

## **Greater Renfrewshire & Inverclyde Intergenerational Network Meeting Report**

Station 7, 7 Quarry Street, Intergenerational HUB Johnstone, Thursday 1<sup>st</sup> September 1 pm – 3pm



***In Attendance*** - Karen Phin (Calderwood Lodge Nursery, Glasgow), (Calderwood Lodge Nursery , Glasgow), Bella Kerr (GWT), Bethanie Seery (Gryffe Manor Nursery), Carolyn Russell (Renfrewshire Health and Social Care Partnership), Cassie Forbes (ROAR Connections for Life), Evelyn Henderson and Kirtsy Cartin (Rashielee Care Home), Greg Kelly and Lou Taylor (Studio FV), Karen McLaughlin and Claire Ramsay (Voluntary Action East Renfrewshire), Karen Phin and Marc Boyle (Calderwood Lodge Nursery Class), Liz Devaney (Active Communities), Mary Horsburgh (Adult & Family Learning Services), Shannon McKenna (Renfrewshire Council).

***Apologies*** -Diana Knox (Greenock Medical Aid Society), Stuart Miller (Williamsburgh Housing Association), Alison Brewer (Renfrewshire Council), Juliana Mohamed (University of Nottingham UK), Diane Booth (our place our families), Debbie McGlinchey (Renfrewshire council), Pauline Kelly (Renfrewshire Carers Centre).

**Welcome and introductions** - We did a getting to know you exercise first names and hobbies, as this is the first meeting since Covid in Renfrewshire, it was a small icebreaker that people could consider using in future meetings across generations. Noted that no one from Inverclyde managed to come along but we did have an apology. The network is joined with Inverclyde as GWT have 18 networks across Scotland's 32 Local Authorities. Bella let people know that the next network meeting in 2023 will be hosted in Inverclyde area venue TBC and a second one will be held in Greater Renfrewshire area venue TBC.

*Thanks to all who took the time to participate. If you can think of anyone, we should have at these meetings please bring them, invite them or let me know and I will invite them.*

- Bella Kerr GWT and Soil Association Food for Life Get Togethers** - Bella offered some information about Food for life (FFLGT), resources and sharing food for life get togethers in general, some people present had received a small amount of funding through FFLGT in the beginning. Discussed sharing, cooking, growing, and eating food and ideas to do so across generations bringing people together. Lots of examples of this happening across communities and within community groups. We

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explored these ideas such as growing potatoes in bags, growing herbs on window ledges, and making food from scratch sharing recipe ideas. We looked at Gestalt images and talked about what we saw and moved on to discuss that often younger and older people don't see the full picture when we look at someone of a different age, we talked about stereotypes and how sharing can be something that enhances our community with young and old having similar issues and wanting their local community to be a safe place to be.



2. **Take part in a food activity** - We all took part in a food activity as a way of talking about food, exploring touching food and getting ideas of what kind of activities we could do with good food and between generations. The activity shared fruit and some cut veg and asked people to make a face of the person who m they had interviewed earlier about their hobby. It was a bit of light fun but with a message to show how people can connect in a variety of ways even making food pictures. Here are some other links to recipes

[Omelette in a Mug](#) [Seasonal Soup](#) [American Breakfast Pancakes](#)

3. **Planning an IG activity around food** - Discussion around the importance of planning and how intergenerational activity is reciprocal and in this that means that we do not have one group doing something at another group, but they do it together so that both generations have equal involvement as much as possible. Here is a link to a resource around planning the [Guide to Intergenerational Practice Involving Good Food](#)
4. **Sharing your intergenerational news, ideas and networking** - And it was over to the network attendees for some update son plans or follow ons, on what they have been up to. **Caroline HSCP** Renfrewshire spoke about the Intergenerational Quiz and how they had been doing the quiz for years with lots of brilliant results, using Flags, Technology etc. They tried to involve other local authorities and had some success with this. The plan to grow the quiz outreach and get more involved in 2023. They had to stop during covid the quiz does take a lot of resources, planning, people, and time. She hopes once things relax more they can get back to the quiz.

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There are no intergenerational workers in the local authority, and it was in the council strategy at one point to talk about having one. At one point the quiz involved meeting 10 – 12 times every second week April to November. Schools got involved through education contacting them and looking for partners through other orgs such as housing orgs etc.

**Claire VAER** informed us that they have 2 Youth Development Workers and a project 'Rags & Stories' with a group of 11 – 12 high school children- they have found that it has been difficult to connect with the schools. They use whatever suits inviting voice animation working with a care home. They have 7 weeks for the project. The first meeting is starting Monday with the care home- it is an intentional intergenerational project with the care home. They are also involved in Digital Champions and are keen to have a mixture of 20-year-olds and upwards mixing up with 40 / 50 year olds who are looking for employment – linking people with older people too.

**Karen VAER** – has set up a gardening project in Rouken Glen Park they have been studying bees and have a Polytunnel and a compost machine. They are building units for young people to set up their own business. VAER Land and Gardening Space – they have a lady of 92 years old who volunteers the age group is mixed. They build planters using plastic from the ocean. They are planning a herb garden and anyone who has any funding ideas or any cuttings will be greatly appreciated.

**Cassie ROAR** – Moved into Station 7 earlier this year. They work with 900 older adults and 120 volunteers. Cassie explained that the project is well connected and follows good intergenerational work. They were involved in a pilot in Linwood High with one-to-one tablet use and 80 + people. It will be rolled out mid-September onwards. They did have Digi Champions during covid and produced a user guide. Which perhaps Cassie may share the link for people. They have volunteers aged 16 years to 90 years and are running an IG Zumba class, walking football, an IG Men's Club in a shed, Art Project, Knitting Blankets, draft excluders, Photo Walks and seed well. Cassie explained that they work with CREATE who are based in the HUB and the work is across all generations.

**Bethany Gryffe Manor Nursery** – has been involved in a café visit with residents from ? they involved in Art experiences and Houston Community has invited them to do an Art Exhibition - Past / Present / Future.

**Evelyn Rashielee** – They were very active before covid. They have been invited to participate to build up relationships with students in their part in intergenerational work with residents. Restrictions have kept them back so far. They have lost connections and staff and nurseries have changed. They have plans. A discussion ensued on stereotypes of people in care homes and people discussed older people in care homes having snowball fights, fun, dancing etc.

**Karen Phin – Calderwood Lodge Nursery Class** - They are involved with a nursery in East Renfrewshire and an Intergenerational Food Project with 6 residents living with dementia, they have worked with the same people and 4 children from the school, cooking getting together, and relationships have formed. People chose who

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their friends were. They have had Halloween, Xmas, and managed to keep together whilst apart though covid. They met someone from Mearns Castle at last network meeting in Inverclyde and they are trying to involve secondary school children and get them to be involved in the technical side / media and they hope this will progress. They are planning to get back in touch with the care home and look at how they can do it safely. They also look at Book Bug, Exercise and maybe include a video.

**Lou Studio FV** - explained that Studio FV is a social enterprise and they work with people living with long term barriers to work – volunteers etc. They were involved quite a bit through lockdown with people of all ages. They worked with Fable Vision 0 looked at female caring roles, how they have changed, women across ages, paid / unpaid carers. They worked on a film project and produced stories in digital format to share online. Bridging the digital. They also were involved in Dunure Fishing Village and the castle there with UWS students and local people. Lou sent these links to share with everyone ; Website: <https://studiofv.co.uk>

Bridging Digital Dunure: <https://www.youtube.com/watch?v=KxE2gUnZIZE>  
Woven in Govan: <https://www.youtube.com/watch?v=pd7MVNJ6M-0>

**Greg Studio FV** – Mentioned some digital art with a small community who did not use technology – a bridge between digital and analogue. Lot of older people not used to technology – it was a barrier to start with but everyone liked the project and the stories from older people were then told by the younger people. They also work closely with 'Renfrewshire Witch Hunt' and a community garden.

**Mary Adult & Family Learning** – has worked with grandparents, children etc story books, imagination etc. They were involved in a pilot with a school in Ferguslie – food where we can grow, hoping after school hoarser, cooking with adults , setting table, building relationships and if appropriate maybe link in with local care home. She will be identifying a space in the school next week.

**Shannon Early Years Johnstone Community Links** - started this week went to care home who provide transport they do this in 8 week block in 1<sup>st</sup> week there are some barriers and they hope to get it up and running again soon. Want to do some planting.

**Liz Active Communities** – The new building is here with lots of PANTRY activity – its open 1 day a week and now they don't know what kind of food they will get till the day it opens, they have a commercial kitchen, a warm space for people to come along. At moment they are working with 14 people as things are beginning to open up more. They are involved in some partnership work with Patons resource centre and in process of growing some produce there. There is talk of more work being done.

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## 5. Updates from Generations Working Together

### Thematic Network Meetings

We continue to host the thematic network meetings online via zoom, here are the links, you can read more about them and choose which one would suit you most;

[Ageism Network](#) [Housing, Places and Spaces Network](#)

[Research Network](#) [Care Home Network](#)

### Soil Association, Food for Life Get Togethers

GWT work with the Soil Association on Food for Life Get Togethers and we will have a follow-on online session in October. The sessions are interesting, and we have covered junk food versus granny and grandad's recipe – eating well, cooking from scratch etc. Bella gave out some resources 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](mailto:bella@generationsworkingtogether.org) or telephone 01415595024

### On behalf of IFIC Scotland and the ALLIANCE

GWT worked on 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](#)

### Dates for your diary

#### 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 8<sup>th</sup> March @ University of Strathclyde. More information will be available later this year.

#### Global IG Week

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

### Intergenerational Training

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