

## Ayrshire Network Meeting Notes

Wednesday 3<sup>rd</sup> May 2023, 1.30pm – 3.30pm

The David White Hub, Kylehill Court, Canal Street, Saltcoats, KA21 5JS

**Attendees:** Helen Watson, NHS Ayrshire & Arran, Gillian Cree, E.A.C., Elaine Wright, E.A.C., Caroline Brown, E.A.C., Jacqui Dunbar, NAC Libraries, Lorraine McKenzie, South Ayrshire Council, Graham Hunter, NAC, Wilma Love, East Ayrshire Council, Charlie Murphy, Freelance Trainer/Evaluator, and Louisa Turner, GWT.

**Apologies:** Bella Kerr, Rosie Mapple Beck, Alison Milroy, Natasha Katar, and Vincent McWhirter.

### Welcome & Housekeeping

Louisa Turner welcomed everyone and introduced herself as Intergenerational Development Officer with GWT, stating that she had been associated with GWT since 2016 as a volunteer network coordinator in Fife and began working with GWT earlier this year on a Pilot Project funded by the National Lottery Community Fund.

A thank you was given to the David White Centre Hub for hosting and to Graham Hunter for organising the venue and refreshments too.

Charlie Murphy was welcomed, and everyone was informed that he would be conducting a survey on behalf of GWT later in the session.

Natural conversations of introduction happened as people knew each other from previous Network meetings or in the workplace.

### Penny Ice breaker activity

Pennies were handed out as people arrived and the icebreaker activity allowed for more interaction to learn something new about another person in the session.

### 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?' An outline of the day was given including the presentations of the GWT Excellence Awards.

Graham Hunter outlined the workshop which he hosted at the Conference.

#### GWT Excellence Awards

Each year applications are opened in November with various criteria for projects to submit stories of their intergenerational interactions. This year there was an Award winner from Ayrshire! **And the Winner:** Ayrshire Intergenerational Boatbuilding Project A big well done to Vincent and his team at the Ayrshire Intergenerational Boatbuilding Project as they stole the show at the GWT Annual Conference in March with winning the GWT Excellence Award **Encouraging Reciprocal Learning**

To celebrate the Ayrshire Boatbuilding Project film was shown, and everyone was invited to share in the cake refreshments provided.

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

<https://generationsworkingtogether.org/news/gwts-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.

The 2023 winners were as follows:

### **Tackling Age Discrimination and Stereotypes**

**Highly Commended:** Menzieshill House Activity Programme (Dundee), Active Stirling's Generations Active Together

Generations Working Together believes that tackling age discrimination and stereotypes is vital to creating inclusive communities for people of all ages. This award recognises projects and initiatives that challenge negative stereotypes and promote positive, intergenerational relationships. These projects are making a real difference in breaking down barriers and building understanding between generations:

**Building on Wider Knowledge Winner:** Sunflower Nursery & Mossview Care Home (Fife)

**Highly Commended:** St Columba's Nursery

Generations Working Together recognises the value of intergenerational knowledge exchange in promoting lifelong learning and creating stronger communities. The Building on Wider Knowledge award celebrates projects that promote learning and development across different age groups, with a particular focus on enhancing skills.

**Valuing Generational Diversity Winner:** Killin Nursery & The Falls of Dochart

Generations Working Together believes that valuing generational diversity is key to creating stronger and more inclusive communities. The Valuing Generational Diversity award recognises projects that actively promote intergenerational understanding and respect and celebrate the unique contributions that different age groups can make.

**Evaluating Impact Winner:** Braehead Primary & Crosslet Care Home (Stirling)

Generations Working Together understands the importance of evaluating the impact of intergenerational projects and initiatives in order to create evidence-based policies and programmes. The Evaluating Impact award recognises projects that have demonstrated exceptional commitment to evaluating the effectiveness of their work.

**International Award Winner:** Nursery in Belong, (England)

At Generations Working Together, we believe that intergenerational connection and collaboration can transcend borders and make a difference on a global scale. Our international award recognises projects and initiatives that have demonstrated exceptional commitment to promoting intergenerational connection.

**Encouraging Reciprocal Learning Highly Commended:** Jewish Care Scotland & Calderwood Lodge Primary School (Glasgow)

Generations Working Together recognises that reciprocal learning is a vital part of creating meaningful intergenerational relationships. The Encouraging Reciprocal Learning award celebrates projects that foster a two-way exchange of knowledge and skills between different age groups.

### **Social Isolation and Loneliness Fund**

Christina McKelvie, the then Minister for Equalities and Older People, announced the news about the social isolation and loneliness fund (SIAL) at our conference on 8th March. Those present were asked if they applied for funding. Lorraine and Graham had reported that they had applied on behalf of a couple of groups and that they were through to the second round. Others stated that they were not in a position to apply due to such applications being completed by others in their organisation. There was discussion about capacity to apply for funding. There is a funding workshop planned by GWT about general funding applications, with hints and tips of what the funder is looking for. Those present were all keen to attend. Details of the workshop will be announced on the GWT website and newsletter.

### **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](mailto:bella@gwt.scot) or with a member of the GWT team.

### **GWT Successful Funding Bid**

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](mailto:Lorraine@gwt.scot)

### **Global Intergenerational Week**

Global Intergenerational Week was from 24<sup>th</sup> April – 30<sup>th</sup> April. It has grown in recent years. From being just a day to a week full of activity, with 16 countries from around the world participating. An amazing week for people to participate with Mix and Mingle events or online events. Helen had attended an online session, which she found informative. Vincent had hosted an intergenerational event at the boat yard which the local MSP attended.

### **GWT Membership**

**June** will see GWT launching their new membership criteria. Presently it is free to be a member of GWT if you live in Scotland. As GWT is a charity, revenue has to be raised. There will be 15 different sets of membership criteria with different levels of fees depending on the size of the corporation and income levels. Through membership various quality resources and discounts for workplace training will be available.

### **Themed Months**

**May** gives you the opportunity to **Share a Story**. There are lots of intergenerational books which can be shared with babes in arms to teenagers. Or how about creating your own intergenerational story in your

setting. The story could be shared creatively, creating bonds, and building relationships. Jacqui shared that the libraries will be hosted a mixed generation coffee morning to celebrate Share a Story. Louisa shared that there was a list of intergenerational story books for babies and children up to a teenage reader about intergenerational relationships and she also spoke about other resources which can be found on the GWT website, including the GWT publication Play and Storytelling -

<https://generationsworkingtogether.org/resources/play-and-storytelling-connecting-generations-suite-of-resources>

**June** has been designated as the **month of communities**. This time of year, groups usually celebrate invaluable volunteers. No one present had any plans as such but Gillian and Caroline shared about plans for their community garden and how they would be doing an intergenerational event in the garden.

In June, GWT will be offering workshops in evaluation, intergenerational training and social media training.

What could your organisation do to celebrate your community? If you have something planned please let us know, so we can help you publicise it.

### **Other Organisations to Support Intergenerational Activities**

Listed below are some organisations which offer free resources on their website for intergenerational activities. Intergenerational activities can be delivered to all age groups as long as there is a 20 -25-year age gap, and the activity is meaningful and mutually beneficial and reciprocal too.

Can you share any other organisations which are your 'go to' for free resources? Let us know so we can share. GWT website have lots of free resources including free online training.

**Intergenerational Music Makers** Are you passionate about music? Intergenerational Music Makers has some vacancies including, Head of Services, and Music Freelancers. For more details look at their website - <https://www.imm-music.com/>

**Play Scotland** Take a look at their website <https://www.playscotland.org/>. Your organisation could support children to play outdoors, in their own neighbourhood. You would be helping children's health and wellbeing, increasing their physical activity and love for nature too. Reports that in Scotland 1 in 5 children leave primary school obese.

Your organisations/volunteers could help to create safe spaces, safe street play with inclusion for disabled children too. You could create boxes of loose parts for children play with, but you can also engage with the children in being creative, remembering not to lead the construction but to enjoy the challenge together. Creating memories for both young and older people. During a play activity your volunteers could share what they did to occupy themselves in the local area when they were younger.

An idea is that you could create an exhibit together for the museum. Connect with The Living Memory Association - <https://www.livingmemory.org.uk/> for ideas. The young people could be encouraged to make one for the older people. An older people's group could gather items for a jumble sale and have the young people help to plan, create posters together and help on the day alongside the older people.

A community memory box could be created using donated items. An activity could be labelling the items together for the memory box. A time capsule could also be created.

You could apply for funding together for the actual boxes, refreshments for during activity time, items for labelling and hall hire. Make the funding application into an activity thus skills are being transferred to the younger generation.

There is a toolkit on Play Scotland for a Litter Pick & Play. You can undertake the activity but not necessarily forward the results.

Create Happy to Chat badges together and wear them when out and about, informing others that you are a person who is happy to chat. This will help to break down social barriers and help promote social connections. Take a look at the You Tube Happy to Chat clip for some inspiration.

<https://www.youtube.com/watch?v=sJeVCLegc3c>

**The Good Grief Trust** - <https://www.thegoodgrieftrust.org/>

Useful information, helplines, advice and encouraging stories from others to help in most difficult of times and to find a way forward with life.

**The Roots Programme** - <https://rootsprogramme.org/> The Roots Programme seeks to break down barriers and bring people together. Facilitate collaborative learning experiences which deepen understanding. Embracing differences. Sharing stories and ideas, and building confidence.

**Eden Project** - <https://www.edenproject.com/new-edens/eden-project-dundee-uk>

**Scottish Older People's Assembly** - <http://www.scotopa.org.uk/> Gives a strong voice to older people about their experience of life in Scotland, their challenges and concerns, and to celebrate the positive contribution that older people make to society.

**Soil Association Scotland** - <https://www.soilassociation.org/our-work-in-scotland/> Work across the whole farming and food system in Scotland: from the farmer in the field, to the food on your plate. Working to deliver real, on the ground solutions to the challenges that our food system faces both now, and in the future.

**Scottish Book Trust** - <https://www.scottishbooktrust.com/> Transforming lives through reading and writing.

**LGBT Youth Scotland** - <https://www.lgbtyouth.org.uk/> Making Scotland the best place to grow up for LGBTQ+ young people. They have just released their new five-year strategy. Great contact to invite to your older persons' group to dispel preconceptions and stereotypes with an opportunity to acceptance and to build diverse friendships.

**Age Scotland** - <https://www.ageuk.org.uk/scotland/> Age Scotland is the national charity for older people. Who work to improve the lives of everyone over the age of 50 so that they can love later life.

### **Trainings & Events**

- One-Day Training in Ayrshire on 20<sup>th</sup> September book a place via the website venue TBC
- Thematic Networks are online and give opportunities for good learning and are open to all. There are a few coming up and can be booked via the website.
  - 31/5/23 Intergenerational Innovation and Service Design Research
  - 7/6/23 Intergenerational Interventions an Evidence Gap Map: Bringing Research to You.
  - 23/8/23 Ageism is Everywhere – Let's Talk Some More
- Care Home Network register via website
  - 21/9/23 10 am – 12 noon at Methilhaven Care Village, Fife
  - 15/11/23 10 am – 12 noon online

### **National Lottery Community Fund – Creating Intergenerational Communities**

Louisa explained her role within GWT, and her National Lottery funded post. She will be working with partners in England, Wales and Northern Ireland, creating and supporting the trailing of new Quality Indicators of Intergenerational Practice.

The lead organisation for England and Wales is Apples & Honey Nightingale, which is a co-located – nursery and care home, intergenerational organisation. <https://www.applesandhoneynightingale.com/>

The lead organisation is Linking Generations Northern Ireland, which does very similar work to GWT. <https://www.linkinggenerationsni.com/>

The cohort will work together to deliver a set of guidelines for quality and meaningful intergenerational practice with the same standards across the four nations. The funding is for 2 and a half years ending in June 2025.

**The Creating Intergenerational Communities project will offer various training to communities undertaking intergenerational projects and create a set of quality indicators and guidelines which will be a tool to enable practitioners to deliver an enriched evaluated experience, for all participants involved with intergenerational projects.**

- **Offer various training to communities undertaking intergenerational projects.**

The Project aims to upskill practitioners in intergenerational practice by offering a series of training opportunities, to allow confidence to develop and support intergenerational relationships in communities.

Community relationships not only intergenerational relationships but with partners, local government, and change makers. The desire is to create a ripple effect of intergenerational interactions within communities.

The training will include the Kaplan Levels of Intergenerational Implementation illustrated and explained as a journey, with quality indicators as stops on the intergenerational journey for practitioners to reflect upon their practice before continuing their journey. The ultimate intergenerational destination being Level 7, an intergenerational community setting.

#### Kaplan Levels

1	Learn about the other age group
2	Seeing the other age group but at a distance
3	Meeting each other
4	Annual or periodic activities
5	Demonstration projects
6	Ongoing intergenerational programmes
7	Intergenerational community settings

These community settings or intergenerational hubs can be as unique as the participating organisation itself! Anywhere that brings old and young together regularly, in meaningful and reciprocal activity with common goals, can be considered an intergenerational community hub. This could be a dedicated building or space indoors or outdoors, where generations regularly meet or a dedicated virtual space such as an online group; as long as connections are being built, stories being shared and celebrated between the young and old.

People with shared interests such as food with cookery sessions or community gardens or a passion for history and their local heritage or sports for instance young and old coming together sharing their love of dance or singing in a choir or who have passion for their environment with litter picking groups or planting trees.

- **Create a set of quality indicators and guidelines which will be a tool to enable practitioners to deliver an enriched evaluated experience, for all participants involved with intergenerational projects.**

The quality indicators and guidelines tool will re-enforce the importance of relationship building. A relationship exists when we change one another. Some intergenerational relationships are about changing preconceptions of stereotypes and ageism, for others it is to support social inclusion and for others, it is to fill that gap of loneliness and a disconnection with other generations.

For a young person interacting regularly with the same older adult can give them a sense of security, love and belonging, with inner knowledge that they are special to the older adult who takes an interest in them. Conversely, it is no different for the older adult, to have reciprocal feelings. Both generations receive the benefits of well-being and learning inherently from each other. Learning soft skills to interact in today's wider

world. What is appropriate and what is not acceptable can often be aired through conversation whilst undertaking a meaningful activity together.

By supporting the creation of an intergenerational environment with this tool, an environment where people can gather, allowing information to flow between generations, supporting resilience against unexpected life turns; creates creativity benefiting the community in unexpected ways. This could be seen as individual participants meeting together long after the intergenerational project or activity has ceased. The desired utopia outcome of an intergenerational community is a community, that no longer lives, works, or plays in silo generations.

The Project and tool which we are creating will be evaluated as we must measure the impact and evaluate in order for us to learn what we may think will be the right indicators of good practice but in reality, are not practical for implantation and will require tweaking before rolling out to the nation. We won't know the precise outcome, but we can measure through evaluation, if our work is creating the positive intergenerational relationships that we want to see in the world.

Organisations will be trailing the new quality indicators in a Pilot Project. Geographical areas across Scotland have been identified for us to focus on –Ayrshire, Dundee, East Lothian, Fife, Orkney, and Shetland Islands. The project is to have a diverse sample of groups within the funding period to test, evaluate and report back.

Towards the end of the project, we will be looking at encouraging intergenerational community hubs to be a legacy for the project.

If you would like to be involved with this pilot project and would like to know what is involved, please do get in touch. Louisa – [louisa@gwt.scot](mailto:louisa@gwt.scot).

### **Charlie Murphy – Members Survey**

Charlie explained his role and attendance at the session and handed out the survey to those in attendance.

### **Interactive Intergenerational Activity – Quality Standards Questions**

Louisa encouraged people to comment on the following questions, as their responses will be taken into consideration when formulating the training and deliver of the intergenerational Quality Standards and Indicators. Discussions were had around the questions and quality, delivery and what measuring an intergenerational activity looked like.

Q1	When you hear the word quality, what is the first word that comes to mind?	Good standards, excellence, value for money, assurance, standards, assessments, expectations, planned, never mind the quality feel the width.
Q2	When you think about the quality of intergenerational work, what is your top concern? Choose one.  Quality Concept                      Quality Measurement  Quality Tips                              Quality Examples  Other	Quality Concept                      0 Quality Measurement                2 Quality Tips                              0 Quality Examples                      2  Other: service user enjoyment  participatory
Q3	When you think about quality in intergenerational work, what is your key ingredient?	Knowing your audience            2 Fun Engagement Respect
Q4	Apart from funding, which is the number 1 thing you need to significantly improve the quality of your intergenerational work? (Answer 1-2 words)	Time Consistent staff Community buy in Understanding of benefits

Q5	Apart from funding, what is the most important thing to make quality intergenerational work sustainable? (Answer 1-2 words)	Communication Time Networking Partnerships Group Volunteers Community Buy In Buy In Understanding of Benefits
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### Ayrshire Network Updates

- Throughout the session, people had exchanged about their intergenerational journey and current projects. There has been some primary 7's befriending people in the retirement hubs. This project began during lockdown with cards and letters and the relationship with the primary school has continued.
- There has been some growing in school gardens happening with exchanges with older adults guiding the young people.
- Intergenerational Book Bug sessions have been happening across the libraries along with reminiscing sessions.
- A tea dance had taken place and learning from that will be implemented in the next planned afternoon tea. The feedback from the young people was that they just wanted to talk with the older people and weren't much interested in the magician who was performing.
- Relationships had been strengthening between the old and young as they were meeting more regularly.
- A nursery and church members were meeting, and conversation prompts were given out to help with any awkwardness.
- A supported employment group visited a care home and listened to residents, then went away and developed a bingo event. The group delivered the bingo, and all were excited to carry on with their relationship.

### Takeaway Activity – Intergenerational Boat

A copy of how to build a paper boat was handed out as an activity to do with your intergenerational group.

Ask your group, 'Who is going to be in your intergenerational boat?' This activity of building boats may be new to a younger audience and an older group may be challenged through restricted hand movement to complete this task, however with doing it together and accomplishing the task they will be proud of their achievements. In pairs, working together using the instructions create and decorate a boat each. Exchange boats with one another as a sign of invite to your boat and a trust in partnership working. This is a good intergenerational activity as it demonstrates a reciprocal exchange of skills, learning, creativity and working together.

### Main Conversations of the Network Meeting

Conversations during the session reaffirmed that a successful measurement of an intergenerational activity was hearing people say as they left; 'I really liked/enjoyed today', or 'When are we having another one?' and seeing their happy disposition.

During conversations the attendees felt that they would benefit from training in evaluation, funding applications and Excellence Award applications.

**Evaluation** A network evaluation form was handed out to attendees.

**Next Meeting Date/Venue** Ayrshire & Arran Network will be held on 6<sup>th</sup> September book a place via the website venue to be confirmed. Bella Kerr will be hosting.