Generations Working Together

Scottish Government
Riaghaltas na h-Alba
gov.scot

Volunteering to connect generations: Why and how can I take part?

Acknowledgements

Authored by Lorraine George, Generations Working Together, with quotes from the intergenerational volunteers and organisations listed below.

Our grateful thanks go to:

Robert Grant & The Nifty Fiftys, the Intergenerational Champions (Ready Generations Charity), Louise Loram & the Orchard Forest School Wednesday Warriors (over 50's group), Ann Echols (Volunteer Centre County), Zach Barton (Lori's Hands), Staff from Methilhaven & Ostlers House, Dr. Harriette Campbell, Pam Maxwell, Kat Hannon (LEAP) & the Devlin Grove Friendship Group, Anne McDonald & the Highland Senior Citizens Network Virtual Tea-break, Louise Kelly (Care Inspectorate), Tracey Redpath (Volunteer Centre East Lothian), GWT Volunteer Intergenerational Network Connectors - Pamela Scott, Denise Nicholson, Lorraine Anderson and Louisa Turner, Elizabeth Bryan & Louise Walker (Age Scotland), and the Citadel Youth Centre.

We would also like to thank the Equality, Inclusion & Human Rights Directorate of the Scottish Government for funding the handbook, and the handbook advisory group members, for their guidance.

With special thanks to the named individuals and organisations who kindly agreed to let us use them as good examples of intergenerational volunteering.

"Intergenerational Practice is ~~Nice~~ *Essential*"

Generations Working Together

Scottish Government
Riaghaltas na h-Alba
gov.scot

Kaukab Stewart
Minister for Equalities

People of Scotland thrive in strong, inclusive communities that are defined by equality, equity and rich opportunities. Communities work best when they work together to improve social justice, reduce inequality and tackle poverty. It is only by continuing to grow and nurture our diverse communities in every part of our nation that we will deliver positive outcomes for people.

I recognise there is a greater need for intergenerational volunteering that showcases the wide-ranging knowledge, skills and life experience of our older and younger generations.

Volunteering to connect generations highlights how an intergenerational approach can be applied across many different fields to address inequalities, including health, housing, education and climate.

Setting positive narratives and sharing stories can help us to address negative age stereotypes that have been shown to have a detrimental effect on health. I welcome this publication which will help to dispel some of the stereotypes and myths around ageing and encourage people of all ages to get involved and feel the benefits.

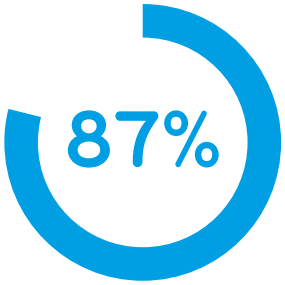
Introduction

The benefits of intergenerational work are tremendous, not only for the participants and the community in reconnecting generations, but also for the staff and volunteers that support the activities. We, Generations Working Together (GWT) understand that intergenerational work in Scotland could grow significantly if we encouraged more older adult volunteers to get involved. Volunteers are essential, they could make a huge difference in supporting intergenerational work in their communities by helping to carry out a range of equally important tasks.

Older people across the country are regularly engaging in activities which bring together younger and older generations. Some are actively planning, preparing and organising activities and creatively thinking of ways to bring children and adults together. Others are offering encouragement, sharing life experience, giving a listening ear, and /or helping to set up and provide refreshments.

We are aware that some people in later life may want to continue to volunteer and make a difference in their community, and may experience barriers

30%
of people aged
50 to 70
volunteered
informally during
the lockdown



have said they want to continue

(IPSOS Mori, 2020)

to getting involved, especially as their circumstances change. Intergenerational work offers a range of meaningful volunteering opportunities for everyone.

When we set out to write something which would inspire older adults regardless of their skills, interests and abilities, to volunteer in intergenerational work, we spoke to existing intergenerational volunteers to find out why they felt that intergenerational work was such a special area to volunteer in. We asked them what advice and tips they would give to other older adults to encourage them to join the intergenerational movement.

This is what they had to say:

- **It's a pleasure to do it.**
- **I wish there was more of it.**
- **It's not a commitment if you enjoy it!**

We asked lots of other questions too and have shared their responses in this handbook.

We hope they will encourage you to volunteer in intergenerational work in some way and join GWT in making Scotland an intergenerational nation; a place where people of all ages have strong trusting relationships with people of different generations.

Q1. We asked groups and individuals, 'What does 'intergenerational' mean to you?' They replied:

Intergenerational work isn't doing something to another generation, it's doing something with them.

Relationships are the most important thing – even more important than the jobs you are supposed to do!

I help out in the community café and once a week we have a parents & toddler group and invite the adults from the community to join us to have a bite and a blether. We just chat and some of them visit each other at home during the week. I didn't know what I was doing was called intergenerational work.

Intergenerational work means being present, persistent, have perspective, be playful and very, very, patient.

I thought intergenerational work was just about older people and young children. I didn't realise that it was people in their twenties and thirties as well.

The universally accepted definition of intergenerational practice is:

Intergenerational practice aims to bring people together in purposeful, mutually beneficial activities which promote greater understanding and respect between generations and contributes to building more cohesive communities. Intergenerational practice is inclusive, building on the positive resources that the younger and older have to offer each other and those around them.

(Beth Johnson Foundation, 2009)

‘As people get to know each other they then recognise what they have in common, regardless of their age and this helps to break down stereotypes about age.’

Intergenerational work focuses on providing opportunities for different generations to build relationships and it can take place in a variety of different ways, with older adults volunteering and giving their time to meet and engage with younger generations. How often groups meet up varies, but the more often they meet, the more meaningful the relationships can become.

Heather a volunteer from Lochmaben lives with dementia and makes a real difference in her community.

Heather visits Jaybees Childcare Centre several times a week to do various activities with the children who don’t see her health condition. They see Heather as a friend, someone with a friendly smile, sitting on her knee for a cuddle and a story, or someone who will listen, sit and chat if they are feeling worried or lonely. Heather says, “It gets me oot the hoose, a change of scenery”. The project aimed to embrace generations coming together by creating an environment for seniors and juniors to enjoy each other’s company at a pace suited to all. Heather initially visited the nursery one afternoon a week, her daughter Suzie drove her over and picked her up. Initially, Heather stayed close to staff and helped support the children during their activities, crafts, outdoors, baking, snack time, etc. However, Heather now visits three afternoons a week and travels independently on the bus (just one stop away in either direction).

People Scenarios

Mahira

Mahira is retired and loves gardening, growing her own fruit and vegetables. She spends time with her grandchildren patiently showing them how to sow seeds and take care of plants.

Mahira’s gardening knowledge would be really appreciated by her local school who are developing an intergenerational programme, recruiting older volunteers to work with students so that they can learn about growing their own food.

Intergenerational activities vary, but they all typically bring together two different generational groups who don't know each other. This might be young children, students, teenagers or even young adults, and they may meet up with an older generation which could be people in their fifties, sixties or older. When they meet, they engage in a shared activity which usually lasts for about an hour. The activities are generally planned to happen on a regular basis and both generations are encouraged to think about what it is they would like to do with, learn from or share with, the other generation.

Some communities and organisations plan intergenerational activities to bring generations together because their community feels very disconnected.

There is lots of evidence to suggest that taking part in intergenerational work improves people's health and well-being, builds their confidence and self-esteem, and makes younger and older people feel less isolated and lonely.

Intergenerational activities are a win-win, look at these examples:

Q 2. We wondered why people felt there was a need for intergenerational work in their community. The volunteers replied:

We live in a poorer area and there's not a lot of things for the kids to do. Because I grew up here, I know what's missing for these kids and sometimes they just need someone to talk to. Young people can be lonely too.

I didn't realise that the children's families learn as well because the kids go home and talk about you and tell them what they've been doing.

The world is a very different place than when I was a kid, and it puts more stress on children. This project helps.

Ages don't seem to mix very well now. When I was younger, I knew everyone, of all ages and people would speak to each other because they knew your family. Now, I know the names of my neighbours either side of me, but I don't know anyone else. The friends I had in the street have died or moved away.

I worked in an intergenerational project as a veteran supporting young people with work experience and it was amazing. A young person had said that initially he was very shy and felt awkward and very apprehensive to walk through the door. Since working with the veterans he is confident around all old people. As a result of being involved in the project, the veterans gave him that confidence. He spoke with pride as he was speaking with me.

Intergenerational activities often depend upon volunteers to help them run. Imagine the impact volunteers could have if there were more helpers/organisers to help plan these types of activities. Volunteers have so many different life experiences, skills and interests which can be shared with others, whether that's learning a new language or supporting the local football club.

Q 3. We asked volunteers, what skills they felt they had which were useful for intergenerational work. They replied:

I wish I'd known how useful my practical skills were - I could show them how to do simple repair work and maintenance.

I volunteer with a writing workshop. I find interacting with young people very uplifting and stimulating.

I do lots of volunteering roles because I enjoy it. It keeps me busy, and I feel better for it. If I didn't do it, I don't know who would. I tend to keep the paperwork in order and organise everything. I even attend network and community meetings.

I wouldn't call what I do volunteering, I'm just helping out with the refreshments. I've been making cups of tea for years so didn't need any training! I love seeing the kids and catching up with them.

Sometimes I just like to watch the children, to see how they choose their activities and what sort of help they might need. I'm a good observer.

Even if you are not very mobile or physically able you can still be involved. You can just talk and listen and be interested.

CASE STUDY

Ayrshire intergenerational boat building project

The volunteers in the Ayrshire intergenerational boat building project weren't all boat builders when they joined the project; to start with they learnt alongside the students.

The project was lead by Vincent McWhirter, Outdoors Activity Development Officer. It started as a way of getting young people to gain skills through the Duke of Edinburgh's Award. Working with wood, getting young people on the water and helping with volunteers ticked all the boxes. It made sense to make the project an intergenerational one as the young people didn't have the skills to build a boat alone.

Following an initial public meeting which 20 retired people attended, most in their 60s and 70s, the project began. Most older volunteers had little experience of boat building however, they made up for it with their interest in working with wood and willingness to work with the school pupils. It grew from there.

Over the years the project rolled out to four other locations and six boats were built along the Ayrshire Coast.

People Scenarios

Mohamed

Mohamed used to volunteer in hospital radio running the patients request slot and still occasionally works as a DJ. He loves sharing his knowledge, skills and love of music with others.

As part of the curriculum, the local high school are looking for adults with technical skills and knowledge who would like to pass on their learning to the students. This would be perfect for Mohamed. He just needs to contact the school and find out how he can help.

Types of intergenerational volunteering opportunities

One of the people we spoke to said, 'Each volunteer has their own role and needs to find their own niche - they all have their own skills'. These examples may give you some idea of the skills you may have and the types of intergenerational activities you could use them for:

- Ask yourself - what am I good at?
- What kind of intergenerational volunteering could I help with?

Helping others

Intergenerational volunteering can help you to connect with people of other ages in your community. You could help out in playgroups, nurseries, schools, youth clubs, sheltered accommodation or residential care homes, community or faith-based projects.

Being creative

Do you have artistic talents? Can you share them with children and young adults and build meaningful connections? Intergenerational projects such as choirs, orchestras, musical or drama groups, sewing, painting & crafts, would welcome your support.

Learning is lifelong!

Are you someone that loves to learn and wants to share your knowledge and life experience with others? Are you an avid reader? Could you be involved in oral history lessons or support young learners with their reading, numeracy or languages? Could you pass your passion for learning to others?

Sharing your knowledge

Have you got a background in practical skills or traditional skills that are dying out? Can you share them with others so that the skills can be passed on to younger generations? If so, get involved in intergenerational work.

Being fit & healthy

Nothing connects people more easily than growing vegetables or cooking food together. Are you enthusiastic about keeping fit? Could you volunteer in a community garden, or lead an intergenerational walking group or dance group, and share your healthy habits?

Running intergenerational groups

Are you a good organiser or fundraiser? Can you communicate well with people at all levels?

As a volunteer you can use these skills to plan and develop your own intergenerational activity that would bring people together in your community.

People volunteer for all sorts of reasons. Some to give back to their community or because they love what they do, others feel it improves their health or they simply enjoy learning. Others volunteer because they are no longer working and still want to make a difference and feel valued.

Q 4. We asked volunteers, 'What do you get from engaging in intergenerational work as a volunteer?' they each responded very differently:

I don't get much chance to meet kids as my family live away. Now because of the activities if the kids see me shopping, they come and talk to me.

I love being with young children and I just love them. I get emotional and they make me feel better. Being with them is my Garden of Eden.

I thought I was helping them (young people) but actually they were helping me! Helping others, means that I'm not thinking about my own problems for a while and that feels good.

This project improves my health being outside in nature. I was recommended by my GP to join the group and volunteer.

The other adults that I work with are really friendly, so I've made friends of my own age as well as younger.

I have learnt so much myself, especially digital skills. I can contact my family now and see them when I talk to them which is nice.

I like teaching children new skills and watch them learn, become confident and do them independently, but I also learn new things from them – it's reciprocal.

I can use my own skills doing things that I enjoy and can choose the times when I volunteer. I can help in my own way.

It gives me a real sense of purpose, something to get up and get ready for.

Taking part in intergenerational work has made me more natural, patient and empathetic. I pretend to be naughty sometimes which makes them laugh.

I've learnt about child development and how to support children's learning, which I found really interesting.

It's an opportunity to give some advice, to tell them to get something else, do a wee course in something, electronics, accountancy, anything, get as much under their belts as they could.

Volunteering in your community allows you to meet new people who are of like-mind to you and do things that you enjoy doing. You can give back and help others. The result is a fuller, more well-rounded life.

People Scenarios

Reuben

Reuben is always out and about the neighbourhood on his mobility scooter and talks to everyone! He particularly loves sitting in the garden when school finishes so that he can chat to parents and children as they walk home.

To encourage people of all ages to get outside and reconnect with people, the council are planning to develop community walks. Reuben would make a great intergenerational connector as he loves talking to people of all ages and is interested in finding out more about them.

There are so many benefits to volunteering for adults and the community.

Benefits for intergenerational volunteers	Intergenerational work in the community
• It boosts your well-being and improves your mental health. • You can give back to your community and enjoy the company of like-minded people. • Helping others, helps you! • It enriches your life and you'll enjoy yourself. • You get to do something which inspires you. • You can learn something new. • Making a difference feels good! • You will feel a sense of accomplishment. • Participating in a social activity is fun! • You can make memories. • You can just be yourself! • You can gain work experience.	• Helps to deliver/offer a much-needed service. • Inspires community engagement, addresses challenges and creates positive change. • Enhances community health and well-being. • Reconnects generations. • Reduces age discrimination and challenges stereotypes. • Creates and improves community spaces. • Reduces loneliness and isolation for young and old. • Makes a real difference to people's lives. • Builds and encourages civic responsibility. • Brings diversity which enriches everyone. • Saves resources and builds sustainability. • Unites people from diverse backgrounds to work toward a common goal.

When people consider volunteering, there is so much choice as to how they can give their time and what organisations and good causes they can support, that some people may not realise the value that comes from getting involved with intergenerational activities and building connections with people of other ages.

Q 5. We wondered what advice existing volunteers would give to people about intergenerational volunteering. They wanted to reassure people by saying:

Go to the open day and find out about the project and intergenerational work. Meet everyone before you make your mind up. Just come and see what happens, it has to be fun, older people need to have fun in their lives!

It's important that volunteers know what they can do and are interested in and passionate about, and it can be anything!

It's important to be genuinely interested in them. We all learn together.

Explain things to them, be patient, repeat as many times as they need to hear/try until they are confident enough to have a go. Kids learn in their own way.

Intergenerational sessions don't always go to plan, being spontaneous is good fun and works well. You don't have to worry about the activity, the relationships come first.

You have to learn something about Safeguarding, which is important to keep everyone safe, but other than that it was just conversations, learning on the job, bit of everything, and lots of common sense.

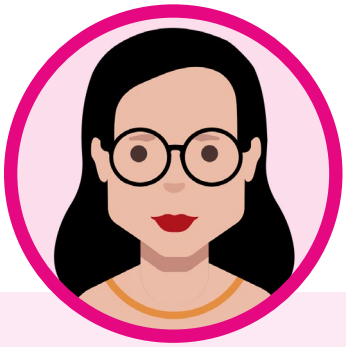
Become a member of Generations Working Together, volunteers are given free membership which gives access to many easy-to-read resources, films to watch and networks to get involved in.

Our community kitchen

Lastly, if you are uncertain about what it is that you are supposed to be doing, 'just follow the children or young person's lead!' which in this example, is what the volunteers from Our Community Kitchen in Haddington, do.

Our Community Kitchen is a community support group, it was established as a result of loneliness and isolation during the Covid 19 pandemic. They now deliver many activities for the Haddington community in East Lothian including hot meals and days out. They have recently joined with The Compass School in Haddington to work on a new project called 'Growing Friendships', which brings pupils and people together to enjoy activities, allowing meaningful friendships to be formed across the ages. Their main activity is creating a community garden in the grounds of the school. When they started volunteering within this project, the older people put their creative skills together with the pupils to create a project logo, this enabled everyone to get to know one another and share their skills.

There are always going to be challenges when people start volunteering because we are all very different and volunteering may be a new experience. Some of us are more outgoing, whilst others can be shyer and feel anxious about starting something new. GWT are often told that **'the benefits of intergenerational work outweigh any challenges.'**



People Scenarios

Hannah

Hannah is passionate about reading and runs an online book club which has both younger and older members. She also volunteers at her local school which encourages older adults to volunteer and listen to children reading.

Intergenerational 'book buddy' programmes make a huge difference to children's learning ability. Hannah could share her love of reading with the children, encouraging and inspiring them to read. What a difference she could make!

Q 6. We asked volunteers whether they faced any challenges when they volunteered for intergenerational projects. They replied:

I'm quite a shy person, an introvert, so it has been a bit challenging, meeting different people. Having support from the group lead helped, and they explained what I had to do, which was really just playing! Being an introvert is easier with children, they don't judge me.

I was quite fearful of meeting teenagers if I'm honest. Now I can look back and laugh at myself as we are such good friends. But at the start, I was fearful, and I was surprised to find out that the teenagers felt that we didn't like them. So, they were anxious about meeting us as well.

As a full-time carer it can be hard to find the time to help out as my free time is limited, but I do enjoy it when I can go.

As I'm outside for a whole morning it can be tiring, but I sleep well.

I thought there would be a lot of learning and I didn't like school, but the learning was okay, just lots of chats over coffee.

I wondered whether they would say I couldn't join in because of my depression, but that wasn't the case at all. They spent time with me finding out what I wanted to do and how often I could attend.

I was stuck with transport. We don't have regular local buses. So, another volunteer picks me up and drops me back home. Without him, I couldn't have got involved.

Technology training was helpful as I had no idea what to do initially. Once I'd learnt I was off!

Q 7. We then said to everyone we met, what would you say to older adults to encourage them to volunteer in intergenerational work? They replied:

Just do it, you'll be surprised at how much you have to give and how much you will learn.

You don't have to look like a teacher, to be a teacher!

You may think it isn't for you, but it is. Our role is 'Chief Encouragers!

Being with the young people made me change my behaviour. I realised I had to respect them and just listen and learn.

I would advise people to just go for it and do it, they'll never regret it.

Come with an open mind, every day is very different. Intergenerational work is addictive, it hooks you in and you want to do it all the time.

STAND

This is what the group of volunteers (aged 45 plus) from STAND (Striving towards a new day) found when they joined the parenting class which takes place at the Care Home in Methilhaven Intergenerational Care Village in Fife. They share parenting advice and life experiences with new parents and enjoy each other's company. All of our volunteers live with dementia and are accompanied by carers and supporters.

The STAND organisation encourage older adults with early onset dementia to volunteer in a range of different intergenerational activities like this, as the volunteers not only benefit cognitively from the social interaction, but volunteering also enables them to play an active part in giving back to their community.

Another group of STAND volunteers are involved in intergenerational programmes with St Maries RC Primary School, having formed a new intergenerational choir in partnership with the students.

CASE STUDY

Q 8. GWT's mission is to make Scotland the first intergenerational nation. We asked groups and individuals; what did they think we could do to make this a reality. They advised us to:

Tell everyone about the benefits!

Include it in the school curriculum.

Tell Doctors about it as it helps my health and makes me move more.

Train people about intergenerational work and how it can help the community.

Tell Community Councils & Community Partnerships so that they can encourage it in their area.

People Scenarios

Amari

Amari loves local history and has lived in her local community all of her life. She often finds herself chatting to people of all ages when she is out and about on her daily walk.

To encourage young people to feel that they are part of their community, the local youth club are looking for older volunteers to be involved in a film project which explores how local places have changed over time. Amari's ability to talk to people, combined with her community knowledge would make all the difference to the project.

GWT are going to follow their advice! Why don't you join gwt.scot and help us?

Top tips from intergenerational volunteers:

1	Think about how much time you can give to an intergenerational project. You can decide how much or how little you want to do.
2	Choose something that interests you and fits what you are good at and enjoy doing. They don't have to be practical skills - listening and having fun are really important too!
3	Find out about the project, the activities and what's expected of you. You may have different expectations to other people, and you may be able to help more than you think.
4	Ask about practical things such as where to park, whether you need to bring anything and whether there are any funds that can cover your transport costs.
5	Let them know what things will help you to volunteer, such as information in big print, a phone call in the morning to remind you, someone to help you fill in any paperwork, or a buddy to help you settle in.
6	When you talk to young children, come down to their height to communicate, that helps.
7	When you meet new groups be interested in them and ask questions about their day and their life. Be open-minded and curious about them.
8	Make sure you know who you can talk to if you have any questions.
9	Be aware that you may need to do some on-the-job training or induction process, it's usually very informal and it will help to build your confidence. You may also need PVG[1] clearance, depending upon the organisation you are working with.
10	Ask for the project lead to let you know how you're doing and whether you need to change anything.

[1] The Protecting Vulnerable Groups (PVG) scheme is managed by Disclosure Scotland. It helps ensure people who are unsuitable to work with children and protected adults cannot do regulated work with these vulnerable groups.

'Ask at your local volunteer or community centre, primary school, nursery to see if they know of any intergenerational projects taking place or contact GWT[1]. Intergenerational work might be attached to a playgroup, nursery, school or a library, a faith group, or a youth club, or you could create your own intergenerational group and activities.

You can also join your local intergenerational support network run by GWT which meets 2-3 times each year. These sessions provide an opportunity for you to meet people in your local community that are planning or already engaged in intergenerational work'

If there aren't any intergenerational activities locally, you could always start one like Brian in Nightingale Hammerson, London:

Brian is a retired ballet professor who moved into teaching when his career as a soloist at the Royal Sadler's Wells Ballet ended. He is single, has no family in England and lives alone. He was initially invited to lead six intergenerational ballet sessions at the Nightingale Hammerson intergenerational community space but, nine months later, his intergenerational classes are a regular highlight. He has joined the team of volunteers and supports various activities in the care home as well as other intergenerational sessions. He says that using his experience and expertise to maintain body strength as a grand-friend whilst supporting the children's physical development, has transformed his life. He feels valued and has purpose and he is now part of a new, exciting community.

[1] www.gwt.scot

People Scenarios

Lenny

Lenny enjoys singing and is part of his church choir. The choir has a mixture of ages and they often sing at community events. His favourite part is chatting to everyone after they finish.

Lenny's ability to easily make friends could change the choir from multi-generational to intergenerational. This would result in more meaningful friendships, which in turn would break down stereotypes and misconceptions amongst generations.

To develop intergenerational activities in your community you should:

Prepare	Plan	Engage	Deliver	Share	Evaluate

Are you in an existing group that you could invite another generation to join, or are there any activities which already run in the community which could become intergenerational? This would make it easier to sustain.

- Who could you partner with to help you to plan activities and support the activity sessions? What resources would you need?
- Which generational groups do you feel would benefit from getting together; why is this?
- Where could you meet? Remember that intergenerational work can happen outside or be online.
- For the activities to be intergenerational, they need to benefit both age groups. How can you invite a younger generation to work with you? What do you both want to learn from each other?
- Activities work best with equal numbers of age groups, so think about how you will invite people to take part.
- How will you measure the difference you make?
- You can contact GWT for advice, help and support. Membership is free for individuals in Scotland and, as a member, you can also ask questions at the monthly online Intergenerational Drop-in Clinics.

People Scenarios

Andy

Andy used to be in the merchant navy and misses the friendship it brought. He volunteers with the Sea Cadets one evening a week and shares his seamanship knowledge and skills with the students. He would like to volunteer with young people more often because he personally gets so much from it.

As Andy enjoys volunteering with young people, he could find out what other opportunities there were by joining his local intergenerational network at **www.gwt.scot.** At the network meetings he would hear and learn about local intergenerational projects and find out what else he could be involved in.

Further information can be found on the Generations Working Together website including:

- details on our free membership for volunteers;
- where and when our local intergenerational networks meet;
- where and when our training sessions take place (in person and online);
- a rich resource library full of toolkits, guidance and case studies showcasing great examples on intergenerational activity and projects;
- films showcasing GWT's Excellence Award winners;
- details of volunteering opportunities within GWT;
- evaluation resources and toolkits;
- dates and times for our drop in support sessions where you can ask questions.

For general advice and guidance on volunteering in Scotland go to **volunteerscotland.net**

If you are looking for a volunteering position or have an intergenerational volunteering vacancy to advertise check out the **volunteer.scot** website. The site allows volunteers to search for opportunities, create profiles and upload their own volunteer stories.

People Scenarios

Betty

Betty wants to do something that keeps her active.

As a retired shop worker, she enjoys listening and chatting to people and helping them however she can.

Betty could contact the local residential care home which runs a parents and toddlers intergenerational play session on a Wednesday morning. Care homes are often in need of volunteers like Betty, who want to help their community so that the residential adults still feel useful and valued.

Generations Working Together
Brunswick House
51 Wilson Street
Glasgow G1 1UZ

Telephone: 0141 559 5024

www.gwt.scot

© Generations Working Together 2024