



## **Synopsis of workshops**

### **Session 1. Higher education goes intergenerational (AM)**

**Facilitator:** Lisa Dods, Sports and Fitness Lecturer, University of the Highlands and Islands Perth College

**Perth College UHI students Physical Activity project with Older Adults in Care homes**

Perth College UHI students and staff will share their experiences about their exciting physical activity project where they worked with older adults in care homes. They will cover how they set up the 12-week project with the NHS and local leisure provider, Live Active Leisure and how they overcame the barriers to deliver their successful intervention. The students plan to share their thoughts about how they felt working with older adults as well as the feedback they gained from all involved.

**Facilitator:** Alastair Wilson, Senior Research Fellow, School of Education, University of Strathclyde

**How intergenerational mentoring can reduce educational inequality in Scotland**

This session will draw on the experiences of mentees and mentors involved in Glasgow Intergenerational Mentoring Network. This is a three-year project funded by the Big Lottery to improve participation in higher education of young people from communities experiencing educational and social disadvantage. Based at the School of Education in the University of Strathclyde the project is designed as a research and development process that will deliver mentoring and produce a model of effective mentoring that will have a lasting impact.

Mentoring is not always straightforward offering both challenges and rewards at individual relationship and organisational levels. The session will outline the progress of the project focusing on the contribution and experience of mentors. It will challenge participants to think about the role of mentors in young people's lives and the ways in which their knowledge and experience can be drawn upon within new relationships that have mutual benefits.

### **Session 2. Getting Creative Together (AM)**

**Facilitator:** Natalie McFadyen White, Programme Manager, IMPACT Arts.

Craft Café run by IMPACT Arts is a creative workshop programme for older people which provides them with the opportunity to engage in a range of arts activities with support from an artist in residence. This is a place where they can learn new skills, renew social networks and reconnect with their communities.

This session is a chance to find out more about the health and wellbeing benefits of using a creative approach within projects, such as improved mental health, increased confidence, reduced isolation and loneliness. Join us to discover activities/approaches that inspire and involve different generations.

### **Session 3. Using intergenerational approaches for digital inclusion (AM)**

**Facilitator:** Fraser Reid, Senior Policy Manager, Digital Participation Unit, Scottish Government

A truly Digital Future is only possible if we are inclusive of all in society, bringing the right access to the right people who have the confidence and skills to make the most of it. It is for this reason that the Scottish Government has put Digital Participation at the forefront of creating a World Class Digital Nation.

Fraser Reid, Senior Policy Manager for the Scottish Government's Digital Participation team will discuss how strong links with third sector partners and other frontline organisations are helping to turn the tide from Digital Exclusion to Inclusion.

**Facilitator:** Megan Deputter, University of Strathclyde

LIST – 'Leveraging the Digital Competences of Senior Women' is an intergenerational pilot project aimed at helping older women overcome technological barriers by acquiring basic ICT skills. Secondary school pupils were trained to act as tutors to the 85 participating women, assisting them in using digital technologies for purposes such as finding information and gaining access to services, as well using digital communications technologies such as Skype and social media. Courses in Glasgow were run by the University of Strathclyde's Centre for Lifelong Learning as part of this European Commission-funded project. As well as courses in Poland, Sweden and Norway, the project ran three courses teaching 85 people. The classes were taught by adult educators, some of whom were older people themselves who were keen to pass on their knowledge. The support of the younger 'digital natives' who acted as tutors created opportunities for mutual learning.

### **Session 4. Encouraging and developing intergenerational projects within protected characteristics groups (AM)**

**Facilitator :** (TBC)

This workshop will focus on connecting protected characteristics groups with other groups and organisations that are interested in bringing together younger and older people.

The workshop will be very interactive providing opportunities to hear from people who currently use an intergenerational approach, have an idea that they need help developing, or who are happy to provide support to organisations that would like to develop intergenerational work with a specific group.

Before connecting with participants, facilitators and project leads need to address certain issues and on many occasions, need to provide further training for their staff, volunteers or possibly the younger and older people. Working with specific groups may require some additional planning, training and support for example hard of hearing, deafblind, and disability.

Hear and learn how you can connect with them to potentially develop intergenerational projects.

## **Session 5. Connecting generations between care homes and schools (PM)**

**Facilitators:** Pam Cook, Support for Learning Teacher, Karen Boath and Carla Byrne, Pupil Support Workers and Frances Flynn, ASNA plus 2-3 pupils from Harris Academy

Harris Academy, in partnership with Balhousie Care Home, Clement Park, and St John's High School, Dundee, are involved in an award-winning volunteering project, 'Hands Across Time.' Initially, the project received funding of £4000 from 'Education for All.'

The project is a true piece of intergenerational practice, where young and old have come together to work, share stories and learn. Pupils have worked alongside residents on a weekly basis, focusing on the garden, weaving, games, art activities and technology. The pupils are building positive relationships with the older generation and residents look forward to the weekly sessions. The residents appear to have increased motivation and feel they are able to contribute to the community they are part of. For the pupils, who are not necessarily academic, the project has changed their opportunities within the world of employment by giving some of them a very positive destination after school.

This workshop will give you a closer insight into the 'Hands Across Time' project, with presentations from staff and pupils. You will then be asked to consider how you would plan and deliver your own intergenerational project. A pack, which will include a template, exemplars and information is available to help you. There will also be a Q & A session to finish.

**Facilitators:** Clare MacColl, Principal Teacher, St Stephen's Primary (TBC)

## **Session 6. Connecting generations through walking (PM)**

**Facilitator:** TBC

Paths for All is a Scottish charity and champion everyday walking as the way to a happier, healthier Scotland. They want to get Scotland walking, everyone, everyday, everywhere.

Paths for All, through its Walking for Health project is a leading delivery agent for the Physical Activity Strategy. The role of Walking for Health is to develop walking schemes in community settings as well as in workplaces. Through projects the aim is to increase the awareness of the benefits of being physically active as well as encourage more people to become active and stay active through walking.

During this workshop Paths for All will discuss how they can get everyone across the generations walking together including information on the new Dementia Friendly Walking project (funded by the Life Changes Trust).

### **Session 7. Intergenerational experiences through befriending (PM)**

**Facilitators** - Odette Fraser, Depute Head Teacher, Calderglen High School, East Kilbride.

The school is very pleased to be starting its 5th year of intergenerational work with its 'Befriending' project. The project is run by a partnership between Calderglen High School and Avril Anderson who is a key member of the community. This project pairs two pupils with a named senior that they visit each week. These visits build relationships across the generations as games are played, chores are tackled and tea is supped!

The pupils can do small chores - perhaps reaching cupboards that are too high or too low – or help with technological devices such as mobile phones, computers and Kindles. In return, pupils learn about recent history or perhaps pick up skills such as baking, sewing or playing scrabble. The visits bring the chance to chat, to have a cup of tea and to see the world from the others' points of view. One of the pupils is quoted as saying: "I decided to get involved in befriending and I have thoroughly enjoyed it and become more involved in my local community". One of the seniors said: "I have to say it has been refreshing to meet these teenagers as they are so compassionate and are a great help to us, doing household tasks we struggle with. It has really changed our opinion of the teenage generation."

"This project is a wonderful way of building the community of Calderglen and with Avril's support we will continue to develop our Befriending Project" said Odette.

**Facilitator:** Garry McGregor, Quality Officer (Children and Young People's Services), Befriending Networks

Further details will follow shortly.

### **Session 8. Age Awareness (PM)**

**Facilitators** – Cheryl Ewing (Generations Working Together), Vicki Titterington (Linking Generations Northern Ireland) and Keelin McCarthy (Age Action, Ireland)

What stereotypes do we have around growing older? Are these realistic or do we fall victim to what we hear and see in media? This interactive session will give the opportunity to reflect on how we label different generations and ways in which we can break down barriers around ageing.