

Highlands Intergenerational Network (Kingussie and Dingwall)

Venue: Kingussie Library & Dingwall Community Centre

Date and time: 4th Oct 1pm – 3pm, 5th October 10.30 am – 12.30pm

Meeting Report



In Attendance Kingussie

Andy Miller Alzheimer Scotland, Julie Paterson B & S Community ConnXions, Jo Cowan Highland Senior Citizens Network.

Apologies

Julie Green.



In Attendance Dingwall

Jaime Smith NHSH, Shireen Nosratpour HLH Culture and Leisure, Angela MacLean Highland Council, Pauline Thomson Highland Council, Hayley Young Highland Council, Laura Paul Highland council.

Apologies

Rob Parkes Highland Council Tain and District, Isabelle MacKenzie Highland Council.

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1. Welcome and introductions to session

At both meetings Bella welcomed attendees and we took part in a small exercise that introduce us to each other (icebreaker) peoples first names and hobbies. It was a good way of looking at how we may do this when meeting with others from a different generation. It was acknowledged by most that people are slowly coming back to face to face but it is in small steps.

2. Stereotypes talk about ageism and Intergenerational Work

We explored Gestalt images and stereotypes which led us to talk about ageism and barriers across generations and how intergenerational practice can break down barriers. This was interesting as people explored it from their own experiences in their own workplaces and communities.

3. Explore some opportunities discussion

As above we continued conversations and we looked the Pip Wilson Blob on Maslow's hierarchy discussing basic needs such as food shelter and warmth and moving on to relationships (intergenerational being one of them) and further onto lifelong learning and activities that people can get involved in throughout their life. Touched upon cost of living, worry for families, poverty.

Paths For All Funds – available for transport / petrol for walking groups (transport can be a barrier to participation).

We touched upon getting more people involved and what areas may be better to host meetings. It was agreed that next year the advertising will be sent out wider and that we may have something by way of an event / network meeting to attract community members.

4. Planning an intergenerational activity

We looked the ideas for planning and how we need to ensure that we do plan when having intergenerational activities or projects. Bella suggested training for anyone who had not undergone this as it overs a rich understanding of intergenerational practice and looks at the quality standards which assist people to aim for a more sustainable project. Bella handed out planning sheets that people may use when carrying out their future IG work as a check on what and how they are planning etc. We also spoke extensively about involving recipients of the work in the planning (both young and older people) when possible.

5. Sharing your intergenerational news, ideas and networking

Kingussie meeting

It was an interesting meeting in Kingussie library and the space was perfect to meet in the heart of the community with libraries in a changing world to community needs and lots of project ideas and learning taking pace in our new 21st century libraries.

Andy is working with a group of people with early onset dementia and they are having meetings (at times) in a tepeee, he is interested in IG work and hopes to

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involve community volunteers in his work, as well as schools. It is early days, and he is thinking about how this will be done. Andy is interested in lifelong learning and is planning some open days to attract people to volunteer etc. His post as activity organiser (part Time) is funded by the National Lottery and it is a 2-phase project with 1st phase aims and ethics transforming perceptions around dementia and also being outdoors and how it is good for your health. His project runs in a Tepee and Log Cabin, and he is looking at a growing / gardening project idea and the sensations of being outdoors.

Julie is a befriender coordinator with Community Connexions currently working with older people (has been involved in shopping project, music afternoons, community car scheme, gardening befriending 1 - 1) and meets with them and gets them involved in getting out and mixing with others (Befriending and group outings). Julie is also keen to get more IG work on the go (they worked with Kingussie High pre covid) but agree with all that it has been a slow start after COVID. But assured us all that older people are very active and have been out in the minibus in all weathers to Cairngorm National Park (recently) complete with blankets and tea and cake. Julie offered examples of one young person who did link in with an older person and through this relationship he worked on the courage to join the navy breaking with family tradition of what was expected of him, mentoring happened through the men's sheds and relationships formed with new skills acquired and new ideas for career pathways for young people. Julie spoke about confidence and learning about difference, mutual learning and about a lot of pressure that is at times put onto young people and how IG relationships may help. Julie pointed out that before covid they had over 100 volunteer drivers and now they have 40. There is no age limit on volunteering and it has traditionally been semi-retired people, over the years they have been involved in mum and baby walks, music afternoons, curling.

Jo is busy working between her two roles with the Highland Seniors and Age Scotland. Again, as stated above numbers are lower than before the pandemic but slowly people are coming out and meeting face to face. Jo shares what intergenerational is with her networks and points out that it is difficult at present to get sustainability with schools as they often see it as an extra. Jo mentioned work with Care homes, People libraries, Boat Repair café as being alternative places for intergenerational work and across communities with volunteers. In terms of IG work they have seen great successes before covid and also in areas such as Play list for life, Young Music Detectives. Course on death and dying dealing with loss have been beneficial too. Jo mentioned work that they were involved in years ago 'Walk in My Shoes' and opportunities for young people to get involved with older adults in many areas such as Indoor Bowling, Boccia - just getting groups back together will be something to get started after covid. Jo pointed out that each area is still trying to get people back together in their own groups and that IG work will take place once we are in a secure position with people coming together more.

Noted that communities are struggling and how do we involve people. We touched upon Time Banks, Beetle Drives, Online storytelling Christmas parties and volunteering from young people so assist but at the same time building relationships with older people. Volunteering was another area that we

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explored in quite a bit of detail with the opportunities for this.

When talking about stereotypes we touched upon non-binary and areas that need to be further explored together so that older people can understand our modern world and see the difference between that and their own when they were younger.

We also touched upon community engagement and how to make this a fun opportunity and feedback so that people know what came out of it. Julie touched upon a new community café which is opening, and this may attract all ages as a place where people can connect across generations.

Tenants' residents association's with differing age groups joining may be a good place to reach out to look at intergenerational work in communities.

Environmental factors are something that may bring people together to co-exist. In Lochaber they are working together to make things nice and giving all ages a stake in this and managed to target a hockey team to pull it along.

Talked about multi-generational and more events for everyone, dealing with prejudices.

Taking it forward and looking at ideas of how to mix people up as there is a lot of need to get people together.

Future Meetings 2023

Several locations were mentioned and at Kingussie meeting for future IG networks it was agreed that the place that Andy works in Alzheimers, just outside Aviemore would be an ideal meeting to have an outdoors type of meeting in a Tepee. There is a lot more to be done and Julie Boat of Garten community hall was suggested that Boat of Garten community hall may be another idea for a meeting for next year's IG session.

Bring your ideas

Moving forward next year we agreed that the network should think of ideas to bring people out and connect and get talking about intergenerational work and the difference it can make for communities. Bella agreed to investigate venues and get back to the network and ask for creative ideas to reconnect and bring generations together.

Invergordon Meeting

Jaime spoke about her role in NHS Highlands with care homes and care home settings, connecting people and looking at the use of space in these settings, linking in with interested groupings who many use them, such as young mums and babies, or any other groups / volunteers to debunk the myth about care homes. It's a way of using the space but also introducing new people into the care home space too and breaking down those invisible barriers. We will be excited to hear more about this idea as it moves forward. A map has been put together of

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where care homes are located, and the idea is to share space.

Angela as a local councillor offered a wealth of knowledge of ideas that have taken off such as living streets work in the area as well as the work that has been carried out with Wanda McKay and the school and older people group that she works with. Angela is keen to invite people to come together and mentioned St Clements Food Share as she is concerned about winter months and more people may need to use the service. Covid has stopped a lot of people meeting up and contacts to talk with others is not as it was. Talked about isolation, food banks, lunch clubs. Muir of Ord Development Trust do a lot of work with care homes, food growing (orchard) and school. Bella could contact them re future meetings and look at projects that they have been involved in.

Shireen is a librarian based in Inverness and she was keen to look at IG ideas for the library, things to do with space. She spoke about the changing nature of the library from the old ways of silence to more session such as book bug(which is currently delivered with a mixture of older and younger age groups). She said that the network meeting had opened her up to think about new fresh ideas of IG practice (maybe a games group, maybe a crafting group, book group) She mentioned younger people who use skateboards outside of the library but never come inside and think about ways that they could come and engage around skateboarding; it may be an idea to get older people to talk about roller skates and other pursuits and when skateboards first came out etc. Interested in how to involve younger people and wants to create more spaces with a mixture of generations maybe even computer drop in and digital with generational project., film club at the Spectrum club maybe idea to attract both groups.

Laura and Hayley spoke about Lochdale Primary / Nursery precovid at the Mackenzie Centre / outdoor. They managed to keep connected online and are at the moment waiting to see if they will return. They have started with another care home Cameron House and are visiting 1 hour walk and back with nursery hey are involved in sing along and concerts / seasonal events. They mentioned Grandparents Day and how they previously did an activity and received good feedback. Their ELC 's ongoing intergenerational activities with a local care home which they visit and vice versa and through this they build relationships, they will look forward to looking at GWT resources and continue to take part in IG activities.

Pauline is new to her role with CLD and is looking to work with people around mental health and wellbeing. Pauline was a primary school teacher and her new role she believes will fit well with any intergenerational projects. Pauline has funding for groups and people were encouraged to contact her. Pauline is interested in IG learners and Highland Cares are funded by the Scottish Government to use a CLD approach. She has access to a small budget of 10k. She is planning stakeholder events around mental health and wellbeing for 5 – 25 year olds and is looking at IG learning and family learning in the community. She is working with Angela Platts. **People can contact Pauline re funding.**

For next year and to encourage more participation people discussed ideas moving

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forward and some venues were mentioned, and Inverness Library was one that seemed to be a good fit plus Muir of Ord that Angela mentioned will be explored further.

6. 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 – 8th 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 – 24th to 30th 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.

Future meetings

Food for Life Food Network Meeting online This meeting is open to anyone interested in IG work and sharing, cooking of growing food - 25th October 10.30 am – 12.30 pm [Book here](#)

Bridging the divide: promoting intergenerational digital inclusion Come and join us, we'll be speaking to a panel of sector-leaders who have developed a range of projects that focus on bringing different generations together to learn digital skills. This one-hour webinar will be a panel discussion led by SCVO and

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Generations Working Together. Date 13:00-14:00, 10 November 2022
Attendance – Via Zoom online

[**Book your place here**](#)

Intergenerational Virtual Network meeting Scotland wide Thursday 26th January 2023, 9:30am - 11:30am via Zoom online

Our first ever joint network across Scotland meeting all of our network to look at the year ahead and link in with others from across Scotland. [**Book here**](#)

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.

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 Course for Practitioners

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

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?

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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.

Up to 16 participants per session Cost £400.00

Next meetings in Highlands:

- Dates and times and venues of next local network meetings TBC

