

**Argyll & Bute with West Dunbartonshire Intergenerational Network Meeting
Conversations on the way forward**

On line via ZOOM

Date and time: Wednesday 13th May 2019, 10am – 12noon

Meeting Report

In Attendance: Mairi Fleck North Argyll Carers Centre, Cath Bertin Befrienders SCIO Lochgilphead, Aisa Nebreda Cycling UK, Anne Horn Argyll & Bute Council, Gwen McCrossan Argyll and Bute Council, Bella Kerr (GWT)

Apologies: Fiona Hamilton Tighnabruaich Primary School, Angela Sprott West Dunbartonshire Council, Jason Woods Kintyre Care Home Campbeltown, Colette McBride Crosslet House, Rosemary McKenzie DWP Dunoon.

Two people above in apologies (Colette McBride and Rosemary McKenzie) had telephone one to one calls with Bella due to being unable to link in through ZOOM and some information has been added from them to offer some feedback on how they are doing. Also passed on information for Rosemary to connect with Aisa from cycling UK.

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.

<https://forms.gle/XvhK3gouqpiVQb2c6>

1. Apologies and introductions

Informal chat in general once everyone had joined the meeting. We had set up to do Microsoft Teams but there was a difficulty with this and we switched to ZOOM.

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,

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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.

Gwen McCrossan Argyll and Bute Council had started their IG project with Cowal Befrienders and working with an older 98 year old lady and people living within their own homes. Gwen met with befrienders and discussed a one off event with the view to doing something longer at another term time. Tighnabruaich Primary school, Cowal Befrienders and Gwen looked at Gaelic language and how they could connect and have a fun experience together. This also involved senior pupils from Dunoon Grammar School from S5 and S6 who facilitated. The event took place the week before lock down on 6/7th March. There is a write up in a blog through Argyll & Bute education and the Scottish Centre for Languages attended. They covered numbers, lunch, learning activities, all had visuals, they sang songs and in the afternoon they played bingo.

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

Discussions with **Colette McBride, Crosslet House** made it clear that the care home that she is working in has poor internet strength and WIFI is difficult, and as such the care home staff are using their own phones to connect older people on line or they are sharing their data with older people so that they can use tablets etc.

Mairi Fleck North Argyll Carers Centre is working from home with a majority of older people and at present it is challenging. Most of the older people don't want to connect digitally. They do not need tablets or smart phones (they all have them). Zoom and emails is more difficult to carry out with older people. Running projects – Health Village Groups offering training courses for carers. They also host an online coffee morning once a week. Mairi pointed out that this is now but the situation could change for carers as eventually they may feel the need to see people to connect.

One lady in Tiree is back to zoom and they have virtual coffee mornings – everything is online such as shopping, social media and people are exhausted with it. Having to use technology to order shopping etc.

Anne Horn Argyll & Bute Council discussed Isla with a population of 3,500 and more than 100 volunteers who are making phone calls, delivering prescriptions etc.

Aisa Nebreda Cycling UK is in a strange situation at present promoting cycling. It is only being carried out by individuals at present. Aisa explained that Cycling UK are providing

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grants to community groups for bikes for key workers. Bella suggested that they may think about IG work and linking in with older people who may remember cycling when they were young, who may still cycle and some who may be able to change inner tubes or have knowledge about bike maintenance and this would be something that could be used to connect with young people by video link. Maybe Aisa will look into future work with community groups to promote cycling and do a video. Cycling UK work with Bikeability Scotland who train pupils to ride a bike and the Big Bike Revival. Aisa also notes that her older neighbour has all the latest technology but is not keen to connect.

Discussed some ideas that seem to be useful for connecting in our communities: Family quiz, seeing new baby, baby 1st steps are all things that sounded positive if they were set up for people and things such as Playing games with Zoom, Body boosting bingo – share screen on bingo.

Anne has been involved with Befrienders MS Centre Lochgilphead with a mum and 3 children with trailer dressed as Batman and Robin. The children all got treats and the manager of the local coop store dressed up as Batman. Older people came out to see the wee ones getting their parcels.

Group discussion on carers and people being upset and not good for them to watch the news. People have been redirecting them to not watch news as it is very distressing. And of course there are so many different ideas of what people decide to do.

We had a short discussion on shared sites and age inclusive public spaces. Bella agreed to send info on this if it was applicable.

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.

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

There are digital teams within A & B council who could look at what medium is best to use.

5. Training through GWT

Intergenerational Training Course for Practitioners and Trainers – 10am – 4pm CPD

Accredited (£75 - Full / £50 Concession) planned for:

- 22nd September in The Three Villages Community Hall, Arrochar G83 7AB

[International Certificate on Intergenerational Learning \(ICIL\)](#) –to be confirmed later in year.

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Local Updates

Anne Horne Argyll & Bute Council is a councillor for the islands Islay, Jura, Colonsay and Ghia and she has been busy with lots of enquiries, complicated and varies but everyone is keen to connect.

Cath Bertin Befrienders SCIO Lochgilphead works with volunteers and they are taking part in IG work at the moment matching adults with young people. Volunteers are aged between 80 to 19 and they are all quite different. The org has been running for 32 years and has 32 ongoing matches – there are always referrals that don't match and they do not have enough volunteers. The project came about when people were at children's hearings training in Glasgow they noted that people in towns could do great things to offer children support – so the group got together and made something, they organised a steering management group and their first project was coordinated by a social worker and the concept of befriending children who were vulnerable began. Bella suggested to Cathi that GWT may be able to look at their project and its IG work and present it as a possible case study.

Much of the other updates is supplied above in our 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 Argyll & Bute Network Meetings

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

Next meeting: 16th September 2020, 10 am until 12 noon, Venue TBC.

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