
In attendance: Bella Kerr, GWT, Mairi Fleck, Gavin Ferguson, Jennifer McKinlay, Emma Lang, Carolyn Hamilton, Siobhan Morrison, Morag Soutter, Alan Sidaway, Carol Hamilton, caroline brown, Lynn Barbour, Alice McArdle, Mrs MW Fowler, Joan Wilson, Claire McFadzean Meal Makers

Apologies: Kimberley Kirkwood, Andrea Holbrook, Linda Tedford, Alison Milroy, Tracy Walker

1. Welcomes and apologies. We took part in Instant Delights resource just to try it out.
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:

- How generations influence us – how they cooked from scratch and this has been Cooking from scratch – internet cooking recipes are good.
- Maybe not using cook books.
- Machan Trust are doing breakfast.
- Home cooked meals.
- People never learned skills of cooking from scratch.
- People in poverty no access to fresh produce.
- Foodbanks is not always healthy option as mostly tinned food.
- Food banks is sad and did not expect so many people to be living in poverty.
- Mental Health – amazon – retail therapy, there is a real problem that food has become a secondary item to spend money on, People spend on other things.
- Food is more expensive now.
- Mention of local Morrison's doing a weekly family shop click and collect for £35.
- Rise in food prices.
- More seafood as its not as expensive now.

Growing Workshop: people discussed:

- Good networking and sharing idea is important and it was agreed that coming from different projects people had widely different experiences.
- How we choose the food that we eat.
- Finance and Time factors and busy lives competing with growing.
- Location – rural communities do not have the same access to takeaway food.

- Generations and influence that older people have with traditional foods – but tastes have changed – set meal times have changed too.
- Traditional sitting down together with food maybe not so common.
- Price of seeds to grow has risen.
- Weather is a barriers as is lack of knowledge.
- Building up awareness of what you can grow on your windowsill;.
- One person said that they grow quite a lot potatoes- beautiful and chemical free.
- Knowledge and skill sharing seen as important.

3. Claire McFadzean from Food Train offered a presentation all about Food Train talking about the challenges that older people are facing. Claire explained about the background of Food Train for people who are lonely and in need of company and hungry. www.mealmakers.org.uk where you can go online and cooks can sign up to volunteer. Bella will send out Claire's presentation. Claire explained that Meal Makers do not cover the expenses of volunteers. Volunteers make an extra portion of food and share.

4. Updates from anyone wanting to share:

- Lindsay Graham shared some information about The Social Renewal Board Scottish
- Emma Lang spoke about working with people living with addictions – coking together and the educational process.
- Also spoke about all residents in care homes and maintaining their mental health. Lots of residents stopped eating because they were eating by themselves. It has been noted that people like to eat with others. In one case one-person lost weight and another person kept falling asleep when they were alone. Claire explained that when they were put together, they both started eating again.
- Intergenerational Grandparents brining along children
- Who Let the Dads Out group – giving dads a task.
- Alan Sidaway spoke about Men's Sheds – and their village shop was going to close so the community now own the shop and people in the community can donate food to the shop. It is then sold at a fair price and proceeds go into the shop.
- Margaret said that she enjoyed being able to go to the community garden and pick a carrot or lettuce.
- One person is running an IG group for gardening but cannot get people together to do things due to COVID. They have brought garden to them funding garden in a box – tools, planter, grow bags, decorate and replicate using face book page to share ideas and what they have done. Some of the ladies are living with dementia and one lady signs into FB page. The plans were made in 2020 – and person grew the bags at home with the help of others window boxes and indoors.
- Margaret Fowler spoke about community garden and care home, growing veg and flowers was amazing time. The grounds do not have space for growing much so grow things in pots.
- Carolyn Hamilton spoke about 3 to 4 year IG work – is thinking of local care home in area and family learning pre school mixing generations together. Family LC garden and

keeping this going and will look into local care home and try and do something with them.

- Local community garden – Machan Trust – struggle to get families to come. Cooking and zoom are popular and busy. Will look at getting families involved in growing and like the idea of giving them handy tips.

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)

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