

Lanarkshire Intergenerational Network Meeting
Conversations via ZOOM
Date and time: 25th November 2020 10 am – 12 noon

Meeting Report

In Attendance: Bella Kerr, Jennifer McKinlay The Machan Trust, Laura Biggart Befriend Motherwell, Sandra McCrory Larkhall & District Volunteer Group, David Miller SAMH, Laura Downs Larkhall District Volunteers Group, Carolyn Hamilton Community Learning and Development North Lanarkshire, Fiona Dryburgh The Machan Trust, Avril Anderson Claremont Parish Church Befrienders, Fiona Dryburgh

Apologies: Marc Legowski A Wilderness Way Ltd (Scotland), Paula Brazill St Marys Primary School, Anne Innes, Lorna Thomson, Nicola Ballantyne.

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

Laura Biggart updated people on Befriend Motherwell and how there are normally lots of things on the go around Christmas but with COVID its no longer the case. They had been working with a Primary 6 class and had contact with the teacher. It was agreed that children would decorate pots, planting Christmas tree and each child was given a name and delivered a Christmas card and note to return.

Sandra McCrory and Laura Downs shared their experiences at LDVG and that Laura had been working connections with primary schools and nurseries but it has all stopped. Younger volunteers have been furloughed, staff took over call line- they have purchased laptops and phones for home working. It has been refreshing to talk with young people and to see if we can recruit younger people on call live. Larkhall Community Network is working close and has donated sunflower seeds, pots handed out to young people, competitions to keep young people and older people involved in more of a community effort. Going forward for Christmas with food parcels and hot meals. Primary schools and youth organisations have been involved in sending out Christmas cards and letters to older people. Not expecting to go back to normal until Spring 2021 and Laura is working with most activities online. Laura signed up for the Lewis letter project (postcard) but they got back and said that they were getting round local people first and they have had no more word.

The Machan Trust intergenerational work has increased all on line early on in year with ZOOM and volunteers. Activities like quiz nights with lots of support and both generations helping each other. Having to support older people to get access online explaining how to get gallery view etc. Its working really well with 15 / 16 year olds having experience. We still cannot do face to

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face interaction with younger people and we are carrying on with breakfast clubs delivering these to children.

Jennifer McKinlay informed us that the Machan Trust are not able to have any volunteers in schools. 21 families are delivered breakfast packs. Volunteers are supporting and once restrictions are lifted they will help make up packs for Christmas. Food poverty – they are going from door to door and leaving food in safe places. The youth and volunteer forum are more accessible as people do not have to go out at night or travel. Taken the decision that this will continue (have a hybrid version) environmentally saving travel too.

David Miller is working with a team of volunteers – they are keen to get out into the public – they are supporting each other – they are missing out on their Christmas meal. We have been unable to access many volunteers with 75% do not have email addresses or modern technology and as such they cannot be accommodated. Some will benefit from laptop / phone, but many are fearful of new technology and unfamiliar.

Avril Anderson offered an update to the Befrienders Project that she volunteers with. They are telephoning older people, they have match 12 younger people up single (befriending if face to face is double with two young people visiting befriended). Avril said that they are amazed with how well it has progressed.

Barnardos Community coordinator finding things for younger people to join in. Care experienced 16 – 25 year olds – switched over to digital – homeless units and temporary accommodation. It was noted that they had no internet / low income / disenfranchised – so we wanted to get them involved in something tangible – finding IPADS and MIFI boxes for 10 young people . They are working on placements in care homes Christmas letters penpals. Young people before lockdown in the community they felt misunderstood.

Effects of Lockdown – group discussion about how people are feeling 6 months into lockdown. Talked about people being stressed and hitting an invisible wall. Talked about the psychology of virtual burn out?

Face time and young people – not all young people are comfortable with face time, some may not want you to see where they live. Not all young people some of them have great confidence we need to be sensitive and remember that no one size fits all.

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

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)

Bella Kerr about 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.

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

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.

[Levels of contact sheet](#)

5. The excellence awards and Generations Working Together Conference which will take place in 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

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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.

6. 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. Generations Working Together has worked with its members to create a first intergenerational manifesto that calls for Scotland to become an intergenerational nation. We are now looking for representatives at all levels of government, our members, the public, and organisations to join us in making this call for an intergenerational nation a reality. Please contact Kate Samuels, our Communications and Policy Officer if you would like to write about the intergenerational manifesto or to join our campaign for making Scotland the first intergenerational nation. Download File [here](#)

10. Evaluation <https://forms.gle/XvhK3qouqpiVQb2c6>

Date of next meeting: TBC

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