

**Scottish Border & Tayside
Intergenerational Food Network**

Date: 24/02/2021 @ 9.30 am – 11.30 am

Zoom Online

In attendance: Bella Kerr, Annie Casey, Emma Chapman, Graham Hewitson, Maureen Mcginlay, Pauline Grigor, Ruth Noble, Coreen Knight, Amanda Dempsey, Andy Anderson, Mary Holligan, Claire Bannerman, Joan Wilson, Melissa Gormley, Angie Duncan, Kym Ellis, Lorraine Anderson. Loreen Pardoe

Apologies: Denise Carmichael, Julie Bell, Amanda Dempsey.

1. Welcomes and apologies. We took part in Instant Delights resource <https://myhomelife.org.uk/resources/> just to try it out and share some fun and ideas from connecting online especially.
2. Workshops Cooking and Growing. People attended either workshops and spent 20 minutes talking through the topics of either cooking or growing. The workshops each had some prompter questions to get the conversations going and this time GWT facilitated the workshops as the feedback received from other networks was that facilitation was required. Feedback was offered from both groups as follows:

Cooking Workshop: People discussed:

- Ruth Noble – older children planning shopping and sometimes cooking.
- Emma Chapman – Granny's homemade cultural – more educated as to what is healthy.
- Though its not all wrong now (as in healthy) it was not all perfect in the past.
- Italian background – past broadens tastes.
- Preparing good food and enjoying it.
- Concern over frozen, microwaved, easy convenient - misses out on prep time.
- Culture around time saving.
- Recognising skills and experience being of value.
- Not always chance to maintain skills would be good to share.
- Family member baking and cooking.
- Sharing recipes between generations.
- COVID and cooking connections online.
- Mechanized and machinery for cooking and baking that people may not have.

Growing Workshop: people discussed:

- Barriers to growing – lost the skills to grow food.
- Main barriers – somewhere to grow, knowledge when ? what? Big barrier is knowledge.
- There are multiple growing projects in Glasgow and people do not follow them through.
- Hard to understand the seasons.

- Connecting communities through gardening – looking at land – bringing community together.
 - Mary Holligan – spoke about Climate Challenge – 2 school community gardens working with young people in school and thinking about growing courgettes and meeting with older people,
 - People unaware and may need help and advice – choosing unhealthy choices is sometimes because healthy ones can be costly.
 - Its not easy to be healthy.
 - Capacity to look after yourself – it falls on us all.
 - People need support – info – demographics comes in.
 - There is something that everyone can do.
3. Joan Wilson from TRELIS <https://www.trelliscotland.org.uk/> offered a presentation on tabletop gardening and some therapeutic benefits of gardening and IG work. Joan told us that there are over 400 gardening groups in their network She spoke about gardening and how good it is for us. She also shared her work with prisons, care homes, and with young people. Inviting people to have a go inspires conversation and motivation and keeping active. Joan is involved in IG work – gardening promotes a lot of ideas tabletop activity, raised beds etc. Also bite sized gardening enticing people to have a go. Joan’s presentation covered a lot and some videos too which you can access on their website.
4. Some updates from participants:
- Melissa Gormley is looking to do a lot of IG work with YP and she felt it was easier to do work with OP, and wondered if there was any issue connecting with YP? Joan works with groups on live sessions and suggested that IG training is good to work with groups and get feedback.
 - Emma Chapman – enquired about Therapeutic Beekeeping – Joan agreed to investigate this and get back to Emma. Emma also mentioned unused apples and pears from last year – see of there is a way to link fruit trees.
 - Kym Ellis – grows own fruit – red berries, blackberries – makes jam. Elderly neighbour has chickens, and she would love to take his knowledge to the care home. They can get large planters for free, and she shares with her neighbour, their relationship formed 20 + years ago when he gave her a daffodil bulb.
 - Claire Bannerman – Roaming Chef Scotland Vegetarian for Life – does virtual cooking demonstrations and is hosting one on Thursday 11th March on their face book page. Offering free virtual demo on soup, main meal, desert.
 - Mary Holligan – Community garden – sheltered housing next door – growing on window.

5. Updates from Bella:

- Intergenerational week 8th to 14th March 2021
- National Conference book your places starts 8th March.
- Information re: FREE online courses (Bella will email)
- Information re : resources (Bella will email)
- 'The Soil Association' 'Food for Life Get Togethers' some updates Plant and Share Month will be from 19 April – 19 May 2021. If you sign up you can access free resources to help you plant veg seeds, help them grow and share the seedlings with a neighbour. Whether you're growing in yogurt pots for the first time or you're a seasoned grower with an allotment, Plant and Share Month is for you. It's easy to get involved:
 - 1. Plant your seeds
 - 2. Help them grow
 - 3. Share the seedlings

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