



Dumfries & Galloway Intergenerational Network Meeting Report

Dumfries Baptist Church Centre Gillbrae Rd, Dumfries DG1 4EJ



In Attendance - Jean Nelson DGC Lifelong Learning, Violet Wark Dumfries and Galloway Council, Rosslyn Corrie Johnston Nursery, Hollie Mitchell Johnston Nursery, Trisha McWilliam D&G Care Trust, Bryony McCulloch Loreburn Housing Association, Sharon Morrow Advinia Healthcare, Dawn Kuehnel & Sharon Cameron Dumfries Activity & Resource Centre, Susan Lochrie The Orchard Nature Nursery Limited, Tina Lockhart D & G Council, Catherine Jack Wise Owls Nursery and OSC, Elaine Tyler Our Place Loch Side and Lincluden, Bella Kerr Generations Working Together, Mandy Goldie Independent Living Support.

Apologies - Sharon Cameron D & G Council, Mandy Goldie Independent Living Support, Catherine Schlag Noblehill Nursery, Susan Bagnall Haugh of Urr Nursery, Sharon Cameron Dumfries ARC, Lorraine Murdoch North West Community Campus, Rosemary Jackson Early Years Support D & G, David Slater D & G Council Nith Ward Dumfries.

Welcome and introductions - We did a getting to know you exercise first names and hobbies, a small icebreaker that people could consider using in future meetings across generations.

1. **Bella** offered some Gestalt images to bring in discussion on stereotypes and people talked about the images and how we can see things differently (duck / rabbit, horse / frog, old lady/young lady). This was a good way to introduce ageism or stereotypes and how young people see older people and vice versa. We had a brief discussion about how we see people differently and how this can create barriers. Intergenerational relationships can be brought together to form friendships between generations and to break down



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barriers. *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*

2. **Tina, Stroll in the Park** Tina offered people an overview of the project which gained a Highly Commended award through Generations Working Together Excellence Awards. Tina offered some photos to show the older and younger people involved together in walking and using the green gym. Tina also offered people information on #DGDOINGMORE and explained that people can download this to their mobile to find an array of activities that people can get involved in to stay active. **Tina D & G Council** explained her work in Care Homes and how they are looking to bring back activities for older people which used to take place such as work with Dumfries Academy and Food Train (pre-covid). They did exercises with hoops to throw bean bags through and hope to get back to this and much more. They plan to devise a pack with a bit of social happenings in the pipeline. They are looking at trained walk leaders Youth Clubs for Seniors, and physical activity being a main part of this they plan to work with P1 to P7. Tina explained that active communities are currently in talks with HSCP to get more people involved. Its all about keeping people out of hospital.
3. **Bella** to send funding opportunities through environment Scotland for people to have a look to see if there is anything intergenerational that they could think of doing through access to these funds.
4. **Planning an IG activity** 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. Bella offered an activity (that people could go through when thinking of planning and IG piece of work) on how to plan and intergenerational activity and made a suggestion for people to either take part in the one day training course or to look on line at the FREE planning courses.
5. **Sharing your intergenerational news, ideas and networking**

Cycling discussion around this and cycling without age someone explained that there are bikes that you can hire. Als that there may be funding to train trainers on bikes. This information will be shared by person on network email.

Violet D & G Council volunteer shared how she is a volunteer with Foodshare young and older people are with this and during the holidays they used to deliver food (covid) to over 200 homes. Young people who had nothing to do got involved and they got on well with older people, she notes that younger people started going to older people for advice. One young person is now an apprentice hairdresser and she gained advice from older people to go for the apprenticeship. The young have returned to the project after school even when they do not have to, they help and good relationships have been formed.

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Jean, Life Long Learning took part in walk leader training and has been working with Ukrainian people who are isolated, they meet in a HUB, she notes that women in Annan seem more isolated and many have long term conditions.

Sharon ARC works with school leavers 18+ (learning difficulties / disabilities) and they go round to Cumberland Day Centre and take part in African Drumming, 3 ladies with varied age group / abilities go once a week to take part, one younger lady said that she wants to work there its early stages maybe looking at working towards a placement for her. Hoping maybe to link in with other areas if there is scope maybe getting younger people into nurseries. Invited everyone to open day and will send out invites.

Susan Nurture / Nature Nursery Linking in with food train pre covid looking at menus / meals linked in with older lady who had been a singer in choir and was living in assisted living early-stage dementia. There is nothing started yet but they have a link with veteran's gardens at Crichton estate and hope to do something.

Hollie Johnston Nursery started intergenerational with extremely sheltered housing it's a 10-minute walk, with 12 residents of whom 10 joined in, they have had 3 visits and tried to keep IG alive, it is going well. Hollie took part in GWT training and had enjoyed it, she explained that one of her team was taking part in IG training in a few weeks with GWT. She notes that at the third visit generations were starting to pair off. Hollie will keep in touch and has kindly offered that GWT can host May 2023 session at Johnston Nursery outdoor forest school.

Catherine Noblehill School Nursery same as Hollie – network ideas, speak to others, they did take part in an Intergenerational project with a local care home in Castle Douglas, they went every week and relationships developed. Covid has delayed this. They want to do this in their new place, socialising in more communal areas. Catherine won an award for this project and offered a story of one young person they worried about who benefited greatly in a relationship with an older person.

Bryony Loreburn Housing Association Supported older people 55+ she is a volunteer active coordinator funded by the Scottish Government – Fit For Life launch and she runs activities, invites guest speakers and organises activities that are beneficial for tenants, facilitating activities she notes that intergenerational is one of their objectives and they are looking at how they can learn from different age groups.

Trisha The Care Trust is looking for someone with woodworking skills. Bella greed to share with whole D & G intergenerational network. Trisha explained they work across generations with people aged 16+ to 74 years old at present with supported life, real life workplaces, gardening and projects.

Mandy Independent Living Support noted he intergenerational work was new to her though she used to work with vulnerable people across mental health and wellbeing, addictions with both young and older people breaking down barriers to bring people together.

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6. 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 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 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.

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