

Online via zoom

In attendance:

Michelle Parkin South Ayrshire , Denise Fraser North Ayrshire , Patricia Harkness East Ayrshire, Tammy Burns Vibrant Communities, Caroline Brown Family Support Auchinleck, Allison Fitzsimmons Carrick Care, Louise Robertson Alzheimers Scotland, Mary Gladwell East Ayrshire, Joan Wilson TRELIS, Linda Ross Alzheimers Scotland, Kevin White, Fiona McAvoy Newton Primary School, Jackie Kelly South Ayrshire , Kimberley Kirkwood North Ayrshire, David Porte South Ayrshire, Catherine Gibb Speirs Nursing Home, Bella Kerr GWT, Sarah Wright GWT, Sandra McMaster CLD South Ayrshire.

Apologies:

Clare Mills ANAM CARA, Dehra MacDonald,

The meeting was well attended with many people contacting afterwards to say that they had not received a link. They had not registered. This is something that Bella will cover at future meetings – How to register.

What has happened to intergenerational work during COVID?

We held a general discussion around the question. It was decided not to use workshops as only a small amount of people were present at start (about 10) and people came along throughout first half hour.

- Kevin White kindly started the conversation by mention that face to face contact has ceased. Kevin's project has been in the middle of connecting partners looking at digital connections an they are currently looking for gaps to promote IG work. The project has come to a halt although some work has been carried on with children there has been no digital engagement yet. Kevin recently applied for some care leavers – support for 6 months with young people being trained to help older people to use technology. This has not started yet but is something that Kevin is hoping to get off the ground.
- Denise Fraser talked about the restrictions regarding schools and the work that Community Learning & Development are involved in with schools and they are allowed to go into schools but no other groups or organsiations have that consent.
- Tricia Harkness spoke about connecting Scotland with lots of connections with older adults getting them skilled to use devices. The next phase is for care leavers and it starts in November, they are looking ta linking this and trying to support some of it.
- David Porte spoke about funding opportunities and outdoor space and how it is important to try and build the face to face connections. They are thinking about how to create space.
- Joan Wilson from TRELIS has been using a gazebo to deliver demonstration sessions for TRELIS. They offer simple gardening activities go to www.trelliscotland.org.uk

- Tammy Burns coordinates children and young people Befriending Service and usually take part in IG activities / connections over Easter, Summer, Halloween, and Christmas and this has been affected by lock down. They hope to get back to the work once restrictions are lifted.
- Kimberley Kirkwood explained that her role has changed during lockdown and she is involved in providing / delivering food and prescriptions, she notes that Community Groups are working to bridge the gap between generations and that they are also handing out digital devices. They have been working closely with the local authority and they use the HUB to identify people in situations such as home school etc.

What intergenerational activities have continued?

- Group had some conversations about food and Bella offered some information from the Soil Association and other projects around cooking, sharing, eating or growing food between generations.
If you haven't signed up yet, there's still time to plant baby spinach, but don't delay. If you [sign up now](#) you will receive the free seeds. [Download your recipes here](#) These are all free resources and it's a great resource to know about.
- Bella mentioned Seed Swap is one of the projects we are running with the FFLGT programme and is about encouraging different generations to grow vegetables in their garden, windowsill or balcony and then "chat" about how their growing is going. Each adult will be buddied with a child and they will email each other on a fortnightly basis. The seeds would be provided by FFLGT and to ensure safeguarding measures are in place the emails will be sent via an RVS volunteer. The growing of seeds is to promote a shared interest and encourage a "pen pal" style friendship. It is also an incentive to encourage adults and children to think about growing their own vegetables. Once the seeds have grown to a size where they can withstand being planted outside we will ideally plant them in a communal garden where everyone involved can gather, see how their vegetables are developing, and maybe even take some vegetables home! If you know of any groups/participants you think might be interested in Seed Swap, or would like more information, please contact Denise Young on 07787 272 860 or at denise.young@royalvoluntaryservice.org.uk
- David Porte is planning engagement with some older young people. It has been identified that there has been a real waning of confidence within older people.
- Louise Robertson is interested in regulations for communicating online. They may have a Christmas Carol concert. Bella will send link to work safely online resource that may be helpful when looking at this activity. Louis also mention MY LIFE STORY project is working from home and groups she is working with are on line but not intergenerational and it is really difficult to support people in isolation.

How can we fix the issues to reconnecting and connecting generations?

- People mentioned – Pen Pals, writing letters which could be carried out whilst apart but still keep our generations connected. This could be coordinated by care leavers for people shielding and older people. This is something that people may look into.
- Mary Gladwell works in school with intergenerational work. They have set up a working group / steering group to bring generations together. They hope to ask the generations what they want (activity wise). Trisha is working on this through supported accommodation with Mary. It is easier to work along in partnership and they hope to link in with vulnerable people and connecting Scotland to get something set up.
- Bella mentioned the OLD's COOL tool kit as something that may be useful to use and get ideas from. The link is [here](#).
- Kevin works with Children & Families with a focus on technology and he aims to work with the connecting Scotland programme with 2 -3 care leavers – mostly online with mobile phones. Connecting Scotland looking forward to identifying young people as champions and getting the support. Part of it will be to get them involved as a group and equal access to opportunities and maybe a role in it for them to train others (older people).
- Kimberley Kirkwood acknowledged it was difficult to get connections and capacity building has been the biggest barrier. They have worked at getting the Community Centre into a Virtual online one. They have been trying to engage and maintain delivery of service that existed before lockdown – they are using the platform to be creative and try new things. Bell suggested looking at the Resource Guide that GWT has produced to get some ideas.
- David Porte told us that South Ayrshire is looking at IG work and hoping it is reflected in everything that they do. They are presently drawing an action plan to tackle isolation and loneliness. They are looking at technology and gaps hoping to offer some activities and exercise to build confidence with older people. They are looking at an outdoor space and hope to create something that everyone can use.
- Mary Gladwell has been working on intergenerational work at Auchinleck Academy before lockdown. They did activities and work around the school show, carers took older people to the show. It is interesting to see others at the meeting and it would be good to start up a group and draft up an action plan.
- Sandra McMaster has some experience of intergenerational work. Sandra hopes to look at the IG training. Sandra commended people for their inspiring stories and noted that not all of the work is digital and that the pen pal and phone calls are still a good way to reconnect and keep IG relationships going.
- Joan Wilson from TRELIS offered the group information on gardening and lots of FREEBIES on their website. They also have live zoom sessions, training for activity coordinators (there is a fee).

Understanding levels of contact on how to build intergenerational relationships during and after lockdown?

Levels of Intergenerational Activity Bella spoke about some ideas for group planning and spoke about levels of connection. Agreed to send out levels of activity in IG practice sheet. Discussed that even if groups are not meeting together between generations they can still get involved in early stage planning work and preparing groups to meet the other group by doing activities that may raise awareness and get ready for when the intergenerational activity will start. Also how importantly it is to look at addressing:

- Ageism and stereotypes within our communities and with the groups that people are currently working with.

Toolkits to help- Bella will send links or go on www.generationsworkingtogether.org for Connecting generations safely online and Directory of ideas and resources

Intergenerational Training

The International Certificate in Intergenerational Learning will now be known as the [International Diploma in Intergenerational Learning \(IDIL\)](#).

The course will now be accredited through the University of Granada's International School of Postgraduate studies and has a change in the number of hours however the content remains the same. **Our next course will commence** on Monday 2nd November to Monday 21st December 2020. The course runs twice a year. The course is aimed at anyone who wants to gain a deeper understanding of intergenerational work, its purpose, impact and practical application to enable them to apply this within their own work. Although the hours have increased there is no further work required during this course due to lateness of the changes.

FREE online training is available: Bella to send links and people to call if they have any queries.

One day on line training course 'Intergenerational Training Course for Trainers and Practitioners' is running on a monthly basis, the next dates are:

18th November 2020

20th January 2021

17th February 2021

Any other news?

Excellence in Intergenerational Work Awards 2020 – 2021

The awards recognise, showcase and celebrate achievement and outstanding practice in the field of intergenerationality. Nominations are encouraged from projects and individuals living throughout Scotland. We talked over the awards and people thought that maybe there should be one for volunteers. But on checking back at office Bella discovered there is not an award for Volunteer of the Year as all that work has been restricted. The categories for this year are:

Generations Working Together is a Scottish Charitable Incorporated Organisation SC045851

1. Innovation in the Community
2. Digital Innovation
3. Tackling Ageism
4. Creative ways to connect after COVID.

Next meeting for Ayrshire & Arran Intergenerational Network :

- **DATE :12th February 2021**
- **TIME: 10 am until 12 noon**
- **THEME : Intergenerational relationships through FOOD – Cooking, Eating, Sharing and Growing Food**
- **VENUE: Online at a conversation Café with workshops and creativity from everyone**