

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

Date and time: Wednesday 27th May 2019, 1.30 pm – 3.30 pm

Meeting Report

In Attendance: Bella Kerr (GWT), Joe Hind The Soil Association, Gino Satti GWT/NG Homes, Diana Knox GMAS, Callie Cowden Renfrewshire Council, Claire Bradley Glasgow Life, Billie-Jane Skene Cyrenians OPAL, Alison Harkin Age Place Child Care Service, Karen Moyes Glasgows Golden Generation, Ruth Noble Outside the Box, Linda McGregor Social Security Scotland, Kate Samuels GWT.

Apologies: Marie Galligan Pacific Care Ltd , Sue Scott NHS Greater Glasgow & Clyde, Michelle Candlish Ceartas, 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

Quite a number of apologies due to being unable to connect and also no schools, colleges or nurseries due to the current situation.

2. Short discussion on Covid-19 and how GWT is working to help with practical examples on how to reconnect the generations around sharing food ideas digitally such as cooking, planting and sharing food.

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,

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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.

People held a discussion about where they are as follows:

Claire Bradley Glasgow Life worked in cooking in schools, parent / carer cooking sessions, children eating with parents, they are extending this and think that recipe bags are a great idea. Interested in exploring IG and how they can work with older isolated people in the community. Families could link in with them and even use something like Whats App chat sharing a video call – sharing food. Mentioned gardening and Urban Roots talking about outdoor learning and gardening.

Joe Hind The Soil Association followed up on something that Claire mentioned about delivering food to people, while dropping it off it's a good time to have doorstep conversations at a distance and check in with people who are isolated. Especially the amount of people who have no digital access doing something a face to face way and having a conversation and check in.

Kate Samuels GWT spoke about gardening and the online platform that Urban Roots carry out a lot of activity in the Southside and it's a fantastic opportunity to focus on outdoor learning, blended learning in schools, and may be an opportunity to explore outdoor learning and do more of it.

Ruth Noble OTB agreed it was a great opportunity for outdoor learning and about sustainability. At the moment it is often the young people with behavioural challenges who are put into this area of learning. The group were most enthusiastic about outdoor learning.

We discussed forest schools and **Ruth Noble** kindly sent on the information after the meeting took place : below that may be useful : It's not an actual contact but a way of joining a mailing list for Glasgow area Outdoor and Woodland Learning (GROWL!), they can be found on Facebook. [GROWL - Glasgow Region Outdoor & Woodland Learning Group](#) They have a network of forest and outdoor leaders, and due to an increasing number of enquiries they are working out the best way to connect them to people - they are a volunteer group too so they may take a wee while to get back to you. Please keep your eye on their page over the coming weeks, or email them hello@glasgowowl.com to get on the mailing list. You could also contact Aline Hill who is a very good Forest School trainer, <https://www.forestschoolltraining.co.uk/training/fs-scotland/> and may have contacts in the Glasgow area.

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Ruth also recommend a book by some of her Uni tutors, 'Learning outside the classroom: Theory and guidelines for practice' Beames, Higgins and Nicol.

Gino Satti GWT / NG Homes informed the group that there is a Forest school based in Springburn, Springburn Park Your Space – built an outdoor classroom <https://springburnpark.com/useful-links/> and their face book page <https://www.facebook.com/yourspaceG21/>

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

Joe Hind The Soil Association mentioned the work being carried out in Broomhouse in Edinburgh with access to ingredients for recipes and that access to technology makes a huge difference to people.

Ruth Noble OTB drew attention to Eyemouth where they are doing digital sessions, the majority with younger people with gadgets and digital connection etc. Bring your granny etc. Send out a recipe bag every week. They have a closed face book page with photos and recipes and 39 families take place weekly.

Diana Knox GMAS noted that they have not gone digital so far, though the current climate has put out a big ask for digital, there are digital machines and some residents are comfy with using them. They had set up a 200cm screen for a wedding anniversary at one point and this was practical and very much hands on. They do work with Ardgowan primary school and Cedar school and its now something they could consider to use digital more.

Karen Moyes Glasgows Golden Generation are working on early stage digital platform and are trying to set people up with tablets so that they can take the day centre to them. They look at cooking, gardening, mindfulness. They are in early stages of this and are asking for donations of digital machinery such as laptops or tablets. Also a How to Guide would give better understanding as lots of older people do not know how to any many do not want to learn. Its something that they will be looking at as with many older people it becomes a complicated task.

4. Food for life Get Togethers update with Joe Hind

Joe explained hat it would normally be Donna Borokinni, Engagement Officer who covers the Glasgow area. Joe offered a bit of background to the Food for Life Get Together programme, explaining their lottery grant from last June 2019 for 4 years, bringing people together through good food and that test and learn areas of the programme in Scotland took place in Glasgow, Edinburgh and Inverclyde. The programme looks at matchmaking and offers ideas and resources for people to host get togethers.

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GWT is a national partner who has assisted with training and guide for IG practice around sharing food. The guide is available on GWT website here: [food-for-life-get-togethers-guide](#)

They are currently looking at online training to help people access information regarding generations together through food. At the moment Joe explained that the programme was gathering knowledge before starting any kind of work. He also explained that small grants of up to £150 were available for holding get togethers to groups from the test and learn areas. And that to date 30 groups / orgs have received this grant in Glasgow. Local partners are also able to receive a larger grant of up to 10k and this has been received by Belville Community Gardens in Inverclyde, Govanhill Baths in Glasgow and Citadel Youth Centre in Edinburgh.

The changes that have taken place since Covid 19 now change how we do things and there were over 70 events planned with only half of these taking place. The core objective of connecting through good food is now supporting people who are isolated. Joe explained further that they have been working on it to develop how it is not just an intergenerational focus, and that they will connect with communities, such as younger people's groups as there is still value in this. It is vital to support all community through training and small grants.

As stated earlier the Food for Life programme is in the listening mode and their resources have not been revised yet. Joe commented that it is fascinating to hear all the ideas that people are sharing, and everyone can still do important work. The programme is still supporting and funding 14 groups this month such as:

- Culturally sensitive food parcels in Govanhill.
- Project benefitting 50 families in and around the Gorbals area.
- Arts and Crafts community space in Govanhill around table and online.
- Woodlands Community Garden cooking and delivering freshly prepared good food.

The projects delivering food also builds relationships with people helps support them with their physical and mental health.

5. 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.

Joe Hind highlighted how do we capture stories and impact of what is happening, how are we evaluating during lockdown? **Kate Samuels** explained that GWT gather stories, evaluation, case studies and there are lots of potentials to get stories out through press who may find them of interest. Kate is keen to hear the impact of changes and the impact of intergenerational practice or community cohesion.

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Gino Satti mentioned a The Big Soup which usually takes place sometime in October. Pots of soup made by organisations and local community groups. Prizes were given out for the best soup.

Kate Samuels offered an update on the directory that GWT has just published and explained that GWT are continually updating this and looking for ideas.

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

Gino Satti spoke about his work as board member with a local using association and how he sits on a youth board which is the first youth board in Scotland. Young people are keen to develop this. They host monthly meetings which are now virtual ones. Bella mentioned a book BOLDER <https://be-bolder.com/about/> which Gino felt may be of use to the group to assist them to understand relationships with older people and to look at how we view older people. Gino also mentioned a community space at Bolton of high flats where the young people have been offered to engage in meetings.

Claire Bradley spoke about digital learning schools and families, sharing skills and parental engagement in an adult learning framework with homework assignments in basic IT skills. This involved a parent or carer coming along and often the younger person who had the skills would share with them. This happened in community settings, but it is difficult to see how it may happen now through digital means. The sessions offered accredited learning and opportunity to achieve an award. Bella mentioned Health Issues in The Community which Claire showed an interest in, here is link to explore: <https://www.scdc.org.uk/what/hiic>

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.

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 4th June, if you are interested you need to sign up here: https://us02web.zoom.us/meeting/register/tZEkf-uhrrjorH9xPU5iNSqXB1mTflQ6_-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)

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

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people distress 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/>

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](#).

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 Glasgow & East Dunbartonshire Intergenerational Network.

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

A future network meeting covering intergenerational practice and food will take place in 2021, If you have any questions regarding the food, growing, planting or sharing please contact bella@generationsworkingtogether.org

Next meeting:

The next Glasgow & East Dunbartonshire Network meeting TBC.

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