

**Forth Valley Intergenerational Network Meeting  
Conversations via ZOOM**

**Date and time: Tuesday 8<sup>th</sup> December 2020 9.30 am – 11 am**

**Meeting Report**

**In Attendance:** Bella Kerr, Breda Seaman, Susan Hill, Alice Burns, Lynsey Hansford, Eve Winter, Amy Styles, Liz Rowlett

**Apologies:** Angela Paton, Tracy Docherty, Carol Wylie, Pat Scrutton, Kayleigh MacDonald, Amanda Connal

**1. Apologies and introductions**

**2.** Short discussion about levels of IG work and Bella agreed to send people out the levels of IG practice to have a read over and look and see where they sit currently in the levels.

**3.** General discussion around our current times and updates

**Liz Rowlett** mentioned Tommy Whitelaw and how fantastic his events are – People should look out for him on Jan / Feb 2021. **Digital Intelligent Kindness** sessions with Tommy Whitelaw learning and development sessions based on the principles of Intelligent Kindness on the importance of person-centred care and active listening across all roles and sectors. Reflect on how you can make a difference through your service provision and practice. Tommy's talks take you on a personal journey; from his experience becoming a full-time carer overnight for his mum Joan who had Vascular Dementia, to the obstacles and challenges they faced in isolation to the interactions they had throughout their caring journey that made a difference to their health and wellbeing. Taking the key messages of the Dementia Carer Voices 'You Can Make A Difference' campaign, the 'What Matters To You?', Intelligent Kindness movement and Chief Nursing Officer for Scotland's vision, his talk aims to empower individuals across all roles and sectors to reflect on how they can make a difference through their practice.

To book a place go here: <https://www.eventbrite.co.uk/e/intelligent-kindness-microsoft-teams-tickets-130556884155>

**Alice Burns** carried out a survey to look at digital uptake – Spoke about how tenants in sheltered housing are really feeling the impact of lockdown. Most people are looking for a call in the afternoon with extra work for the digital participation officer, to expand skills on tablets. Most older people are not interested in taking part in digital and prefer telephone and one to ones. Looked at how older people may give others online support to people of similar age. Have continued some physical links like outdoor nursery visits with Xmas cards etc.

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**Breda Seaman** had a similar experience to Alice with older people rejecting ipads and back to using tapes, tape recorders. Beyond 80 year olds have few technology skills . They have been involved with two primary schools 'Letters of Kindness – Pen Pals'. Queen Victoria School is a military school with 290+ children who carry out lots of community work and usually put on a show at Christmas as a winter treat. The school tech designer cut boxes (recycled wine boxes) 100 in total and made hampers with a CD as a virtual winter treat / Christmas card. It was a community effort and the MAD (Make a difference) group worked with the rotary club to deliver them. It had such an impact on those receiving and one lady burst into tears and although they do not see the young people face to face just to know that they are in their thoughts. It's a real act of kindness and one young person engaged in the Duke of Edinburgh delivered soup with other young people helping to do this and using their hours for DOE and Saltire Awards.

**Susan Hill** informed group that her care home is not keen to receive items – they laminate the pictures so that they can be wiped down. One thing is that Falkirk Junior Bike Club have taken to cycling around the car park area (children using bikes with stabilisers). They developed this in the Summer when children go out with their bikes to visit the care home and cycle in the area so that older people can see them. Its another way of communicating at a distance.

**Eve Winter** has not been working with younger people during lockdown and Eve commented that many people have difficulty with online, even younger people.

**Liz Rowlett** commented that online learning is not something new and that the digital training community links worker has been working on mental health training online and the Alliance has been talking to people with 'Near Me' appointments being made with GPs online.

**Amy Styles** is working different projects, and notes that some volunteers are easier than others. Working at getting started – 'Men's Sheds' very good and retrains young people on wood work. Not really digital savvy but there are DIY Kits to do at home, mini greenhouses, toll libraries, relaxed guidelines allowed them to get back to creating projects out of old doors and poly tunnels. Preparation to get volunteers back outdoors, and its to be noted that technology is not for everyone. They have made seating outside and created a space for all ages looking at conservation and building confidence.

**Bella Kerr** – commented on some initiatives that are available for people to be part of such as:

**RVS seed share:** 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!

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If you know of any groups/participants you think might be interested in any of the above projects, or would like more information, please contact Denise Young on 07787 272 860 or at [denise.young@royalvoluntaryservice.org.uk](mailto:denise.young@royalvoluntaryservice.org.uk)

**Food for Life Get Togethers** : Food for Life Get Togethers (FFLGT) is about bringing people together to share good food through growing, cooking or eating.

<https://www.fflgettogethers.org/> to find resources that may be useful with IG activities relating to sharing, cooking of growing food even if its virtual.

FREE online training for GW members and people receive a badge on completion which they can add to their CVs. Available Courses are:

1. [What is Intergenerational Work](#)
2. [Overcoming Ageism through an Intergenerational Lens](#)
3. [Newly Launched Planning and Intergenerational Solutions](#)
4. Intergenerational Places and Spaces (coming soon)
5. Evaluation(coming soon)

Remember you have to be a member and sign in before you can access the training.

**Bread Seaman** informed us all that she is currently undertaking the International Diploma in Intergenerational Learning (IDIL). If anyone is interested in this 7 week online diploma course sign up [here](#) for next year 2021.

**Alice Burns** followed on the conversation about gardens and pointed out that gardens do depend on the personality of older people. They once had a tenant who had raised beds in one of their retirement plus developments but its not always like that. You have to have people who are really interested in the upkeep and they don't always have someone onsite to develop this. Alice has c0ntacted a local community worker and has linked in with a high scho9ol with a couple of tenants agreeing to take part in keep fit (this is ongoing and Covid has changed things). Lots of older people are interested in movement but not digital. Cycling without age did training in pilots and the tenants were really up for that at the time.

**Sarah Wright** spoke about the nursing care home project that she has been involved in with GWT. Sarah explained that the project was attempting to make links with all nursing care homes in Scotland and look at connecting them with the community and linking generations together.

**Bella Kerr informed people about the** Kinnections is a collaborative research project, working with care homes across East Ayrshire, Scotland, to explore what community means for people who live, work and visit care homes, with a particular focus on the experiences of people living with dementia. They have produced [Kinnections Resources](#)

4. How can we fix the issues to reconnecting and connecting generations? Understanding levels of contact on how to build intergenerational relationships during and after Covid. Bella explained about the levels and how even if you are not working with both groups together (young and old) you can still be doing preparatory work and the groups can communicate virtually or from a distance, which is what most people the meeting had been talking about. The excellence awards and Generations Working Together Conference which will take place in

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March 2021. For 2021, Generations Working Together is changing the format of our annual conference. This year, due to the pandemic we are going to offer 6 webinars covering a wide range of topics for you to take part in online from the 8 – 12th March 2021. There are a variety of key speakers who are experts in their field and it will prove to be a most interesting week of seminars.

Delegates will have the choice of two webinars each day on:

Day 1 – Monday 8th March

Day 2 – Wednesday 10th March

Day 3 – Friday 12th March

**Cost**

One day – member £10 / non-member £15

Two days – member £20 / non-member £30

Three days – Discounted rate of £25 for member and £38 for non-members

More information about booking etc will follow soon.

**5. Toolkits to help with on line safety**

Connecting generations safely online – this guide was sent out to network and is useful to refer to when much of our working during the pandemic has been virtual.

**7. Ideas for future network meetings - Moulding the needs of the area and themes**

The year 2021 will open the networks up and we will be looking at themed networks. More information will be available regarding this after March 2021.

**8. National Updates** – Bella will send out the updates and remember to read the newsletter for up to date information.

**9. Evaluation** <https://forms.gle/XvhK3qouqpiVQb2c6>

Date of next meeting: TBC

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