoke she thought that she was helping the young people but they were helping her. Ryan has spoken with Wilma today and she had originally been doing work with Leith Comedy Festival but it has halted at present.

Ryan mentioned a charity digital who are really good and do a webinar on a Thursday and they are accessible and user friendly. He offered the following links and they are free:
<https://www.open.edu/openlearn/science-maths-technology/introduction-cyber-security-stay-safe-online/content-section-overview>

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<https://www.futurelearn.com/partners/institute-of-coding>

Eat Well Age Well – Raising the issue of malnutrition training it is free and would be really useful for anyone working with older people around food. It will take place on 43th June, if you are interested you need to sign up here: https://us02web.zoom.us/meeting/register/tZEkf-uhRjorH9xPU5iNSqXB1mTfIQ6_-BX5

(If anyone has any questions about the training- the best person to contact is our Project Dietician- Jen Grant – at : jen@eatwellagewell.org.uk) www.generationsworkingtogether.org Generations

• **How can we get young people involved to share their digital skills?**

See all of above conversations.

Other Activities and information to share from GWT

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

Please promote that on 6 & 7th June, nationally the Big Lunch will be taking place.

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

Check out the TOY Project as there are lots of resources online.

Volunteers' Week 1st – 7th June – what have you planned to say thank you to your volunteers?

Clear Your Head - <https://clearyourhead.scot/>

This campaign is to help people destress and think about themselves, especially during these very strange times.

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.

The Connection Coalition - <http://www.connectioncoalition.org.uk/>

GWT membership and website

Bella encouraged all in attendance to invite others to join the GWT network and to go on the website to join up. It is free and offers a real range of activities and ideas and share case studies and good practice. Bella also recommended that people sign up for the training.

Ideas for future network meetings - Moulding the needs of the area and themes for the Edinburgh and East Lothian.

Bella encouraged people to think what they would like from the network meetings.

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Next meeting:

Date: 9th September 2020

Time:10.30 am until 12.30 pm

**Venue: Cyrenians OPAL Older People, Active Lives,
27 George Street Bathgate West Lothian EH48 1PG**

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