

Caithness & Sutherland Network Meeting

Tuesday 17th May 10 am – 12.30pm
In Pulteney Centre, Huddart St, Wick KW1 5BA



Attendees: Bella Kerr GWT, Julie Calder Ormlie Community Association Ltd, Kirsteen Campbell LGOWIT (Let's get on with it together), Mikayla Waddell Ormlie Community Association, Doreen Leith Wick Voices.

Apologies: Pauline Mathers Ormlie, Donna Murray North Coast Helping Hands.

Welcomes

We started with a welcome and intro and moved on quickly to a short icebreaker using some images of dancing both old time jive, disco, hip hop, break dance etc. This involved a short discussion about dancing today and memories of dancing in general. Each person chose an image and shared with the group, and this formed a story which worked out like a kind of storytelling icebreaker conversation. This type of activity can be done with young and older people and can be on any topic that they are interested in.

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Case Study

We looked at example research 'A Study of Intergenerational Community Relationships' and in doing so explored further the other aspects of intergenerational relationships in our communities. People were interested in the ideas of the study and Bella explained that GWT have been funded to carry out a piece of participatory research. Conversations ensued and was interesting to hear people's thoughts and insights into community of teenagers and older people. We looked the research and discussed younger and older people and people mentioned that Thurso library has a knitting club. Also talked about Afghan families who gave a talk at the library on the fall of Kabul and other information. It was a great experience to look at difference. Bella spoke about the Young Foundation and UKRI research briefly explain to people that the research was taking place over 6 months (see end notes for more information).

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Generational Names

We looked at generational names and where we fitted in to them. Generational terms are something that we often forget about, and it is a good way of looking at ageism and stereotypes and to recognise that generations have difference but that they also have great similarities. On discussion the gens chart people talked about lockdown and how it had been something that had brought people and communities together. It was noted that now as we had been returning to normal there were less or no volunteers.

Local IG Network Conversation and Feedback

Mikayla works with 'Silvers' hosting Youth Teas and looks at older adults and employability in Ormlie Community Centre Thurso. Talked about IG days and tik tok, crafts, technology also spoke about Tik Tok and Thurso High School. There is room for IG work and sharing skills and this is something that they have been working on. During lockdown they had access to iPad's etc but with limited internet access and as a result of this iPad's has been left unused in cupboards with no internet connection. WIFI packs were given out in Ormlie through Connected Scotland, and these were preloaded for 1 year. It took some time to apply to get them and the group discussed that DWP appointments face to face are gone and people may rely on technology more.

Bella mentioned Abilitynet and suggested that people can contact them for any need of support with technology for older people or people living with a disability.

Kirsteen spoke about gender imbalance and health care specific to the area. With some of the main issues of women travelling to hospital in Inverness, finances to travel and potholes in roads. A real issue for many women needing to get there but having limited means of travel or no one to look after family and having extra expense with hotels and cover limited to a few days. Kirsteen is working on this and looking at the challenges that women face. She is working on Making Rights Real and some IG My Self-Management with girls / women 16 – 24 in preparation for the life journey around menopause, general health, period health. She is working on a pilot for self-management which is going well, involving some older people too. The pilot will end in October.

Julie talked about mental health and drugs and has been involved with NHS on a piece of work.

Doreen spoke about Wick Voices and the continuance of the project and how far reaching it had become. Doreen explained that PPP contacted Wick Voices as there were lots for people who were not connect to the internet. Wick Voices had 250 CDs made and delivered to people with CDs being popped into packs during COVID. We also discussed that there is a youth club in Wick and how there may be links to look into for next time the intergenerational network takes place.

Next network meeting

The next Caithness & Sutherland network meetings will take place in May / June 2024.

Future venues for 2024

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Plans for network meetings in 2024 will be in some rural areas working including Wick, Thurso, Tongue and other areas yet to be decided, to give rural areas the opportunity to get involved and find out more about IG work and for GWT to explore what is happening and get a true picture across the area. The dates will be posted early 2024..

Evaluation – everyone filled in GWT network evaluation form.

Network is reminded that if they have a specific topic that they want to be discussed at a network meeting, let Bella know and we can put on the agenda.

Updates from Generations Working Together

GWT News, Trainings & Events

National Intergenerational News

GWT Annual Conference

The Conference took place at the beginning of March in Glasgow. This year several academics from around the world were in attendance. The main point of discussion and audience participation was ‘What does Intergenerational Quality Look Like?’

GWT Excellence Awards

Each year applications are opened in November with various criteria for projects to submit stories of their intergenerational interactions.

To view films of this year’s award winners please follow the link for inspiration.

<https://generationsworkingtogether.org/news/qwts-excellence-awards-2023>

In 2022, there was a workshop to help applicants apply for an Excellence Award. People present stated that they would like to attend the 2023 workshop for guidelines. Everyone present was encouraged to apply.

Generations Working Together Website

<https://generationsworkingtogether.org/>

The website is due for a major tidy/updating and we would like to hear from our members what they do not like about it or what they find difficult to access. We would also like to know what members do like and what they would like to keep. We have had some suggestions of inserting Twitter feeds, is there anything else that you feel should be inserted?

The Network page is a page for members who deliver an intergenerational approach in geographical areas throughout Scotland, it is a space to publicise what is going on and a space to make connections. If you would like your project highlighted, please do get in touch with your Network coordinator Bella Kerr – bella@gwt.scot or with a member of the GWT team.

GWT Successful Funding Bids

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GWT was successful in receiving funding to create a publication for an intergenerational approach to older people. Lorraine George, Learning and Development Officer will be visiting groups and hosting online sessions with groups to research and hear about their existing approaches to recruiting, maintaining, training and delivering intergenerational projects with older people. Lorraine will identify commonalities and gaps which GWT could support with to encourage more participation of older people in projects. She will then create a publication for the wider community to use. If you represent an older people's group and would like to contribute to the initial research, please get in touch with Lorraine directly. Lorraine@gwt.scot

Participatory Research and Community Safety

GWT are preparing work on new ground-breaking participatory research. Funded by [UK Research and Innovation](#) and delivered by [The Young Foundation](#), the Community Knowledge Fund supports grassroots community groups and organisations across the UK to find new solutions to local and national challenges by uncovering knowledge and turning great ideas into action. GWT are currently in Phase 1 of the grant process which they are working on over the first 6 months (ending in July 2023) to explore participatory research and develop an Intergenerational Framework testing intergenerational relationships in Glasgow centre area. They have set up their first meetings with Youth Groups and groups of older people on this community led research. The intergenerational approach is aiming to allow all voices to be heard so that people can work together to explore community safety and intergenerational interventions. We aim to get to phase 2 of the research and will keep you informed on the progress and indeed invite people to take part. [Bella Kerr](#) is the Intergenerational Development Officer facilitating the research and she can be contacted if you wish to know anything further.

Global Intergenerational Week

[Global intergenerational Week](#) takes place this year 24 – 30th April #GIW23. Have a look and see some of the fun activities that you can use to take part, such as Host a mix and mingle, a photo diary challenge, and watch the new promotional video.

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](#) Together with our membership GWT will host conversations around how intergenerational approaches can be used to address ageism.

[Housing, Places and Spaces](#) Network Join GWT's new network which will meet 3-4 times per year to share the latest information and resources from the field, facilitate peer learning, and grow the community of intergenerational housing, places and spaces.

[Research](#) Network Our aim is to connect practitioners, policy makers, academics and researchers who are actively or interested in investigating the impact of intergenerational work/relationships on both younger and older aged participants to come together to discuss research around intergenerational practice.

[Care Home](#) Network To build on the connections made with care homes across Scotland during the pandemic GWT would like to further develop these links by developing a thematic Care Home Network.

Celebratory Events

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[The Month of Community](#) is a time when we come together to celebrate everything that makes our communities great. Join in this June - whether you want to say cheers to volunteers, connect with your neighbours, support a cause you care about, or simply to say thank you, it's all part of the Month of Community!

Intergenerational Training

1. [Intergenerational Training One Day Course](#) Intergenerational work is a proven approach which addresses a range of challenges facing people living across Scotland and the UK. The approach is gaining higher profile within the voluntary, public and private sectors and supports the delivery of the Scottish Government's policies and strategies including A Connected Scotland and A Fairer Scotland for Older people. **Cost** £70 – Concession: GWT Member / Third Sector Under 250K / GWT Member Public £100 – Full: Non member/Private/Public

2. [International Certificate in Intergenerational Practice](#) - Edition 3 2:00pm Tuesday 2nd May - 11:00pm Monday 26th June 2023 Online

This course is aimed at anyone who wants to gain a deeper understanding of intergenerational work, its purpose, impact and practical application to enable them to apply this within their own work.

"I am so glad I came across this course! It has been so helpful and motivated me even more to persist and strive to bring the generations together."

(Student, IDIL 2, 2021)

Cost Member: £230 Non-Member £275

3. [Workplace \(2.5 hours\) Age Awareness Training for Intergenerational Teams](#)
(Workplace)

With five generations in the workplace for the first time, the need for employers to understand and capitalise on their intergenerational workforce is greater than ever. Generations Working Together have developed a two and a half hour training course aimed at employers and employees to identify and address how intergenerational practice can increase collaboration in the workplace. Up to 16 participants per session (face to face) or up to 30 participants per session online.

Cost £400.00

Testimonial from [YUGO](#): *Thank you to Lorraine George and the team at Generations Working Together (GWT) for their insight on age awareness and helping our Yugoers grow by understanding what motivates different generations in the workplace. We are thankful for the knowledge of the benefits of an intergenerational workforce, and we learnt to feel more comfortable with problem-solving during situations. We highly recommend GWT's program for any organisation with intergenerational teams. (March 2023)*

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