

## North Uist Intergenerational Network Notes

Date and Time: 26<sup>th</sup> September 11.30 – 13.30

Venue: Uist Council of Voluntary Organisations



# Generations Working Together

**Attendees:** Vicki Manchester, South Uist and Benbecula Free Church and GWT Volunteer Intergenerational Connector, Marion Ann Maclellan Caraideanuibhist, Laura Lee Health & Wellbeing Officer, Deborah McVicar Tagsa, Sheena Stewart UCVO

**Apologies:** Joan MacDonald Sgoil an Iochdair,

### Intergenerational Planning and Matt Kaplan Levels of contact

We discussed planning an intergenerational (IG) project and looked at the planning resource that GWT offered. We looked at Matt Kaplan's levels of contact. People took the resources with them and may utilise them when thinking of their own project plans.

We touched on evaluation and **Bella** agreed to send some ideas on how to evaluate.

### Local Updates

To begin with **Vicki** informed **Bella** that Uist consisted of many areas and islands and as such to contact all and personalise this is a good way to reach out to communities. The areas are:

- Eriskay
- South Uist
- Benbecula
- North Uist
- Berneray

As such in future **Vicki and Bella** will look at the email list for the Western Isles and have it updated together and separate Uist from Lewis and Harris when sending out correspondence. The discussion went into the history of the island areas and we spoke about going to where people are and how engagement and demographics are something that is a little more complicated in Island life.

**Sheena** spoke about the locality plan for North Uist and how it is a live plan which UCVO is working with local council and others to engage with the community. The group in general had discussions around planning and things that they thought may bring generations together in Uist. Thought of contacting the school to make soup or something with others maybe look at the church and ideas of what they could do? Look at small projects maybe once a month.

**Marion Anne** told us about intergenerational connections with Lochner school involved with Caraideanuibhist inviting people mid 40s to 90 year old taking part in a games afternoon and this has been something regular that has been successful.

**Deborah** explained that she has been involved in ceileidh concerts but has had challenges getting hold of any young people and is hoping to get more young people involved to join. She has been involved in a ceileidh planning meeting and the sessions are hosted in the church hall 2 – 4 pm once a month with transport provided for the young people. Deborah has received extra funding to hold ceileidhs all over Uist. She will be contacting Berneray. She commented that finding most people from nearby was her task and decisions to be made on local musicians and food. She felt that Berneray was a good place to start looking at a Saturday afternoon and agreed on transport. She also has printed out songs with words in Gaelic.

**Laura** is working in a secondary school as a Wellbeing Practitioner and IG is something that she is interested in. She may think of an IG idea. We spoke about isolation and loneliness and retired older people (retirement in general) with little to do. **Vicki** spoke about Bayhead where she used to live it's more like a village and that everyone talked to each other. Getting to know your neighbours is something that is important in rural life.

Since one of the earlier network sessions in 2022 **Joan** from **Sgoil an lochdair** got in touch with **Marion Ann Caraideanuibhist** and there was an event at the beginning of the year in schools in North Uist with students participating in music. Joan got in touch after this and they had some coffee mornings. They have managed to connect regularly.

Deborah has spoken with the librarian at Linclate Community School and they are training children to be readers. A couple of volunteers come from the school to support people. **Vicki** offered to help **Deborah** with any organising for future work and they can contact **Bella** for resources.

**Everyone at the meeting is keen to look at intergenerational work on the island and explore opportunities. It was agreed that Generations Working Together will provide a learning workshop in 2024. Dates and times to be confirmed. UCVO has offered use of the Board room. Planning this with Vicki and anyone else who is interested.**

## **Generations Working Together National Updates**

### **1. Intergenerational Roadshows in 2024**

We are changing the format of our usual annual conference and will not be hosting an International Conference in 2024. We will instead be moving to a bi-annual conference, alternating with Generations United in the USA, the first of which will take place in 2026. In place of our conference, in 2024 we plan to host a series of roadshows across Scotland. Look out for the information and dates that will follow in the coming months. We are keen to form partnerships with local organisations and local councils to open the roadshows and

explore intergenerational work in our communities across Scotland. The roadshows will be hosted in:

- Highlands – [contact Bella](#)
- Ayrshire & Arran – [contact Bella](#)
- Dumfries & Galloway – [contact Bella](#)
- Glasgow - [contact Ruairidh](#)
- Grampian – [Contact Ruairidh](#)
- Dundee – [Contact Louisa](#)

More info to follow on this. Please get in touch if you wish to take part or find out more.

## 2. Excellence Awards 2024



Here pictured are the award winners for 2023. Super well done to them all for the amazing intergenerational work that they are involved in. The awards will be open this year and information will be sent out soon.

[Look here to see this year's information.](#)

## 3. Community Knowledge Fund Research

The Community Knowledge Fund allowed Generations Working Together the time to explore community safety and looking at intergenerational solutions to bring generations together in our communities and test if doing so would alleviate perceived fear of crime. The funding was made available through the UKRI and administered by the Young Foundation.

[Read more about it and watch the short film.](#)

## 4. Global Intergenerational week 2023: 24<sup>th</sup> - 30<sup>th</sup> April 2024

We had a really successful Global Intergenerational Week 2023 (GIW), which you can read all about in our [2023 Impact Report](#). The week-long campaign will now take place on the same dates each year. GIW 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. Information for GIW24 will be available soon.

## 5. Thematic Network Sessions

The thematic sessions in Ageism, Intergenerational Housing Places and Spaces, Research and The Care Home Network continue to take place.

[Look on our website for future dates.](#)

## **6. Online Intergenerational Drop-in Clinics**

To support the growth of grassroots intergenerational projects and to continue the momentum of Global Intergenerational Week, GWT are opening a monthly online intergenerational drop-in clinic, to enable people to find out more about intergenerational work. Clinics will be led by Lorraine George, GWT Learning & Development Officer.

Drop-in clinics will start on Tuesday September 5th at 12 noon and will also run in October and November. Come and join the intergenerational movement.

[More information and booking details can be found on the events page here](#)

## **7. Creating Intergenerational Communities Programme**

Excitement abounds as Scotland (GWT) engages communities to formally sign a Partnership Understanding to be part of the Creating Intergenerational Communities Programme Pilot.

Networking and training have been taking place across Scotland, England, Wales, and Northern Ireland, engaging with diverse communities who are planning intergenerational connections, whilst following the Creating Intergenerational Communities Programme Pilot.

Intergenerational practitioners participating with the Pilot will receive support to deliver projects whilst following a Guidance Tool which includes testing of intergenerational Quality Indicators and reflecting upon their practice. To keep up to date with the progress of the Pilot visit <https://generationsworkingtogether.org/news/creating-intergenerational-communities>

## **8. Age Friendly Communities**

The Scottish Older People's Assembly (SOPA) successfully submitted a bid to the Tudor Trust in 2021 to develop Age-friendly Communities across Scotland and work started in earnest in early 2022. SOPA is leading on this work to stimulate local and national action to achieve better outcomes for people in and approaching later life, using the World Health Organisation (WHO) Age-friendly Communities Framework. [Read more here](#)

## **Resources**

### **[New tools for measuring impact of intergenerational work](#)**

The World Health Organisation has published two relevant evidence and gap maps on reducing social isolation and loneliness, which would prove useful to intergenerational practitioners seeking evidence to boost funding bids.

### **[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.

### [Growing Together Naturally case study](#)

Childminders & Grand friends Forest School, Torbay

This intergenerational project was funded by Connecting Actively to Nature and Orchard Forest School. Particularly during the last couple of years, with the pandemic, we learnt very quickly that our over 50's group had been expressing how much that they were missing the physical contact with their younger family members due to the lack of contact and ability to travel up and down the country to visit, so we decided to pilot an intergenerational approach in an outdoor space.

### [9 Standards in intergenerational work](#)

This document explains the 9 Standards in intergenerational work written by Sanchez, Clyde & Brown (2019)

## **Intergenerational Training Courses**

### [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.

The next ICIP training dates are changed for this year and ICIP 4 will now start on **3<sup>rd</sup> October to 27<sup>th</sup> November** we are offering a **50 % discount** for people.

The dates and discounts for 2024 are:

ICIP 5            25% discount for early birds

**16<sup>th</sup> January 2024– 11<sup>th</sup> March 2024**

ICIP 6            25% discount for early birds

**7<sup>th</sup> May 2024 – 1<sup>st</sup> July 2024**

### [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 3 - Our one-day introductory 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

GWT recognise the impact that the cost-of-living crisis is having upon training budgets and in response are offering this 1-day intergenerational training at a reduced rate this September for East Kilbride on Tuesday 19th September and Ayr on Wednesday 20th September.

The reduced training costs:

£35- Concession: GWT member /Third sector Under 250K/GWT member Public

£50 - 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 £500.00

**A Scotland wide online Winter Meeting for all networks will be held January 2024 with the date TBC.**