

Renfrewshire & Inverclyde Intergenerational Network Notes

Date and Time: 14th September 1.30 pm – 3.30 pm

Venue: Tannahill Centre, 76 Blackstoun Rd, Paisley PA31NT



Attendees: Sally Logan Renfrewshire Council, Annak Kerr VAER, Shelley Hart St Margaret ELCC, Paul Armstrong Home Instead, James McKee Renfrewshire Council, Yvonne Hughes Engage Renfrewshire, Bella Kerr GWT.

Apologies: Danielle Steedman Rashielea Primary, Diana Knox GMAS, Lynn McNee Environment, Housing and Infrastructure Renfrewshire Council, Kelly Aitken St Columba's Early Years, Claire Ramsay VAER, Karen Phin Calderwood Lodge Nursery Class, Pauline Kelly Renfrewshire Carers Centre Young Carers Project, Ramatu Umar Bako Pachedu, Jenni Mack The Caqre Workers' Charity.

James McKee Digital Strategy Delivery Manager offered a 45 minute presentation of the work that he is involved in with an array of information. He covered a full range of information including talking about ROAR the organisation who recently won an award for their intergenerational work around digital. He discussed:

- Loan to learn digital through libraries when you can borrow a device for up to 6 weeks.
- Paisley YMCA who have over 150 people they are working with. Renfrew they have sensory rooms and a green screen.
- ROAR
- Kidron Project
- Willimasburgh Housing.
- The Good thing foundation.
- Learning at any age etc.

- Skills in Barclays digi skills .
- My Computer My Way.

James will send on his powerpoint and I will get it out to everyone.

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 Kaplans levels of contact and discussed this a little bit and agreed that we are not always going to reach level 7 but the important part is to understand that it's not meaning it is better because it's a higher number but more that it's different levels and sometimes we must accept that our own situations will sit at level 3 or 4 and in the beginnings at 1 or 2. We can move through the levels too.

Local Updates

Paul talked about the older people using 'Home Instead' service and how they are people with amazing stories of their lives spent all around the world. He thought that it would make for an excellent IG project sharing info through older people's stories of their interesting lives. Discussion between the group about ideas and Paul mentioned that St Lukes in Barrhead have a volunteering class (he may reach out to enquire more).

We spoke about possibilities for 'Home Instead' such as Duke of Edinburgh work? Reaching out to schools to look at what could be developed. **Anna** offered to contact Paul and give some contacts.

Anna informed us that last year VAER did a project with some young people from St. Luke's High School and residents at Norwood Care Home, both in Barrhead, East Renfrewshire. The young people involved were undertaking a Volunteering class and working towards an SCQF qualification. The project lasted the duration of the first term and would kick start the young people's volunteering journey with a group volunteering experience before they undertook volunteering on their own. The project was going to be a "This is Your Life" type of thing for some of the residents at Norwood. The pupils were all, understandably, apprehensive about going into a care home as many had never been in one before. They had worries about how they would make conversation with the residents and what it would be like spending time there. To prepare for the project we did a number of things with the young people. They undertook a St. Andrew's Ambulance certified First Aid course, including a qualification in mental health first aid. The Local Studies Librarian for East Renfrewshire Culture and Leisure spent a session with us all looking at interview skills and how to get the best information from the residents. Finally, we did a session on dementia, using VR headsets to emulate what it is like to live with dementia. Before the first visit into the care home, the pupils were talking openly about their nerves and we could really feel the uncertainty. We paired up the young people to work with one resident. Over a few weeks, the pupils got to know their resident and took notes on what they were sharing about their past and what was important to them. After that they worked in their pairs at school, putting together something to present to the resident they had built a relationship with at a celebratory Afternoon Tea. The pupils worked hard to think about things that would be meaningful to the residents and even managed to get pertinent presents such as a framed photo of a particular memory for one and a DVD of a musical that another really wanted to see. At the Afternoon Tea, a number of the residents' family members had come along to join the celebration where the

young people presented the residents with what they had made. The residents and their family members were very touched by what the young people had put together and a number of people were in tears. The young people were blown away by the impact and it was a huge boost for them to see the positive effects of their efforts. It was amazing to see the young people who had previously been so nervous, helping residents to their seats, serving tea and cake and keeping the conversation flowing. We had feedback from parents, the young people themselves and the school about the difference it had made to the young people involved.

We talked about the downside to technology and how it was not always what people wanted especially since COVID and people like to see others in person and talk.

Shelley mentioned how the children from St Margarets nursery visit the care home and, they do things that help with people's physical wellbeing and that the older people play with play dough with the children.

Sally spoke about 'Urban Pathways' and how the older and younger people got involved in hula hoops and skipping. We touched upon Sporting memories. Urban poetic pathways phase 2 they made daqisy chains, sat by a hidden waterfall and it was notable that this had a calming effect on some young people.

Yvonne spoke about making an animation for her project and that they are looking for young people to take part. They are covering credit and money lending and looking at how they can perhaps team older people with younger people to look at debt and how it affects people's mental health. They want to reach a younger audience and they have worked with ROAR and hope to have resources to get people talking. They will be hosting a workshop based around that.

The conversations were stimulating and inspiring and Renfrewshire and Inverclyde networks do need to talk and share stories of connectivity between and across generations.

Next meetings will be in 2024 with dates to be confirmed. Look out for thematic network dates and online surgeries.

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](#)

Generations Working Together is a Scottish Charitable Incorporated Organisation SC045851

- 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: 24th - 30th 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 **3rd October to 27th November** we are offering a **50 % discount** for people.

The dates and discounts for 2024 are:

ICIP 5 25% discount for early birds

16th January 2024– 11th March 2024

ICIP 6 25% discount for early birds

7th May 2024 – 1st 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.