

## Sport Across Generations Thematic Network Notes



**Date:** 15<sup>th</sup> September 2021

**Venue:** Via zoom virtual

### **Guest Speakers:**

**Nic Wilson, Cricket Scotland.**

**Maurice Donohue, Sporting Memories Foundation.**

**Stephen Halkett, Vale of Leven Academy.**

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**In attendance:** Lisa MacGillivray CHSS, Fiona Brown Craigie Care Home, Maureen Evans Live Argyll, Graeme Rose Independent, Stephanie Bain Ability Shetland, Darren Smith ACHSCP, Donald MacInnes Alzheimer Scotland, Pam Maxwell Lead Scotland, Alan Sidaway retired, Dumfries R.M.A, Wanda MacKay Highlife Highland, Maria Ponte Sheltered Housing /Aberdeenshire Council, Maddie Walls countrywide care homes, Ruth Noble Outside the Box, Lorraine Anderson Social Work, John Downs Larkhall & District Volunteer Group, Mrs Karen Malone Ability Shetland and Shetland Library, Pauline Cameron Monifieth Befrienders, Eric Dickson East Ayrshire Council Vibrant Communities, Gabriel Jordan Healthy Valleys, John Francis Reid East Ayrshire Council Vibrant Communities, Charis Scott Ability Shetland, Katrina Hamilton Trust Housing, Colin Melville Clackmannanshire Third Sector Interface, Jessica Thomson Yogido Ltd, Rose Duncan, Glenrothes Community Sports & Health Hub, Colette McBride Crosslet House Care Home, Linda Stewart Carrondale Care Home, Nicky MacLennan Soirbheas, Margaret Fraser NG Homes, Patrick Murtagh West Dunbartonshire Council, Amanda Connal Raploch Community Partnership, kathleen Robertson COPE, Eileen MacPhee NHS Lanarkshire, Senga McLeod Renfrewshire Leisure, Callum Morrison University of Glasgow, Kasia Barnett Voluntary Action Orkney, Aileas Pringle Govan Community Project, Brenda Douglas Dundee Volunteer & Voluntary Action, Alice Burns Link Housing Association, Sarah Wright GWT Volunteer, Jacqui salter Sight Scotland Veterans, Frank McGowan Link Housing Association, Elaine Elliott, Kenny Lees NHS Lanarkshire, Ana Arnett Shetland Islands Council, Denise Nicolson Adult Learning, Shetland, Mark Nitkowski Royston Youth Action, Brenda Douglas Dundee Volunteer and Voluntary Action, Shona Omand-Smith Aberdeenshire Health and Social care Partnership, Carolyn Wilson NHS Tayside, James Leitch NHSGGC, Murdo Macdonald Church Of Scotland, Michelle Milne fdamh, Loreen Pardoe GWT, Christine mckay Muirton House Care Home., John Ritchie University of Stirling, Graham Hewitson Forfar Dramatic Society Youth Theatre, Maurice Donohue Sporting memories, Stephen Halkett Vale of Leven Academy, Nic Wilson Cricket Scotland, Bella Kerr GWT.

**Apologies:** Jenny Brodie Fife Council, Kirsty Cartin Rashielee, Dylan Wilson, Michelle Candlish CEARTAS, Maeve Dixon West Dunbartonshire Council, Mairi Fleck North Argyll Carers, Katrina Hamilton Trust Housing, Richard Haynes University of Stirling, Gregor Smart ROAR.

### **Welcomes from Graham Hewitson, Chair, Generations Working Together**

Graham welcomed everyone and set the day in motion with introductions on the subject in relation to men and IG work with sport. The session was not to exclude anyone else from sport but was chosen to look at men in intergenerational work as an underrepresented group. Graham introduced the first speaker Nic Wilson, Cricket Scotland and referred to the two speakers to follow.

**Guest Speaker Nic Wilson, Cricket Scotland** offered an interesting talk on the work of cricket Scotland. Slides will be shared with all attendees and the recording will also be shared. Nic gave us amazing examples of work that takes place through Cricket Scotland involving people in sport and adapting cricket to suit needs of participants. Much of the work is naturally intergenerational. Nic can be contacted with any queries after the event and is happy to speak with anyone who has further questions.

**Guest Speaker Maurice Donohue, Sporting Memories Foundation** offered a most interesting talk explaining the work that he has been involved in with Sporting memories including the most recent work during the pandemic when he has managed to keep people together virtually with quizzes and get togethers in areas such as Spot the Ball and sporting quizzes. His full slides will be made available to attendees.

**Guest Speaker Stephen Halkett, Vale of Leven Academy followed on from Maurice** with a wonderful demonstration of intergenerational work between his school and Sporting Memories group. Stephen said that it had been so successful that they continue to be involved in this type of work and after hearing Nic's talk he will investigate introducing cricket into the school and contacting the local cricket and bowling clubs.

### **Break out rooms to explore men across generations and sport**

We broke the large group (48 attendees) into six breakout rooms asking:

#### **Feedback from breakouts**

#### **Do you have any ideas of IG work and sport that has worked well for you?**

- Renfrewshire Leisure Walking Groups truly intergenerational – working with schools and older people – active schools – local walking groups. Can see the real benefits for both groups they chat together and there is a great energy and older people seem to benefit as well as younger people from the company.
- Walking and talking – taking steps for sporting memories.
- Walking clubs involve people across generations.
- Park runs or walks.
- Talking about sport, getting people together to chat.
- Outside the Box have an evaluation write up of a programme for Sporting Memories that they can share with the group. This was carried out in a bowling club in Wishaw and participants (some who could barely walk) attended and focused on bowling, it helped their balance, and involve IG work with volunteers and younger family members.
- Fortrose Academy have kept their techno games and session going it's been 5 years now. Also, they have had success with Alzheimer's partnership and dementia friends training. Cromarty Rowing Club is another good sporting example with 220 rowers aged 12 – 80 they are hosting their regatta next week. It's a good learning experience and looks at young people learning about winds and tides and older people sharing skills and working to upgrade boats etc.
- Age Scotland have been involved in IG training focused on virtual relationships and technology. One a personal level one person had a great day out recently with family and 5 generations at a bowling club.
- Community Learning and Development are keen partners across local authorities who would be able to bring sport between generations in an outside setting and this would be worth exploring further.
- Good discussion around connecting who would be inspired to hear more, people are inspired and it's a good way of bringing people together. People will be able to look at possibilities of what can be done.
- Sporting connections could open IG work with men more.

- Taking this into health improvement areas, one person plans to take to health improvement teams. Looking at test of change, start where you can, do what you can.
- Bowling and cricket looking to get involved with local clubs and local schools.
- Kit bags through sporting memories an excellent resource could be replicated easily (basic ball, resistance band, DVD)
- Active schools involved in a bowling cluster competition.
- Football classic and memorabilia.
- Loaning bikes to community members.
- Give people more choices and control over what they can do.
- Give people more opportunities in care homes and sheltered housing and community.
- Pen pal type project – difficult to get men involved but if you introduce sport, it may attract more men.
- Asylum seekers – looking at IG and sport can jump across boundaries.
- Scope for uniformed organisations around physical ability and sport.
- Online sporting memories across sheltered housing and community groups.

### Are there any barriers?

- Many people are afraid about going back to the way it was before and many are still isolating in some way but staying in their own peer groups. Highland Council has overcome many hurdles as may have others such as Makaton outdoors – singing and signing at a distance has worked. The group who has carried this out have now managed to purchase a tent.
- Rural areas looking to reconnect.
- Did not see as barrier, use outdoors more bringing the right people together.
- COPE - barriers relating to finance with people having to pay for services even though they had not been using them (assume during lockdown).
- Need a lot of groundwork to ease people in.
- Observation that care work is predominately female workforce – sporting participation has been more about men – although this is changing – need to think about connectors.

### Training Updates

**Generations Working Together** run a variety of intergenerational training courses for all levels from the above 8-week course to our one-day trainer and practitioner course and our short introductory courses which are free. If you are keen to develop activities and projects which connect younger and older generations then please do visit our website. Membership to Generations Working Together is free, you can sign up here: <https://generationsworkingtogether.org/training>

### Intergenerational Training Course for Practitioners and Trainers (CPD Accredited)

To book a place on the above courses or to see the learning outcomes please click on the link below:

**International Diploma in Intergenerational Learning** - (8-week accredited online course)

Dates: 27th September - 21st November 2021

The course is aimed at anyone who wants to gain a deeper understanding of intergenerational work, its purpose, impact, and practical application to enable them to apply this within their own work. Students can complete their studies at times which are suitable to them if this falls between the start and finish date.

Further details including learning outcomes, costs and how to register can be found here:  
<https://generationsworkingtogether.org/training/international-diploma-in-intergenerational-learning-edition-2-27-04-2021>

**Evaluation and close of session for 12 noon**

Bella put evaluation in link and sent out via email.

**Next meetings:** see thematic calendar:

<https://generationsworkingtogether.org/downloads/61127dbf1b5c7-thematic-cal-aug-jan-2022-final-pdf>