

Dumfries & Galloway Intergenerational Network Meeting
Conversations on the way forward
Introducing Food for Life Get Togethers update
On line via ZOOM
Date and time: Monday 15th June 2020, 10am – 12noon

Meeting Report

In Attendance: Bella Kerr (GWT), Sarah Wright (GWT), Billie Lockhart NHS, Melanie Wilson, Lynda, Amyga, Ellie, Liam Morrison Gale Stove, Murdo MacLeod, Jackie Bell, David S, Alan Sidaways, Rachel, Giuliani Red Squirrels, Marian

Apologies: Glenda Ruddick North west campus, Chris Jowsey, Lesley Stevenson Shared Lives Plus, Jean Nelson Dumfries & Gal Council, Nathalie Guillaume NHS, Jill Hima

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

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?

www.generationsworkingtogether.org

Generations Working Together is a Scottish Charity Incorporated Organisation (SCIO)
Charity Number SC045851

Melanie now manages all her work processes digitally. Time tables, email, meetings etc. However she feels that the social contact is missing which has been difficult having to encourage her residents out of their rooms. They hope to hold a digital coffee morning once per week, connecting other care homes. 'Bringing outside in' Casting onto TV screens so residents can see their families. Bella asked about physical ability. Melanie reported it has deteriorated somewhat and the general mood has gone down on those who were usually social active.

Ellie – Skype calls with family, but get confused. Some find it difficult to hear. Good response from the community. Tesco donated Easter eggs, magazines, colouring books and pens and garden centre. Schools sent letters prior to lockdown.

Jackie felt they were doing really good work and then had the rug pulled from under them. Feel as if they are going backwards. Just need to be patient. Bella reported that she recruited volunteers through lockdown but it has been difficult.

Alan his friend speaks very highly of the care home since his wife passed. Keeping touch with members during lockdown. Youth Action.

Lynda has not started anything yet.

Murdo is working closely with Community Resilience - low income families, difficulties with technologies (*having only 1 phone*) re school work. Using digital platforms for older people. WIFI poor in D&G areas. Demos Art & makeup, talks with arts groups to establish their own art classes. Using technology for social gatherings.

Amy– difficulties in keeping social distance, they are lucky to be able to go on long walks – keeping busy, to put in as many measures as possible but its not possible all the time. Family groups, hygiene is the most important thing.

Liam – Moves to online input which has been successful – hard to know who is engaging with the org, because its all online. His work is with the Community Engagement and hoping to recruit volunteers. Bella suggested that perhaps the free GWT training would suit his volunteers.

Marian – Intergenerational lens

Jackie working with Heather (older person with dementia) She likes to keep busy and wants to be useful. Jackie says that her work is invaluable, her stories, her baking and her knowledge. Only minor changes within the nursery was needed to help this work. However Heather is not at the nursery at present.

David S – Environment students to talk about heritage. Connection with Guiliana works. They have a red squirrel group. Regarding the Covid it is bringing out the community spirit in the area – older people are working on the town hall gardens, young people working on a centipede, food parcels.

Bella agreed that all the networks, their volunteers have been really good. Talking about cycling, one of the care home talked about cycles with the wheelchairs on front. Older residents loved this.

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Alan keeps in touch with all his members – finding out about their health mentally as well as physically.

Murdo – Appraisal work, mid adults, a bit more work is needed to bring this type of work to younger people. Focussing on rural communities. Skills that are invaluable.

Jackie feels there has been a real sense of community – why have we not extended this. Bring older people into schools to talk to pupils/nurseries.

Murdo -GW9 Radio- Interview older generation on radio. Fantastic learning process. How each generation see each other.

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.

Melanie – Having someone as a middle person

Sarah – More You Tube podcasts

Lynda – Using different skills for a different variety of people.

Bella asked everyone if they had things to put in the agenda to do so.

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/>

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>

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

• 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

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

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

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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/>

Next meeting:

Date: 28th October

Time: 10.00 am until 12.00 noon

Venue: The Smiddy, Balmaclellan, Castle Douglas DG7 3QN (to be confirmed it depends on advancement of COVID 19)

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