

## Argyll & Bute Intergenerational Network Meeting Report

Hybrid meeting held in Inveraray HUB TSI, 27a Front Street, Inveraray, PA32 8UY



**In Attendance** - Mrs Mairi C Fleck North Argyll Carers Centre, Margaret Buchanan-Coles, Mary-Anne Douglas NHS Highland, Shirley Kirk NHS Highland, Niki Currie The Rockfield Centre, Maureen Evans Live Argyll, Christina Saunders The GRAB Trust, Bella Kerr GWT.

**Apologies** -Grace Middleton Ardnahein care home, Rosemary McKenzie DWP, Carol MacIntyre Lomond and Argyll Advocacy Service, Grace Middleton Ardnahein Care,

**Welcomes and introduction to the session-** We did a getting to know you exercise first names and hobbies. It was a hybrid meeting with 3 people on the screens joining us. Between us we discovered that people were interested in poetry, walking, pub quizzes, photography, Pilates and other exercise.

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

1. **Stereotypes talk about ageism and Intergenerational Work-** 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. **Explore some opportunities discussion-** We discussed the importance of planning and training in intergenerational work. Looking at ideas we discussed Maslow's hierarchy of needs and how when basic needs are met (food shelter and safety) we may move on to relationships and interests and lifelong learning. We used

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Pip Wilsons Maslow Blob Chart to explore this as a good visual and talked about the many ways that we connect and often have been disconnected from people by generation gaps. Bella explained that planning is one of the most important areas when people are thinking of embarking on an intergenerational activity / project / plan and embedding this into your own organisational structures is another step that organisations may wish to take.

3. **Sharing your intergenerational news, ideas and networking** – People happy to continue discussion with many new to intergenerational practice and others well versed. We decide to take this time to share ideas.

**Christina The GRAB Trust** has received funding for a 2 year project through the Big Lottery for intergenerational skill sharing linking generations sharing skills to reduce waste. Christina explained that she is networking and looking for people to be involved across communities and between generations in Argyll and Bute. She plans to host workshops and link in with High Schools around technology. They will be interviewing and exploring social history and aim to create a library / directory of skills that is accessible for everyone across Argyll. Christina hopes that the network can get this information out to people in different communities to share skills. Christina is based in Lochgilphead, she will send the information on to Bella, and it will be shared with the whole of A & B network. Margaret Coles suggested that Grey Matters in Helensburgh may be interested in this. Christine explained that she has contacted all of the schools. Maureen suggested that she may also contact Youth Forum Oban and Youth Action Group.

**Niki Currie Rockfield** is working in the centre and has been responsible for Creative wellness with 4 themes, creative wellbeing, heritage and history, culture and arts, education, and enterprise. Her role in year one has been different because the centre works differently due to lockdown. She has recently been involved in a project with young people and older people 'Schools and Wellbeing Project' with Oban High and Rockfield Care. The project aimed to get artwork on wall space. The centre gets booked for various events and the wall space was empty. Artwork may make people feel good. It began in February until July and was embedded as part of 3<sup>rd</sup> year art exam. There are lots of people using the space and it is also being used as a sensory playroom. They shared the exhibition with the whole community. She also runs a creative walking group open to all ages. People can take a journal to draw, write and someone even brings a guitar and plays music. Sometimes they do meditation. This started in April 22 and will continue until September. It has varied age groups (though Bella points out it is not intergenerational in practice). Niki says that families and single people turn up and age groups are from 5 to 85. There is a small charge for Saturday walk of £2.50 and Tuesday walk is FREE.

Songs and Stories is held once a month – new cafe – a lady joined who plays piano and people have coffee its from 2pm – 4pm people are encouraged to bring a musical instrument. Niki notes that people are still wary about coming out at this point and she hopes that may improve. They have a games club for adults 2pm –

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4pm and a youth club 4pm – 6 pm (maybe this is something that Niki into making it more intergenerational in the future).

**Maureen Oban Community Learning** explained that Live Argyll have started up a couple of things such as Boccia for men, Active schools with sports leaders from High School getting involved. Also very Basic IT class with young people from High School to help out. We discussed the benefits that this project may bring to young and old and Maureen commented that many of the young people greatly benefitted but there were times when they just did not turn up. Maureen will continue her work and will link in with Bella around anything new. Maureen offered a venue for next year in Oban which Bella may pursue at a later date.

**Mairi North Argyll Carers** shared about her role in learning and development for unpaid carers and she also shared the award winning GWT excellence award project of a young and older carers knitting group during lock down. [See here for details](#) Mairi has take part in intergenerational training and benefitted from this. Mairi received a small garnet from 'Food for Life' and grows herbs / flowers and has hosted a couple of intergenerational cook togethers they made lip balm and picked berries. For Winter they are planning an intergenerational activity around decorating the Christmas tree at the [Christmas Festival St Conans Kirk Loch Awe](#) its great fun they all get together young and old sharing time and decorating the tree. People shared that they do the same thing at Lochgilphead too.

**Margaret Coles** work is changing as she has reached a time in life where she will no longer be a physiotherapist, Margaret shared with us her love of poetry and this new activity has sparked some ideas to bring together an intergenerational poetry group and of course poetry has so many subjects to cover from friendship to nature to love etc. Margaret is interested in the knitting that Mairi had spoken about, and this may be an area that she will explore intergenerationally.

**Shirley NHS Highland** is a Care Home Liaison Nurse based in Lochgilphead and she explained that she attended the meeting to gain a better understanding of intergenerational work. **Mary- Anne** is Associate Felid Nurse across 17 care homes in Argyll & Bute and is working with Care homes staff and managers to support hem with ideas. The work was hampered by covid, and it is still restrictive but they are getting there. For example, in Tiree they are missing the school sports day. One location has an old-fashioned sweet shop opened and this may be something that will open up connections through time. They are keen to involve groups in growing things together. The meeting has offered a host of ideas going forward. Bella explained that the training is available as well as the care home coordinators meetings. Bella offered some examples of good practice such as [Apples and Honey](#) and [Rebuilding Bridges](#). There are a host of [case studies on GWT website](#) that cover gardening and growing projects as well as Food for life information that is shared in the notes further down.

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## **GWT national update**

### **Excellence Awards Launch – How to make a successful nomination – online session National Awards for Excellence in Intergenerational Work 2023**

The awards recognise, showcase and celebrate achievement and outstanding practice in the field. Nominations are encouraged from projects and individuals living throughout Scotland. This year there is a launch to look over the application if you are thinking of nominating your intergenerational work / project. Session to include:

- info on awards
- include last year's winner film
- tips and hints
- Q & A
- evaluation

The awards will be presented at our National Conference, Glasgow on Wednesday 8th March 2023.

### **GWT National Conference 2023 – 8<sup>th</sup> March 2023**

To be held in Technology, and Innovation Centre, University of Strathclyde, Glasgow. Programme themes are being planned and will be announced later in year.

### **Global Intergenerational week 2023 – 24<sup>th</sup> to 30<sup>th</sup> April 2023**

In its fourth year, the week looks to inspire individuals, groups, organisations, local/national government, and NGOs to fully embrace intergenerational practice, connecting people of all ages especially the younger and older generations. Programme themes for 2023 are being planned and will be announced later in the Autumn.

## **Resources**

### **[Play and Storytelling: Connecting Generations \\*suite of resources\\*](#)**

PLAY and STORYTELLING are for every age, supporting connection, learning, tradition, culture, health and wellbeing when used intergenerationally. The golden strands of play and story connect kith and kin, as well as build strong connections 'from cradle to grave' so Play Scotland and Generations Working Together have developed this suite – or family – of resources to support the building of intergenerational connections and best practice.

GWT Vacancies for network coordinators

We are looking for volunteer coordinators throughout Scotland to assist with the local network area meetings.

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## **[The Soil Association Food for Life Resources](#)**

There are some great resources to get you started. Perfect for community members coming together of different generations and backgrounds. Whether you're inspired to get growing, cooking or simply finding out more about how best to share your food and produce, we've got the resources for you.

## **Intergenerational Training**

- **[International Certificate in Intergenerational Practice \(ICIP\)](#)**

Dates: Monday 3rd October - 4th December 2022

This course now sits within GWT's own Moodle platform however we continue to run and develop the course in close partnership with the Macrosad Chair of Intergenerational Studies, Professor Mariano Sanchez at the University of Granada.

- **[Free short online courses](#)**

1. What is Intergenerational Work?
2. Overcoming Ageism through an Intergenerational Lens
3. Planning your Intergenerational Project
4. Intergenerational Housing, Places and Spaces
5. Measuring the Impact of Intergenerational projects

- **[Intergenerational Training \(1 day\)](#)**

Edition 2 - Our one day training course has recently been refreshed and updated bringing new activities and topics to the fore.

Costs: £70 – Concession: GWT Member / Third Sector Under 250K / GWT Member Public £100 – Full: Non member/Private/Public

- **[Workplace \(2.5 hours\)](#)**

Age Awareness Training for Intergenerational Teams (Workplace)

The training is based on the latest academic research in intergenerational practice and will be delivered on-site by GWT's expert staff.

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