

## **GWT Network Coordinators Meeting**

**Date:** 09/03/2021 @ 10 am – 12 noon

**Zoom Online**



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**In attendance:** Bella Kerr, Donna McGlashan, Sarah Wright, Louisa Turner, Denise Nicholson, Alison Black, Cat Young, Kirsteen Campbell, Lorraine Anderson

**Apologies:** Loreen Pardoe, Anne Horne, Liz Rowlett, Kate Samuels.

### **1. Welcomes and introductions with new co-ordinator for Scottish Borders Lorraine Anderson.**

Covered small My Home Life Exercise and drew attention to resources

### **2. Update on some projects that GWT has been working on.**

#### **Care Homes.**

Sarah offered an update on the Care Homes Project and Sarah and Louisa offered information on forthcoming 'Growing Together' session with Lorraine George. They have expanded the invite to attend to people who may deal with care homes. Lorraine George works with childminders who have their own business inside care homes. We are ensuring that care homes are ready with directory of resources, digital online guide and access to training and coordinators meetings. All data is taken and place in tableau database – this will identify IG work across Scotland. It's been an interesting and worthwhile piece of work linking in and looking at how to connect care homes and have them engage and linking in with activities etc. The skills exchange has been transformational and both Sarah and Louisa said that young people bring energy to the care homes. Sarah explained that Care Home Representatives Network had a first meeting held in October 2020 with one due to take place in March 2021. The meeting gave people idea on finding and transport etc and they are encouraging new members to join.

#### **Soil Association Food for Life Get Togethers.**

'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 are 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

#### **Donna McGlashan**

An update on Donna's work with GWT:

Generations Working Together is a Scottish Charitable Incorporated Organisation SC045851

- Planning project with Men's Shed's Association – gardening, joinery (into school) 4 – 5 men, planning in place with teachers.
- Donna is also promoting online modules linked up with 10 care homes in Perth & Kinross.
- Pen Pal Project with young people in Glasgow – dance and music pupils – she has recruited about 13 young people connected with 3 care homes.
- Other things in the pipeline are primary age pupils online learning course – awareness before they go into care home – team working on developing course with other partners – its in early stages. The project with the Gannochy Trust – young people into care homes will run until 2023.

Donna mentioned the Friday Conference during this conference week talking about radio – children doing POD cast. Donna explained that they are reaching out by radio.

### **More updates from Alison, Denise and Kirsteen**

**Alison** at start of lockdown was redeployed and involved in:

- Setting up immediate response creativity HUBS working with vulnerable children and families
- Serving meals in sheltered housing also phone calls were made to care homes by another part of the response.
- Sheltered housing looked at how to create goggle box as not allowed to have phones. Issues with access to digital.

Most colleagues social care and welfare department redeployed to do their work. Do not know what the future will look like. Primary school children first aid and need to converse with older people. – especially Aberdeen multi-ethnic community – work focused in HUBS bringing them together.

**Denise** – listening to everything that is going on, struggling, small orgs, tiny teams they are really stretched with real difficulties- no one will engage just now. It been demoralising with many people off on long term sick. Denise has been focusing on sessional tutors and something online for people to engage – such as languages, wellbeing but digital classes are proving difficult. Denise has been involved and productive in a family survey for her own org to parents asking:

- What they were struggling with
- Particular learning needs for children.
- What is useful?

Denise also told us about Mental Health and children's health resource offering useful sites, apps, activities, learning centres etc.

Denise is creating a booklet for over 60s – Age & Opportunities – some people have retired and changed job during lockdown. Denise has contacted other orgs asking what they would normally do, what has changed, She is trying to use her time productively.

IG work has taken a back seat.

Schools the same.

Denise focus is on:

- Day care and older people through phone calls.
- IG course and reminiscence work
- Based on RSPB Six Spot programme – developing writing a course at moment.

**Kirsteen** – 1 year working from home, permanently at work, more meetings for now and wearing several hats – taking part in endometriosis support group. All meetings good and real importance of IG links across work. IG young people delivering meals, massive issue with mental health with 10 suicides, 4 COVID deaths. Young people living with anxiety, missing school, huge issues across the country and more peer support needed for young people and more mental health understanding with employers.

### **Thematic Networks**

Looking at the thematic networks for 2021 and Bella will send out thematic calendar when it is complete, it will be placed on website and links to it on each network page.

Local sharing of thematic meetings – share the information with your own networks that this year is different with themed meetings that will be virtual for all or most of 2021.

- **Free Training available online share with networks to uptake.**
- **27th April IG training one day course promote to networks.**
- **Coordinators may email Bella with anything that they feel is relevant that they may have missed and for those who could not attend meeting.**
- **Coordinators suggested greatly received, any ideas, any suggestions or observations share with Bella working towards the next Coordinators Network Meeting.**

**Date of Next Coordinators Network Meeting: Sometime in June TBC.**