Generations Working Together proposed pilot project - involving Generating Opportunity CIC and Perth High School

The basic proposition is that we engage individuals / groups of young people from Perth High School, focusing perhaps on more senior pupils, to work collaboratively with Care Home participants in ways which promote the aims and outcomes of our respective priorities.

This could involve arts and crafts, promoting the telling and sharing of stories, (including audio playlists), and stimulating activities which connect communities, such as writing letters / cards / messages of support between Care Homes and schools.

For Generating Opportunity, their overriding aim was to develop activities which improve health and wellbeing, address social isolation, and bring communities together. They wanted participants to feel listened to, supported and engaged in activities in whatever ways are suitable for them. They hope participants will become more active, more visible, and more confident. We wanted the activities to be person-centred, responsive, adaptable, and inclusive.

We try to encourage / develop conversations around the importance of creative wellbeing for everyone in addressing mental health and wellbeing, combating social isolation, connecting people, and valuing people as individuals in the round, regardless of age.

For young people, we feel that participating in such activities can hopefully support them to: build their skills and confidence, become more dementia-aware, stimulate their interest in history, heritage, and the value of stories, develop their communication skills and increase their interest in joining these conversations. All pupils would hopefully be developing employability opportunities, including vocational / transferable skills, as well as citizenship and we could hopefully develop an ambassador group to act in a leadership role to stimulate other young people to get involved.

Some activities they might facilitate:

· Arts and crafts activities: either self-generated from their own interests / abilities or by adopting an ambassador / creative collaborator role in trying out an activity generated by ourselves (could be filmed) and giving feedback, so we have maximum differentiation / accessibility embedded in the activity.

· Simple baking e.g. different flavoured scones / traybakes

· Researching and writing up suggested ‘conversation starters’ to stimulate reminiscence

for individuals / groups. These could be themed into decades e.g. 1930s, 1940s, 1950s, 1960s but the themes can also be cross-cutting e.g. shopping, fashion and trends, farming life etc

· Singing / drama

· Making up audio playlists (see materials from Playlist for Life) – good fun!

· Helping prepare for a summer outdoor party. Many care home residents had seldom been out in 2 years, and many have access to gardens, so being able to plan a garden party perhaps with bunting, pom poms, painted stones, bird feeders and suggestions for picnic food and drinks, would be a wonderful support. All the above could be done remotely through shared conversations / film production, but as time goes by, it is more likely that restrictions will relax a lot more.

In helping participants explore / re-discover talents, we hope young people will explore and develop their own. And have fun at the same time!