

**Greater Renfrewshire & Inverclyde Intergenerational Network Meeting
On line via ZOOM**

Date and time: Wednesday 24th June 2020, 10am – 12noon

Meeting Report

In Attendance: Bella Kerr (GWT), Sarah Wright (GWT), Nicola Shaw (GWT), Stacy Gillen Inverclyde Carers Centre, Heather Sneddon AbilityNet, Alice McBride Engage Renfrewshire, Diana GMA, Callum McLellan Inverclyde Council CLD, Anne Garry Scottish War Blinded, Sarah Haughey, Suzanne McMinn Aileymill Nursery, Val McKay Aileymill Nursery, Laura Scroggie Enhance Scotland, Dorothy Carney Giffnock Primary school, Lindsay Barr Orchardhill Parish Church, Bryan Dando Linstone Housing, Julie McIntosh Glenbrae Childrens Centre, Nicola McGowan Enhance Scotland, Kathleen Frew Chest Heart & Stroke Scotland. Marie Pearce Inverclyde Council CLD.

Apologies: Louise McGinty Quarriers, Emma Corbett St Columbas Nursery Kilmacolm, Aldo Marrone Turning Point, Grant Watson, Jane Gordon, Kirsty Cartin, Katy Jenks, Sarah Jane Mitchell, Lynsey Allan, Bernadette Reilly Senior Community Link Officer, Jacqueline McBurnie Renfrewshire Schools, Sally Logan Renfrewshire council

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/XvhK3qouqpiVQb2c6>

1. Apologies and introductions

See above

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.

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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. What is Ageism? What is IG work? And online platforms.
- GWT will provide additional support to care homes.

Laura Scroggie informed us that the average age where she works is 80 years, they have an active face book page, they link with local.com page and have been involved in painting pebbles with their own trademark and share by hiding in parks and around the locality. Children when out walking are finding them and encouraged to take pictures and share on face book pages. It has proven to be a fantastic way to keep contact (whilst apart) using technology as the medium to keep the intergenerational relationship alive.

After a brief discussion with **Bella** about age and ability and ageism, **Laura** mentioned a 96-year-old lady who partakes of country dancing, out for meals, Tai Chi and a busy life in general inside and outside of the care home. This time during COVID has been particularly difficult for her and she has taken to walking in the garden several times a day.

Bella mentioned Littleinch in Erskine and the changing nature of how we look at what we call care homes holding a brief discussion about how we perceive homes and what they are actually like (ie seen as a place as a last resort) as are fun places and lots of activities take place with older people taking part in social activities to keep fit and learn new skills. IG work also is something that stimulates older people and at the same time offers younger people opportunities to learn and to share their own skills. **Laura** does a lot of joined working with Littleinch and she stated that they are a house, extends to family and during lockdown one lady of 97 years old picked strawberries from the garden. **Twitter and face book** is something that people have been using in different formats. In particular **Laura** mentioned that the home has managed to get through to the Tik Tok Irn Bru Challenge with *'Cant believe I'm in a care home'* we hope that **Laura** will keep us informed how they get on.

Also spoke about level of cognitive impairment and that many older people are not able to facilitate a call, but if they are assisted it works well. During lockdown and the rise of the need for technology staff are now more equipped on how to use skype, with many residents now making skype calls to places like Australia.

Bella enquired about funding and **Laura** spoke about their own funding and assisting other organisations to raise funds and recently they raised funds for the local hospice who have been struggling due to not being able to host fundraising dinners etc. Last week they took part in the 7 days 7 challenges and raise £600 for the hospice.

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Stacey Gillen works with primarily young carers though things have changed since lockdown and they have hosted a some quiz nights, bingo and opened the events up to both young and older carers together. She notes that good connections have been made digitally and doing things jointly has opened new relationships. This is something that they are keen to develop.

Nicola Shaw shared an activity that may be of interest – you tube links showing walks and boat trips some without commentary that a nursing home found useful to share with people to encourage conversation and bring the outside in whilst many have experienced isolation and limited access to the outdoors. Nicola spoke about the barriers that have been broken down as a result of COVID and connections being made a bit more naturally such as painting stones, recipe trees outside care homes, and its great to see that residents can now contact families overseas.

Lindsay Barr and **Dorothy Carney** have been working together over a period of time on intergenerational work with primary 7 and the church. They have been working on a museum and the children and people with experience had hoped to host the opening day. This came to a halt with COVID and the official opening is on hold. They are not sure how it will be taken forward, but Lindsay pointed out that young people have a role in developing something to assist older people with technology. Lindsay commented that the work stimulates older people and they recall things that they may have forgotten.

Lindsay found that when they became part of the school they are now a resource and are utilised by the school for plots of projects that they can help with and they share and contribute to subjects and involved in technology, baking, knitting, woodwork and gardening.

Bella mentioned a film on Netflix which portrays a younger man and older woman working together on a film project [Faces Places](#) and talked about inspiring stories where older and younger people work together across communities touching on a school in Drumchapel and recruiting a new volunteer who is an accomplished children's author

Callum talked about '**Man On**' a male only mental health, suicide prevention, peer support group. He attended a meeting recently and 13 men took part from late teens to early 20s and some older men all talking to each other and listening to young people opening up about mental health. They take part in a walking group and have a face book page.

Sara Gillen received a twitter follow from the group and is keen to connect with them as it is difficult to find male activities – she had no idea how to contact them and would like to organise something like a game of bowls, maybe conversations. Callum will link in with Sara re this. **Dianna Knox** is also interested in linking in about '**Man on**'.

Sara started in January 2020 in her new role and has been involved in skype calls with families and is just finding where local links may be with nursery and schools. Previously there was work with a mother and toddler group on Mondays and they brought we bits and

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bobs. **Sarah Wright** from GWT will phone Sara and do interview and see what links she can make for her with local schools etc.

Callum brought [Inverclyde Shed](#) to conversation informing group that there are two units in Captain Street Greenock, lot of individuals with a garden in Shore Street in Gourrock. They have a 3D printer and are going through the process of Asset Transfer.

Callum explained that CLD are involved in locality plans and community engagement groups also they are involved with school lunches, food, summer HUBS, vulnerable young people and key workers. **Marie** followed on with some comments about the great work that has been done and how it would be good to get housing associations involved but again there have been good projects that have been successful such as Parklea Garden Project and then the funding is not replenished and all the good work is lost.

Kathleen Frew commented that people have lots of skills and sometimes they do not realise that is the case especially after having a stroke. Kathleen admitted that Chest Heart and Stroke are not involved in a lot of IG work but now see that virtual network will become very much part of the way forward, and people do need skills to be part of the virtual life. Kathleen offered an example of a person who has just been discharged with no rehab. It is hoped that she can acquire a free tablet through a telephone conversation with Occupational Therapist. Kathleen hopes that they can look at setting up younger people with older people to show how to use technology. Also Kathleen pointed out that stroke is seen as an older persons condition but it is not just older people who have strokes. She sees a whole area that needs support with technology as she is finding now during COVID that maybe a group of 20 to 30 people who had attended a peer support group are all now isolated. Kathleen spoke about digital poverty and how this affects the communities too. Also has been working with a 14 year old girl who is helping her dad (who has had a stroke) to get connected, she sees great potential in this and is interested in how young people may connect with older people etc to assist with technology.

Anne Garry mentioned [Connecting Scotland](#) and how people may seek help through this. Anne is aware that the first 5 million has now been taken. Anne also spoke about how 10 people out of 130 people within her own connections have decided to try connecting digitally. Anne works with a specific group [Scottish war blinded](#) people who provide tablets and training.

Bryan Dando has access to a list of local authority devices in East Renfrewshire and the contact person for this is Louis Bickerton Louise.Bickerton@eastrenfrewshire.gov.uk They had 200 devices and 12 months free data.

Julie McIntosh commented about the nursery that she works in before COVID they had tried to make a connection with a local care home and hope to contact the coordinator and try and see if they can link up and get something organised. They thought of a virtual tour of the nursery to start with and maybe a sing song or yoga as they do yoga for children and this could perhaps be done along with older people. They had been involved in a Burns celebration with grandparents of the children and they have grandparents who volunteer.

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They are keen to find volunteers who may help them with their wild garden which they would like to develop.

Place Standards is something that has been brought up at a few network meetings and Bella may explore a conversation regarding this and how IG practice may fit with especially in linking in with public spaces. The Place Standard tool provides a simple framework to structure conversations about place. It allows you to think about the physical elements of a place (for example its buildings, spaces, and transport links) as well as the social aspects (for example whether people feel they have a say in decision making). The tool provides prompts for discussions, allowing you to consider all the elements of a place in a methodical way. The tool pinpoints the assets of a place as well as areas where a place could improve.

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

Heather Sneddon a local AbilityNet volunteer attended meeting and sent some information afterwards which will be shared with network and put in GWT newsletter. The charity has almost 300 disclosure checked volunteers nationally with a dozen of us in the south west where we clocked up over 500 volunteer hours last year. In addition to the information on our website with suggestions about the use of technology for individuals having various usability challenges, and our step by step guides that help with the setup of these devices, We offer support and advice not only with PCs but also tablets, mobile phones, Smart devices and even TVs. Our support could include setup, installing software and hardware, troubleshooting or providing basic training on how to use systems and how to do so safely. These services are FREE to the elderly and those disabled at any age. Under normal conditions we would visit individuals in their own homes however right now we are using telephone, video calls, email / snail-mail and remote connection of devices to support clients. This link is a video which, in fewer than 3 minutes, explains our service: <https://www.youtube.com/watch?v=LGevCpuz4ks/>

The fliers are also useful for distributing to clients that might benefit from our service and these are attached.

Heather mentioned the use of mobile phones and how it does not have to be tablets and laptops. Also Alexa people can do stuff with her too. And other avenues like messenger and ZOOM.

Marie Pearce commented on digital and how volunteers through enable Scotland 16+ and volunteers in their 70s also help with some homework clubs that had happened in the past. Marie suggested that the Duke of Edinburgh Awards in Inverclyde would be good to link in with and look at any IG work that they may be involved in. Marie will send Bella link to Brian Wilson re this.

There is a lot of informal work taking place across families and **Callum McLellan** pointed out that people need to build up confidence and that one small thing could potentially put them

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off. **Marie Pearce** offered any help with Tech support through CLD to organisations in Inverclyde and offered to link in with **Sara** from The Little Sisters who is interested in finding some assistance with training in technology.

Bella mentioned [Learn My Way](#) and **Callum McLellan** has worked with this and agrees it is a good resource. Bella also shared information about Claire Miller volunteer for Drumchapel school project and her plans to read stories and share via video link.

Dianna Knox explained that she is working from home and feeling a bit disassociated as she is not in the unit working with residents at Greenock Medical Association, though she did organise a virtual lunch with children and their parents (from Battery Park Nursery) and had a great meeting between them and older people from unit. It was stimulating and a pleasure to be part of it. Dianna also mentioned that they do a lot of fund raising on their own.

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.

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.

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

More discussion:

Alice McBride commented that it had been interesting to hear everyone's updates on projects that have been adapted and very personalized, keeping programs on a smaller scale. For Alice extended lockdown has involved her looking at saltire awards (youth volunteering) and new updates are being looked at which will be ready by the time the schools return in August 2020. It will be a good focus to look at younger people working with older people to share skills. It may not have had the capacity before COVID but things have changed.

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Alice also commented on the Scotland's Gardens theme – and how they usually open up for people to wander and now the virtual shows are on you tube, she has sat through a couple of tracking virtual walks and it was nice to hear of that today at the meeting.

Bella spoke about [foodforlifeget-togethers](#) and the Soil Association's test and learn areas in Inverclyde, Edinburgh and Glasgow. Alice asked if [Lochwinnoch Community Garden](#) would be able to access resources and it was explained that 'yes' they can but not funding.

Alice explained that [Engage Renfrewshire](#) and the local council have worked with Connecting Scotland and 230 devices have been distributed. They worked firstly with the Food Group forum as the first round of need and now she is not sure what the demand is?

Bella congratulated **Dianna** in completing the ICIL (International Certificate in Intergenerational Learning) and Dianna commented that the course had assisted her to realise that IG work needs to be focused and evaluated to be sustainable.

Marie commented that she heard a story in local community about a young girl who noticed that older people were out walking by themselves, the young girl then painted stones for older people to look for and now older people speak to each other and pick stones and started painting their own stones to hide.

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 pod cast](#)

Some links:

T.O.Y. Project – Together Old and Young. <http://www.toyproject.net/>
Check out the TOY Project as there are lots of resources online.

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.

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Bella encouraged people to think what they would like from the network meetings and contact her to add anything about IG work to the agenda.

Next meeting: *We may host another zoom meeting sometime towards end of August I will get back to you with Date – Bella*

Future meeting is an Intergenerational Food Network Meeting with the Soil Association and Sharing food for life

Date: 7th October 2020
Time: 10 am until 12 noon
Venue: TBC

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