



## **Western Isles Intergenerational Network Meeting Report (Uist and Lewis and Harris)**

**Venue:** Tagsa Uibhist Community Gardens East Camp Community Enterprise Park (behind the stables) Balivanich Isle of Benbecula HS7 5LA NDB BBA

**Date and time:** 27<sup>th</sup> September @ 10.30am – 12.30pm

### **Uist meeting**

**In Attendance Benbecula** - Tracy Walker Caraidean uibhist community engagement officer, Olivia Maclellan Tagsa Uibhist Community Gardens Manager, Alex Mackenzie Tagsa Research Officer, MacDonald Sgoil an Iochdair Head of School, Marion McLellan Caraidean Uibhist.

**Apologies** - Alison Stockwell Scottish Communities Climate Action Network Western Isles Climate Action Network Coordinator, Theresa MacLellan Tagsa Gardener, Rosie Moar TAGSA, Deborah MacVicar TAGSA, Vicki Manchester GWT Volunteer coordinator.

#### **Welcome and introductions to session**

In Uist we started to talk about unemployment and the differences for the mainland and islands. The young people on the islands attend ceilidhs which can be a truly intergenerational experience in many ways. Stories were shared about a 15-year-old and a 96-year-old being the best of pals. We took part in a getting to know you ice breaker that could be replicated with younger and older people. Informed everyone that Vicki Manchester is the new volunteer coordinator for Uist and offered her apologies for this meeting but she will be in touch with any new updates etc.

#### **Stereotypes talk about ageism and Intergenerational Work**

We explored this and people felt that there was not the same incidents of stereotyping on the island of Uist with people sharing stories and young people helping and offering skills as volunteers. There is a lot of blend between age groups in Uist with friendships forming. We discussed the ageing population and the Brain Drain or young people leaving the island (they can't buy homes, they can't afford).

#### **Explore some opportunities discussion**

As above we continued conversations and discussed old rural skills that are getting lost in Uist and how these could be shared between generations. Also looked at the need for volunteers and befriending and youth work. Someone mentioned armchair athletics and how a young boy with a Zimmer could hit a beach ball. Also, that the IG work would be a good way to find out about other people and their lives.

#### **Sharing your intergenerational news, ideas and networking**

**Olivia** spoke about TAGSA IG work and that they hope to have more numbers next year they are setting up school gardens and a gardening club, with a visit between gardens and North Uist gardens too. Olli explained that they have a 2 ½ year strategy and IG work is planned in education too. They are looking for expertise and with so many natural links they hope that the challenges will be overcome as they have transport available and are situated near the home care services.

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**Tracy** spoke about volunteer befrienders and ideas such as a pop-up café for generations to get together. She mentioned the 5 islands and how there isn't just a gap in intergenerational but also in 20 – 40 year olds and interaction. The intergenerational work may link in well with local GPs and social prescribing. Befrienders are one to one and group befriending across all age groups.

**Alex** spoke about local food producers on the island and they are interested in food serving the common good. Intergenerational interaction would share knowledge around food and planting, cooking, or sharing food.

**Joan** is working on the school improvement plan (Gaelic) and is hoping to work with intergenerational practice looking for older people in the community to volunteer as Gaelic mentors.

### **Future Meetings in Uist 2023**

Members made a couple of suggestions to book for meetings. Bella will tie in with Chris (Tagsa) or Vicki Manchester to book An Calladh or Balivannich Hall. The next meetings will be held in **Uist on Tuesday 21<sup>st</sup> March 2023 (time and venue to be confirmed)**.

### **Bring your ideas**

Members will think about plans for march and ideas that they can take forward to invite more people to the meetings. Who should be here? Further discussions to be made with network for ideas on going forward.

## **Stornoway Meeting**

**Venue:** The Bayhead Bridge Centre, Lamont La/Bayhead, Stornoway HS1 2EB

**Date and time:** 28<sup>th</sup> September @10 am – 12 pm

**In Attendance Stornoway** - Caroline Rogers Dun Berisay Care Home, Karin Slater Comhairle nan Eilean Siar, Bellann O'Brien Stornoway Voluntreer Centre.

**Apologies** - Kathleen Milne Western Isles Libraries (Comhairle nan Eilean Siar), Christine Amos Urras Oigreachd Ghabsainn, Rhoda MacDonald Leverhulme Memorial School.

### **Welcome and introductions to session**

We began the session awaiting others to join but as a small group of three with two new members we got started looking at the ice breakers that I brought along to explore getting to know each other and to talk about IG work in general. We talked about identifying skills and knowledge that older people may have and how we can link generations together in a reciprocal way so that both generations are gaining something from forming a relationship.

### **Stereotypes talk about ageism and Intergenerational Work**

We covered stereotypes and used images to look at how we all see things differently. Bellann shared a story about a past IG project which was around death and dying with 4 young girls who met with older people every Friday for 6 weeks they covered the following: sharing a story, a flower, making butter with paddles, gut

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herring using fingers, big food pudding. This whole experience opened a new world to both young and older people.

### **Explore some opportunities discussion**

As above we continued the conversation and spoke about the new care home which the two new people will be working in. Bellann is hoping to look at something related to technology and making a film (still being explored) and maybe look at WW2 but knows how careful they have to be when looking at these areas as the past can upset people too. It's a fine line knowing the correct topic to explore. Maybe Peat Cutting, poly tunnels etc.

### **Sharing your intergenerational news, ideas and networking**

**Bellann** can assist with contact to orgs and people getting children involved? For the new care home. Bellann works with Stornoway Primary who are happy to be involved in gardening. They are keen to get involved with the new care home working through terms and planning for this. Cycling for Age Lewis and Harris is offering training (you need 3 people for this to be successful) Bellann has taken people out 3 times now as a volunteer. The bike is half electric. If you could get younger people to volunteer this would be good. Person needs training. Bellann took out an x nurse who had a stroke and she arranged for all her old neighbours to be on her street to see her when they cycled over. There is a pilot project with 2 care homes at moment and potential for more IG work.

**Caroline** works in with people who will be living in the new care home explaining that she is at the organising stage thinking about planning / involving residents building relationships etc. They are working with knitting, and she is learning this from people at the moment. She is interested in IG work going forward and will link in with Bellann.

**Karin** is waiting to start working in new care home and was sent along to the GWT network meeting by management.

### **Future Meetings in Lewis & Harris 2023**

Think about getting a sponsor and we could host an event such as using the Harris hotel and contacting the Gin Factory as a sponsor? Will look at where to meet next time but agreed that we should do something in Harris and then Lewis later in year. **The next meetings will be held in Harris on Wednesday 22<sup>nd</sup> March 2023 (time and venue to be confirmed).** Bellann O'Brien is considering the role of intergenerational volunteer coordinator for Lewis and Harris.

### **Bring your ideas**

Discussed encouraging more people to come to the network, who should be there? Who will we invite? What will attract people to come? Looking for ideas from network re this.

## **1. GWT national update**

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## **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.

## **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 - 25<sup>th</sup> 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 Generations Working Together. Date 13:00-14:00, 10 November 2022  
Attendance – Via Zoom online

[Book your place here](#)

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## **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?
  2. Overcoming Ageism through an Intergenerational Lens
  3. Planning your Intergenerational Project
  4. Intergenerational Housing, Places and Spaces

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## 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**



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