

Glasgow & East Dunbartonshire Intergenerational Network Meeting

Venue: Doges Building, Templeton on the Green, Glasgow

Date and time: 24th August 10 am – 12 noon

Meeting Report

In Attendance:

Lorna Rae Ramekin and Rollingpin, Lucy Roy West Dunbartonshire Council, Stephanie Chambers University of Glasgow, Lorraine Bruce Sight Scotland Veterans, Karen Moyes Glasgow's Golden Generation, Ruairidh Smith and Bella Kerr GWT.

Apologies:

Maria Anne Hughes HC One, Oonagh Faller-McCauley, Michael Donovan Priory, Margaret Graham McDonald C.S.O (Health), Janet Woodburn WSREC, Jonathan Giddings Reid Elderpark housing, Jane Carrel The National Lottery Community Fund, Kenny Lang GCHSCP, Katelin E Bryden DRC Generations, Bailie Norman MacLeod Glasgow Council, Keeley, Gillian GCHSCP, Isabel Dunsmuir DRC Generations, Trish McCluskey Morgan Sindall.

1. Welcome and introductions

Informal introductions and some small sharing details about people's own organisations.

2. Conversations around inclusive communities

Bella and Ruairidh introduced Food for Life and the ideas around food and intergenerational work. We looked at ideas and shared some activities (see more links further in these notes).

Bella showed that you can use snap playing cards to link people up by looking of the person with the same card as you (a fun way to connect). Also covered that intergenerational work is across ages and can be very young children and people in their 80s in nursing homes and / or sheltered housing but it can also be people aged 20 with older people in their 50s or 60s in fact any age group that has 20 years between them is intergenerational.

We took part in a food activity making faces on plates out of food. This activity can be shared between younger and older generations making connections.

We also looked at ideas in planning an Intergenerational activity and Bella suggested that the online FREE course would be good to refer to for this. Or the full day training

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as the importance of planning cannot be dismissed. Planning is the key to something being sustainable.

Discussion took place about loneliness in both young and older people and ageism towards both groups. The session was in particular about growing, cooking and sharing food and Bella asked the group if they are working on anything around this.

The group has plans with one person already growing potatoes at a school (in bags) and was surprised at how easy this was.

Other people plan some work in the future, including cooking session and other ideas around sharing recipes.

Bella reminded people that the intergenerational work around food and good food was something that brought people of all ages together and would be different in geographic areas. Also the activity is something that takes place but it is the intergenerational relationships that are formed therein that make the real difference.

We know through Glasgow & East Dunbartonshire network consist of **601** members and Bella explained that people can go onto the network and reach out to other organisations in their area who may wish to form a partnership and carry out some intergenerational work. [Look at the link here](#) to see the membership and see if you can find someone who would be interested in linking in with you.

Morgan Sindall

Trish McCluskey from Morgan Sindall offered her apologies for not making the network and asked us to share that she is interested in linking in with any intergenerational gardening / food projects in East Dunbartonshire area. Please contact Bella if you are interested.

3. Updates from Generations Working Together

Soil Association, Food for Life Get Togethers

GWT work with the Soil Association on Food for Life Get Togethers and we have a My Intergenerational Food Network meeting some time in August. The session are interesting and we have covered junk food versus granny and grandads recipe – eating well, cooking from scratch etc. Bella offered to send links to resources [Strawberry Wellies](#) and you can find more resources that are free on the [food for life website here](#)

Get in touch if you want more information bella@generationsworkingtogether.org or telephone 01415595024

Generation Working Together resources on website with ideas for use such as case studies and tool kits. Bella gave out a couple of copies of [Storytelling Resource](#)

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that has recently been put together with PLAY Scotland and GWT. This is a great resource to use you will find it packed with best practice, steps to take you through how to get started and other useful free resources from GWT and Play Scotland, alongside case studies and practitioners' top tips and suggestions.

On behalf of IFIC Scotland and the ALLIANCE

GWT have been involved in this and are pleased to share the final report of the discovery project on Wellbeing in Later Life. Overall, 70 organisations and communities in Scotland participated in our virtual Wellbeing in Later Life learning community that involved older people and organisations from different sectors. The knowledge exchange was further enriched by international learning partners and through two webinars on healthy ageing involving people from 22 countries. Highlights of the 11 interactive sessions and links to relevant resources are contained in [flash reports available here](#).

[The Wellbeing in Later Life report can be accessed here](#)

Excellence Awards

The awards will be launched in October with a launch session hosted by Bella Kerr and Lorraine George. The session will offer people the opportunity to see the guidelines and what the criteria is in filling in the awards forms.

Generations Working Together Annual Conference

The conference will take place on Wednesday 8th March @ University of Strathclyde. More information will be available later this year.

Global IG Week

The week is happening for the 3rd time with more countries signing up to be involved. It runs from 24th April to 30th April. More information to follow on this exciting and inspiring week.

Intergenerational Training

1. Intergenerational Training Course for Practitioners and Trainers – full day training CPD Accredited (£100 - Full / £70 Concession) [Dates for training here](#)

2. Short online course FREE with a digital badge to download on completion [Links to courses here](#)

3. International Certificate in Intergenerational Practice 8 week online course CPD accredited, runs usually twice a year [Links to further information](#)

Next meeting: 2023 to be confirmed.

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