

## Greater Renfrewshire & Inverclyde Intergenerational Network discussing Ageism

Date: 27/01/2021

Zoom Online

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**In attendance:** Lindsay Barr Orchardhill Parish Church, Claire Ramsay Voluntary Action Renfrewshire, Sharon McKenna Cart Mill Family Centre, Deborah McGlinchey Renfrewshire Council, Sarah-Jane Mitchell East Renfrewshire Council, Liz Brown Hazeldene Family Centre, Calum McLellan Inverclyde CLD, Kirsty Cartin Rashielee, Linda McFie Bellville Gardens, Deborah Summerville Campbell Snowden House

**Apologies:** Catriona MacLeod CVS Inverclyde, Dianna Knox Greenock Medical Society, Julie Riddoch

The first network meeting of the year for Greater Renfrewshire & Inverclyde. We will be hosting a workshop cafe conversation style meeting themed communities and ageism approaches, successes and challenges.

1. Welcomes

2. Workshops

Ageism : what is it? Two groups working together to explore the following questions around ageism:

3. Sharing feedback from workshops

### Ageism workshop – 1

Do you hold beliefs about age/aging?

Where do you notice ageism in your life? in your work?

How could intergenerational work challenge ageism?

What can we do to make a difference?

Feedback from the group discussed:

- how to look at an individual and not to look at what they cannot do but look at what they are capable of.
- Experience in families is different with generations,
- how children interact, grandparents, great grandparents,
- also programmes that people find funny,
- younger people are surprised to find older people having similar humour.
- Stereotyping – how we describe people – we should focus on the individual

### Ageism workshop – 2

In your mind what age are you?

What makes you see someone as young or old? Do you have friends of all ages?

Have you seen anything intergenerational that gives you hope to challenge ageism?

Can IG work make a difference?

Discussion took place as follows:

- What age you feel – we feel younger than what we are.
- One person spoke of her experiences meeting an older person at the weekend and wanting to suggest to person that they need to be careful on ice, not wanting to appear too forward and suggesting it was slippery because of her age, gave advice but really thought about how not to offend.

Further discussion took place with whole group as follows:

- One person's son is 17 and feels older people are more judgemental regarding younger people outside nowadays – because they are worried about infection.
- Seeing young people sitting on benches it is often perceived that they are causing trouble
- Older people are saying that they should not be out.
- Being aware of people no matter what age or ability.
- Callum Maclellan fed back that the attainment team and working hands on with their Duke of Edinburgh through Enable Scotland with 16 – 20 year olds – learning disability and literacy.
- Callum also informed group on MAN ON Inverclyde who are a group of men hosting a Drop In Tuesday for men as a platform to talk about suicide. It's an informal group and all men are welcome. Many image conscious young people struggle with online connecting. Mix of age but mental health experiences is something that is the same. There are low employment prospects it's a difficult time and good to have conversations with older people with lived experience.
- One person is furloughed and visiting care home through zoom to plant up seeds in Kilbarchan next door to school.
- Linda 'Belville Gardens' in Greenock is involved with desktop gardening project, also 'Burns in a Bag' through Age Scotland asked for 100 bags – Amazon dropped them off – they were filled up with more goodies and chocolates from Supermarket donations, it became a Good News story and was shared in the local paper. They are also involved in Soup and a Blether with different generations together.

#### 4. Ageism—Video

We watched the video looking at an older person approaching a bus stop where two teenagers were standing.

#### 5. Ageism what can we do?

- Claire from VAER, East Renfrewshire – works in the community Hub, supporting shopping and prescriptions, digital inclusion (device, WIFI, literacy) (MIFI, dongle, language is all a bit difficult for people) They work on a project funded by Connecting Scotland and Barrhead Housing helping people to look at paying bills online, digital champion volunteers with retired people and younger people looking at telephone devices and maybe looking at the idea of supporting people in care. There is a plan to look at improving the infrastructure of towns in East Renfrewshire long term and looking at encouraging people to be on wifi. They are looking at financial hardship and food provision with 2 new community larders open in traditional areas.
- Sharon McKenna could not do meet ups and hopes to restart once things ease. They have done some things online – they may make contact and see value of having a daffodil tea. One scenario saw children going to tables where an older man could not speak – he spoke

with the children and was relaxed – they see huge value in this and it was a most touching story.

- Kirsty Cartin had some much planned and when March hit (all IG contact work fell apart) schools went off and were not allowed in to visit Rashielee. Also contacted nurseries but hey were all closed too. So to keep things going Kirsty explained that they have managed to maintain activities through theme days, sharing with families. Ageism barriers – they managed to do an activity with letters of the alphabet hop 15 times across the garden. Ageism – to challenge this people in care homes can have fun, perceptions about people in care homes has to be challenged. We have covered Australia Day recently and one older person favourite singer was Kylie Minogue.
- Deborah Summerhill recently young people sent poems to care home and the residents loved them , and this managed to keep some connections alive.

## 6. Updates

- Information re: FREE Ageism course
- Information re GWT conference

**Date of Next Network Meeting: New themed meetings will take place after the conference in March. More information will be available nearer time.**