

Caithness & Sutherland Intergenerational Network Meeting Report (Wick)

Venue: Wick Community Library (Wednesday and Thursday) East Caithness
Community Facility Newton Road Wick KW1 5LT

Date and time: 6th October 10 am – 12 pm

In Attendance : Jamie McCaffrey Nucleus: The Nuclear and Caithness Archive,
Doreen Leith Wick Voices, Tracy Mackay The Laurandy Centre, Bella Kerr GWT.

Apologies : Heather Harper Pulteneytown People's Project, Andrea Wotherspoon
The Highland Council.

Welcome and introductions to session

We took part in a small ice breaker to get us acquainted and after travelling from Inverness into a more rural setting I wanted to get to know a bit about the area. I found out to my delight that Wick has two outdoor swimming pools and the next time I am in the area I plan to visit one in my leisure. We had a small turn out of 3 people and 2 apologies.

Stereotypes talk about ageism and Intergenerational Work

We explored stereotypes and ageism looking at some images and the Maslow's hierarchy blob of Pip Wilson which was a good way to talk about intergenerational relationships.

Sharing your intergenerational news, ideas and networking

Tracy spoke about her own work with the Laurandy Centre and how they meet with the school children and do reading and art. This was started before covid and was good for breaking down barriers between young and old. Many of the older people that Tracy works with are living with dementia. Tracy is keen to develop the work further as people come out of covid and feel safer to do so.

Doreen works closely with the Wick Society and brought along a fantastic resource which can be used by the whole community. It is a telephone (old style with dial) that has been used to record stories from younger and older people, stories about Wick. Although this is not intergenerational when recording it could be used as a fantastic resource when bringing groups together to choose a couple of stories from younger and older people and listen to them and then discuss them (for example Thumpster lockdown diaries have been recorded) I picked a number to try it out, I dialled the number and heard a short part of a ladies memory of moving to Wick from afar, the train journey and a big cream cake (I think it was London). It would be interesting to see if Doreen plans to do anything like this in the future as it would make a great ice breaker to start up conversations between a group of older and younger people. People can access the stories here; www.wickheritage.org There is also a Johnston photographic section that can be explored. Doreen told me that people from all over the world use the website and listen to the recordings with roughly 1000 visitors per week. Doreen explained that

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Wick Voices work with lots of different organisations sharing stories and she is also part of Befriending Caithness as a volunteer and her work takes on many differing aspects, she is keen to do IG work and open to taking part with others.

Jamie is working on archives through the Development Mill Trust restoring old mills in Caithness. He has been involved in events and outreach gathering old stories and he has made a call out to the community to get it working. He is working on another project gathering stories – Our Stories the careers gap and this is being carried out in Inverness, Skye, Fort William with people from the LGBTQ+ community invited along to share their stories. This work involves bringing different generations together to share stories – bringing voices together across ages. (Jamie will contact Bella re this in more detail). He is also involved in online exhibitions archiving the history of Dounreay as part of a larger work on nuclear archives for the whole of Britain. We had a small discussion about the geography of the area and the resources it was famous for such as herring fishing, crofting, coal, and oil and gas and now green energy.

Future Meetings in Wick 2023

It was agreed that next time I come to visit for a network meeting I will spend two days doing a day in Wick and a day in Thurso.

I spoke with Andrea Wotherspoon (who gave apologies she could not manage the meeting) she has agreed to reach out to networks and groups in both areas so that our meeting in 2023 will be better attended and we can have a wider discussion and share ideas and resources. GWT will host the Wick meeting in The Lauraandy Centre and will contact Tracy to arrange this.

Bring your ideas

Looking forward to future intergenerational network meetings in Wick and Thurso and linking in with the people of Caithness & Sutherland hoping that we can get news out to all of the areas. Generations Working Together will continue to engage with the local network and hope that it may grow and connect people to share ideas and build intergenerational relationships in communities across the region.

1. 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

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- 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 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

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'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
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 \(2.5 hours\)](#)**

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