

Global Intergenerational Week



Introduction

Thank you for downloading this resource

NAPA specialises in providing professional development opportunities that support person-centred activity and engagement; this includes resources to support and develop practice.

It is very important to us that every practitioner and family carer has access to the resources they need to engage the people they support.

*All NAPA resources are therefore available either **FREE** of charge or at a very low cost.*

Here are some of the resources we provide free of charge:

The NAPA Calendar – An Activity for Every Day of the Year. Click [HERE](#)

Bits and Blogs – Guest blogs and updates from Specialist Practitioners on issues relating to activity and engagement. Click [HERE](#)

FREE Resources – Free publications focussing on a range of themes and topics to support the practice of Activity and Care Providers. Click [HERE](#)

Specialist Resources for Friends and Family – Free resources created to support friends and family members in engaging their loved ones. Click [HERE](#)

NAPA News – Weekly e-news sent to 10,000+ network subscribers. Subscribe to NAPA News **FREE** of charge and you will receive all the latest news about our services, projects, learning opportunities and resources such as our most popular blogs and videos, information, and support. Subscribe [HERE](#)

Our Resources are co-created with NAPA Members, Subscribers, Advisors, and Partner Organisations.

We are grateful to all our contributors whose support enables us to make resources available for **FREE** download for NAPA members.

If you would like to support NAPA to continue to provide free resources then please visit our Get Involved page. Click [HERE](#) to find out more.

NAPA members can also access The Shed which hosts thousands of ideas, tools, and tips to enable Activity and Engagement.

NAPA Members can access The Shed 24 hours a day, 7 days a week, 365 days a year – Click [HERE](#)



NAPA ARE PROUD TO SUPPORT GLOBAL INTERGENERATIONAL WEEK 2022



*WRITTEN BY HILARY WOODHEAD
NAPA EXECUTIVE DIRECTOR*

Global Intergenerational Week, is a campaign connecting everyone who is passionate about everything intergenerational. In its third year, the week looks to inspire us all to fully embrace intergenerational practice, connecting people of all ages, especially the younger and older generations. The campaign celebrates good practice, ideas, moments, and opportunities where different age groups come together, and intergenerational friendships are formed! It provides an opportunity to plan for the future developing new ways of connecting and being creative in how we use our spaces and places, and the resources generations have to offer one another.

As we emerge from the pandemic now more than ever it is vital that we develop and celebrate relationships between generations to rebuild our communities, reduce isolation and loneliness, improve health and mental wellbeing, help young people to catch up with their learning, and to reduce ageism.

The campaign is led by **Generations Working Together** from Scotland in partnership with **Linking Generations** Northern Ireland, **Bridging the Generations**, (Wales), and **The Beth Johnson Foundation** (England).

GLOBAL INTERGENERATIONAL WEEK 2022

The aim for the week is to get as many people as possible involved and talking about how they plan to connect younger and older generations to build strong connections and friendships. If you are interested in taking part in the 2022 campaign please complete the supporter's registration form which can be found on the Generations Working Together website **HERE**

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) Intergenerational work is intended to be reciprocal with positives for all involved. An intergenerational approach planned and delivered thoroughly can achieve very positive results.

Intergenerational care is the practice of bringing together the young and elderly (creating opportunities for care to become the main focus of an intergenerational relationship).

Intergenerational learning is the way that people of all ages can learn together and from each other. It is an important part of Lifelong Learning, where the generations work together to gain skills, values, and knowledge.

Intergenerational Activities are the opportunities we create to enable intergenerational connection. There are many resources in The Shed to support you in developing and providing Intergenerational Activities.

HERE



The benefits:

1. Reduces loneliness and isolation
2. Builds friendships and connections
3. Enables trust
4. Facilitates the sharing of knowledge and skills
5. Enhances wellbeing
6. Improved confidence and self esteem
7. Creates a sense of belonging
8. Builds communities
9. Enables understanding
10. Celebrates diversity

If you would like to discuss intergenerational activities with a member of The NAPA Team, please call the NAPA Support Line, our free and confidential activity support service.

#INTERGENERATIONALWEEK



NAPA ARE PROUD TO SUPPORT GLOBAL INTERGENERATIONAL WEEK 2022 ACTIVITY IDEAS



WRITTEN BY HILARY WOODHEAD
NAPA EXECUTIVE DIRECTOR

Global Intergenerational Week, is a campaign connecting everyone who is passionate about everything intergenerational. In its third year, the week looks to inspire us all to fully embrace intergenerational practice, connecting people of all ages, especially the younger and older generations. The campaign celebrates good practice, ideas, moments, and opportunities where different age groups come together, and intergenerational friendships are formed! It provides an opportunity to plan for the future developing new ways of connecting and being creative in how we use our spaces and places, and the resources generations have to offer one another.

The aim for the week is to get as many people as possible involved and talking about how they plan to connect younger and older generations to build strong connections and friendships. There are many useful resources available to support Global Intergenerational Week activities in The Shed [HERE](#). If you are interested in taking part in the 2022 campaign please complete the supporter's registration form which can be found on the Generations Working Together website [HERE](#)

#INTERGENERATIONALWEEK

Getting started

- Make contact with schools, universities, colleges, community groups (scouts, guides, churches, etc.)
- Attend events where different age groups will be interacting with each other
- Reach out to volunteering and community-based opportunities that involve people from different age groups



Tips for supporting Intergenerational Activities:

1. Avoid reinforcing negative stereotypes
2. Be aware of differences in expectations, needs, and preferences - This may be influenced by such things as people's cultural backgrounds, abilities, and gender
3. Make everyone feel at ease – it can be a little nerve-racking taking part in group activities
4. Younger people may be inhibited by their peers, who may consider contact with older people 'uncool'. Be sensitive to this.
5. Take steps not to cause younger people to feel embarrassed or anxious
6. Focus on strengths within your local community rather than weaknesses
7. Ask for feedback from everyone involved
8. It'll make for better sessions in the future
9. Not everyone wants to be involved, but people might like to be invited
10. Make sure people have a choice



Activity Ideas:

Useful Resources and Contacts:

Intergenerational Activity List (i2i, 2009) An informal list with lots of ideas. [HERE](#)

·Intergenerational Activities Sourcebook (Pennsylvania State University, 2003) [HERE](#)

·Intergenerational Quiz Toolkit (Generations Working Together) Includes a video, planning checklist, parent information sheet, and other tools. [HERE](#)

·Intergenerational Volunteering (BBC) A BBC 'Do Something Great' information sheet. [HERE](#)

·Reweaving the Tapestry of the Generations: An Intergenerational Learning Tour Through Europe (The TOY Project, 2013) Examples of learning activities. [HERE](#)

·Together Old and Young (TOY) in Action (The TOY Project, 2014) [HERE](#)

·Intergenerational Learning Programme (Council for the Third Age, Singapore, 2016) A project matching up older and younger people within fun group learning sessions.

[HERE](#)

·A Guide to Intergenerational Practice (Beth Johnson Foundation, 2011) [HERE](#)

·Connecting Generations: A Guide to Best Practice (The Scottish Centre for Intergenerational Practice, 2009) [HERE](#)

·Together Old & Young: How should we live together? A spotlight on the benefits of contact between the youngest and the oldest citizens in our communities.



Do intergenerational activities do any good for older adults' well-being? A Brief Review. Park, A-La (2014) in Journal of Gerontology & Geriatric Research, 3 (5). p. 181. lii

· I Need You, You Need Me: The Young, The Old, and What We Can Achieve Together. Generations United/Eisner Foundation (2017)

·A Guide to Intergenerational Practice. Beth Johnson Foundation (2011). v

·Generations Working Together: Learning Through Intergenerational Practice. Generations Working Together (2013).

· Making Intergenerational Connections – an Evidence Review. Drury, L., Abrams, D., and Swift, H., published by Age UK (2017). vii

·Connecting Generations – A Guide to Best Practice. ScotCIP (2009).



#INTERGENERATIONALWEEK



If you would like to discuss intergenerational activities with a member of The NAPA Team, please call the NAPA Support Line, our free and confidential activity support service.

Global Intergenerational Week

Connecting children and the individuals you support can be beneficial to both the younger generation with learning and the old generation in teaching.

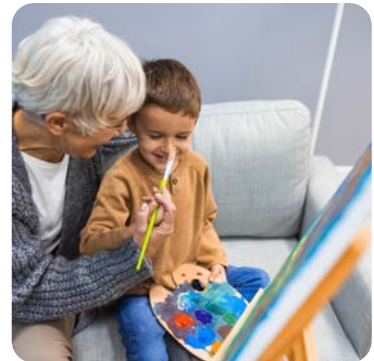
Here are a few ideas that could help you connect and support intergenerational projects in your care setting:

Community:

- Connect with education- you could connect with early years children
- at nursery, all the way to college students. Look at what is in your area and think of the schools who might support additional needs and connect with them, too.
- Youth groups – many communities have a youth club who enjoy projects and helping in the school holidays. You can find this information from your local council.
- Clubs – You will have clubs in your area, Scouts, guide's, gymnastics, dance, tennis and much more. Connect with the groups and see what support they can offer with visits or shows.
- The arts – many communities have a local theatre or drama group, musical bands and young artists. Invite them into the home to share the arts.
- In your setting:
- Reach out to your team, many will have children in the local schools and groups listed above.
- Check with the individuals you support – not everyone likes children or could be aging without children and find children a personal trigger. Remember to remain person centred when planning to invite children into the setting.
- Safe spaces – a safe space will be needed where the children will interact with others.
- Check dietary requirements before the children arrive.

Activity ideas

- Reading 1:1
- Singing
- Art and craft + History talks + Performances + Gardening
- Playgroup
- Classroom lessons + Technology
- No cook cooking



"If a year was tucked inside of a clock, then autumn would be the magic hour."

Victoria Erickson

DEVELOPING AN INTERGENERATIONAL APPROACH AS AN ACTIVITY PROVIDER



WRITTEN BY GWT LEARNING & DEVELOPMENT
OFFICER LORRAINE GEORGE

Scottish charity, Generations Working Together (GWT) are the nationally recognised centre of excellence supporting the development and integration of intergenerational work across Scotland.

Intergenerational practice brings 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)

Best intergenerational practice is characterised by:

- Voluntary participation
- Inclusion
- Mutual and reciprocal benefit
- Participation in design, planning, and delivery
- An asset-based approach, building on strengths
- Being culturally grounded and rooted in people's lives and experiences

GLOBAL INTERGENERATIONAL WEEK 2022

Intergenerational week is going global with the campaign being led by an Executive Team involving Generations Working Together from Scotland in partnership with Linking Generations Northern Ireland, Bridging the Generations, (Wales), and The Beth Johnson Foundation (England). Eleven countries have signed up so far to highlight the importance in developing intergenerational work as we emerge from the pandemic when it is now more important than ever to rebuild and reconnect our communities, reduce isolation and loneliness, improve health and mental wellbeing, and reduce ageism.



This year Global Intergenerational Week falls on April 25th – 1st May, and various organisations will be celebrating the week with a variety of events designed to bring generations together. Some will be creating new partnerships within their community; some may be reconnecting with existing partners they have not met throughout the pandemic and others may be using this week to explore how to start developing an intergenerational element to existing activities or engagement, researching how you can build competence and confidence so that what you offer follows best intergenerational principles and practice. Knowledge and training to enable you to understand the difference between multi-generational activities and true intergenerational practice is very important to ensure that both ages engage as equal participants.

GWT supports the development of intergenerational practice through:

- Offering **intergenerational training**, ranging from short introductory online modules, one-day courses to an 8 week online International Diploma in Intergenerational Learning (IDIL)
- Sharing best practice through their **resource library** of case studies and research
- Supporting intergenerational practitioners through local networks in Scotland, including one specifically for **activity providers in care homes**



Intergenerational work is a proven approach which addresses a range of challenges facing people living across Scotland and the UK. Due to a growing bank of research and evidence, intergenerational learning is gaining higher profile within the voluntary, public, and private sectors, and applying a targeted intergenerational approach to your work, benefits not only the participants but the workplace and the wider community itself. Intergenerational learning started in the 1970's in Tokyo with the merging of a nursery school with a residential care home (co-located intergenerational care) and since then various models of co-located programmes have developed in the UK, the first being Apples & Honey Nightingale in London. Alongside co-located modes of intergenerational practice we also have the more popular intergenerational visitation programmes, with schools, Scouts or Brownies, nurseries, childminders and children engaging with older adults through regular planned mutually beneficial activities.



Applying an intergenerational approach to the work you do benefits not only the participants, but also staff, the working environment, and the community, which explains why many activity providers felt it was so important to continue their intergenerational engagements in some format throughout the pandemic. Some held sessions online and brought generations together to sing, chat and play in parallel. Others were able to carry out window visits, grow flowers, paint 'friendship' pebbles or start pen pal programmes, sharing pictures and photographs; a whole range of creative ideas that enabled people to continue to connect in a meaningful way.



Intergenerational Week is the perfect time for activity providers to start thinking about the opportunities they may have to develop intergenerational activities within their existing routines and who their potential local partners could be. Reaching out to them and starting to have those initial conversations, thinking about:

- How often, what time and where the activity would be held (this would be dependent upon your working Covid guidance which differs from place to place)
- What sort of activities could be developed, remembering that they should be inclusive and mutually beneficial for everyone? It could be as simple as just inviting children to play outside and meet each other, initially at a distance, planning things in partnership together as you move forward

GLOBAL INTERGENERATIONAL WEEK 2022

As with all types of practice, intergenerational learning has research, principles and quality standards that underly best practice. GWT encourages anyone thinking of developing intergenerational activities to find out what these are and how they can be embedded. It is not meant to be an addition to the work that activity providers already have, it is meant to be developed alongside the current things that are offered to add another dimension to the benefits and outcomes for the participants.



Intergeneration Week is a campaign that connects everyone who is passionate about everything intergenerational. It will celebrate good practice, ideas, moments, and opportunities local to us where different age groups come together, and intergenerational friendships can be formed. Applying an intergenerational approach to your work can make a big difference and GWT can support your development as an intergenerational activity provider. Membership to Generations Working Together (GWT) is free in Scotland (there is a fee for those outside Scotland).

If you or your organisation would like to learn more about applying an intergenerational approach to the work you do, please contact GWT Learning & Development Officer



Lorraine George on:

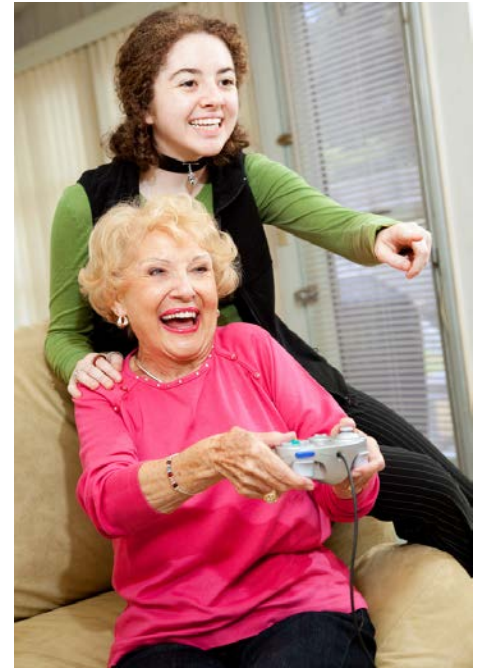
lorraine@generationsworkingtogether.org

#INTERGENERATIONALWEEK



Wii Gaming

Using the Wii is much more active than any other console, you can get really involved and move around or play from the comfort of your chair. It is also fairly simple to use. Evenings playing bowling with family members of varying ages and everyone gets very competitive! There are lots of fun games to play but for a Boys Night In Wii Sports have some great games including boxing, golf, tennis, bowling and lots more. You could also get racing games with steering wheels! If any of the gents like driving.



Think:

Have a hydration station set up and some oranges.



Painting with Nature

We all have a creative side that we can express in many ways.

Why not try this creative activity that incorporates getting outdoors to collect the materials, with painting inspired by the items you find?



Berries

Use blackberries for purple, berries can be found in most wooded areas in the brambles. Pick them, mash with water and sieve.

Rosehips

Rosehips for red, soak the rosehips in boiling water for a couple of hours to soften first and remove the seeds. Then mash and sieve.

Grass

Pick grass for green, collect some grass and soak in boiling water overnight, then strain the next morning.

Mud

Muddy brown, using warm water in a bowl and add some dry mud to make brown paint!

Dandelions

Dandelions for yellow, collect some other yellow flowers as well as dandelions and rub onto the paper for a vibrant yellow colour.

Top Tip

Can you think of other natural paints you could experiment with in the garden, maybe beetroot and onion skins from the veg patch?



Intergenerational Activity – Charlie and the Chocolate Factory Quiz

Test your knowledge on the Roald Dahl children's classic. Why not invite children, relatives, local school etc. to a zoom quiz or to a garden event? Enjoy the quiz with some yummy chocolate cookies!



1. How many people are in the Bucket family?

- A. Three
- B. One
- C. Seven
- D. Nine

2. How many beds are there in the Bucket household?

- A. Three
- B. One
- C. Seven
- D. Nine

3. What does Mr. Wonka urge the Indian Prince Pondicherry to do with his chocolate palace?

- A. Sleep on it
- B. Forget about it
- C. Live in it
- D. Eat it quickly

4. What forces Mr. Wonka to shut down his factory and fire all the workers?

- A. Spies begin stealing all his secret recipes
- B. Workers begin fighting with one another
- C. A union strike
- D. Greed

5. What is strange about Mr. Wonka's factory when it reopens?

- A. People are scared of the chocolate
- B. The chocolate is better than it was before
- C. No one ever eats the chocolate produced there
- D. No one is ever seen entering or exiting the factory

6. Why does Mrs. Gloop think Augustus eats as much as he does?

- A. Because he is smarter than most children
- B. Because he needs the nourishment
- C. Because he is bored
- D. Because he is angry at her

7. What kind of factory does Mr. Salt, Veruca's father, own?

- A. Chocolate factory
- B. Candy factory
- C. Gum factory
- D. Peanut factory

8. Which of the five golden ticket holders is the first to be removed from the group?

- A. Augustus
- B. Veruca
- C. Charlie
- D. Mike

9. When Charlie gets the change from his dollar bill, what does he do?

- A. He puts it all in his pocket to give to his mother
- B. He puts half in his pocket for his mother and half in his bag for himself
- C. He buys another chocolate bar and puts the rest away for his mother
- D. He spends the rest on more chocolate

10. The golden ticket says Charlie should arrive at Mr. Wonka's factory on what day?

- A. January 1
- B. The Saturday after he finds the ticket
- C. The day after he finds the ticket
- D. Christmas

Answers:

1. C 2. B 3. D 4. A 5. D 6. B 7. D 8. A 9. C 10. C

Make Your Own Fossil

Fossils are usually found within rocks of the Earth's crust. A fossil is any evidence of past plant or animal life that is preserved in the material of the Earth's crust. The oldest fossil find was in Madagascar; a Prosauropod from 230 million years ago.



Why not have some fun making and discovering your own fossils? You could even hide them in the garden for people to discover!

You will need:

- Tupperware or plastic container
- Modelling clay or air drying clay
- Shells or plant matter
- Plaster of Paris
- Water
- Paints
- Varnish
- Paint brushes



What you do:

- Cover the bottom of your tupperware or plastic container
- with modelling clay to a depth of around 2 centimetres.
- Press a few pieces of plant matter (ferns are good), shells or whatever else you'd like to fossilise, into the clay.
- Remove the objects. This should leave an imprint of the object in the clay.
- Mix a quarter of a cup of plaster of Paris with water, until it is quite runny
- Pour the plaster of Paris over the modelling clay to a depth of around 2 centimetres.
- Let the plaster dry for 24 hours.
- Remove the plaster from the Tupperware or plastic container and remove any leftover bits of clay.
- Now you can paint them to look realistic and then varnish

Top tip:

Once the fossils are painted and varnished, you can bury them in sand or dirt and have some fun finding them.

*"If a year was tucked inside of a clock, then autumn would be the magic hour."
We would love to see how you get on - email photographs to communication"*

Victoria Erickson



BLOG

Ready
Generations

GLOBAL INTERGENERATIONAL WEEK- 25TH APRIL -1ST MAY2022

THE BENEFITS OF INTERGENERATIONAL PRACTICE



WRITTEN BY SUE EGERSDORFF
FOUNDER OF READY GENERATIONS CHARITY

Pixie sits happily with Irene to enjoy lunch together. They chatter and Irene helps Pixie with her food, encouraging her to use her spoon carefully. They are in their own world absorbed by each other and beautifully attuned – a partnership of equals. Pixie is 14 months old and Irene 97 years young, born nearly a century apart.

The connection between them is palpable and wonderful to observe. The flow of language and babble goes backwards and forwards respectfully with each taking a turn. Without being aware, Irene is modelling the serve and return nature of effective dialogue. She listens to Pixie with great sensitivity, responding to the changing nature of her needs quietly and purposefully. Pixie clearly feels safe knowing her needs will be met with love. Secure in the flow of the moment, both are gaining so much from each other through the simple act of sharing food.



GLOBAL INTERGENERATIONAL WEEK 2022

Since its inception as a charity in 2019, Ready Generations has been working to connect people of all ages through everyday opportunities which demonstrate an understanding of the importance of lived experience. This means planning carefully to ensure experiences are respectful, provide choices and allow all involved, whatever their age, to gain from both sharing knowledge and attributing personal meaning to a particular activity or event.



A major project for the charity is the opening of a purpose-built intergenerational nursery in the heart of a new care village in the city of Chester. The thinking behind the model has taken over five years and involved the pooling of expertise between early years and older people's care leaders. Ready Generations has been working in partnership with Belong Ltd who have provided the highest quality residential living and care services across the North West of England for many years.



A central consideration has been to work together to define the culture for this new mixed-age community and establish its way of living and being. This is where understanding of lived experience has featured strongly in the development of thinking around both shared routines and spaces.



Intergenerational

GLOBAL INTERGENERATIONAL WEEK 2022

Five design principles Five design principles have been used to test all decisions as the project has moved through the design, implementation and actualisation phases. The nursery is now nearing completion and will open in May 2022.

Here are the five principles. You may want to reflect on them as you think about the intergenerational opportunities you offer in your role as activity coordinator.



Top five design principles

A shared vision and set of operating values established early and owned by everyone engaged in planning intergenerational activities is fundamental.

This ensures those taking part feel valued, with their individual needs recognised enabling them to say:

I feel safe here and can be my true self.

A central importance is placed on creating a sense of belonging and sharing the intergenerational space so that relationships can develop spontaneously. This ensures those taking part feel welcomed, comfortable and at home in the space where intergenerational activities take place enabling everyone to say:

This is our space and we are welcomed here.

Personalisation and maximum independence is planned for and prioritised for both age groups.

This ensures those taking part feel recognised as individuals enabling them to say:

I am understood, care is responsive to my unique needs and always dignified.

Training for early years practitioners and care workers is planned together so that practice can be shared, quality sustained and each other's needs considered.

This ensures that both groups get to know each other well, enabling them to say:

We are active practitioners in learning communities that are ambitious and want the very best for everyone.

The spaces used to host activities are flexible, multi-sensory and responsive for all ages with barriers to engagement recognised and removed as far as possible.

This ensures that those taking part enjoy both the experience and the environment enabling them to say:

I enjoy being in these surroundings and they help me to feel settled and part of a community.

Things to think about when bringing generations together

There are many ways for settings to engage, learn and get involved in intergenerational work. All require careful planning around inclusion, diversity and integration.

GLOBAL INTERGENERATIONAL WEEK 2022

Here are a few important things to think about from what we have learnt so far:

- Try to build sustained relationships that develop over time rather than one off events or short term projects
- Involve parents and families from the start to help them to understand the benefits and positive impact of intergenerational activity across both age groups
- Encourage children and older people to spend time getting to know each other. Prioritise opportunities for talk and dialogue. Let conversations flow naturally and try not to interfere.
- Think carefully about the set-up of the physical space to ensure safe engagement and management of risks for both groups e.g. infection control, slip and trip hazards, uncluttered walking routes, adult wheelchair and walking frame access
- Consider comfort and the availability of appropriate and attractive seating and tables, particularly for older people who may have restricted mobility and movement
- Think sensitively about resources to make sure they are appropriate for older people e.g. not perceived as childish by them
- Air temperature and ventilation – many older people feel the cold much more than children, particularly when outdoors so length of activity is important in colder conditions e.g. have additional blankets available for older people who are less mobile.
- Noise levels and acoustics matter – a calm and quiet environment reduces levels of anxiety for both age groups and increases participation and involvement particularly for children and older people with hearing impairment. So, it is important to think about flooring, furniture and separate spaces for noisier activities.
- Keep things simple and don't rush – both children and older people can become confused and anxious if they feel pressured and rushed. Keep planning simple and don't try to do too much in any one session. Let the children and older people set the pace!
- Design from the inside out rather than the outside in to ensure the needs of children and older people are kept at the centre of all thinking.

Thank you to Pixie and Irene for sharing their story. The future for intergenerational practice is certainly bright!

Ready Generations

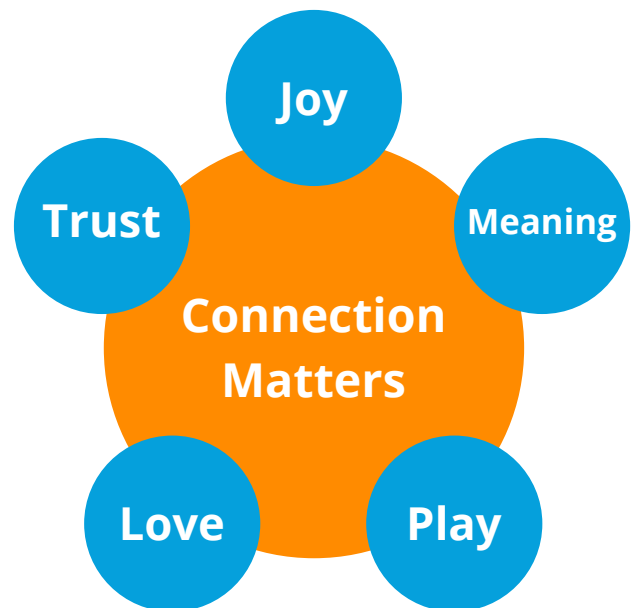
For more information about Ready Generations go to **www.readygenerations.co.uk**

Twitter @readygen Email: Sue Egersdorff (Charity Founder) at **sue@readygenerations.co.uk**

Further reading

Planning Learning Spaces - Murray Hodson & Terry White - Laurence King Publishing 2020 / Intergenerational Learning - Kernan & Cortellesi - Routledge 2019
The Phoenix Generation - Kingsley L Dennis - Watkins Publishing 2014 / Growing Together - Lorraine George - Yellow Door 2019 /

Finally, let's return to Pixie and Irene. They became firm friends, meeting regularly and building a close bond. Irene said she felt less alone knowing Pixie and her family were around. She also felt happy that she was able to help and contribute to Pixie's development and learning. Irene constantly used the same words to describe the importance to her of maintaining a connection with young children. Ready Generations have now incorporated these words into their intergenerational training sessions:



Perhaps the most heart-warming comment from Irene in describing her relationship with Pixie was:

"We are pals and I like it that way. We are important to each other and age just doesn't matter. We have a lot in common. We both like to play!"



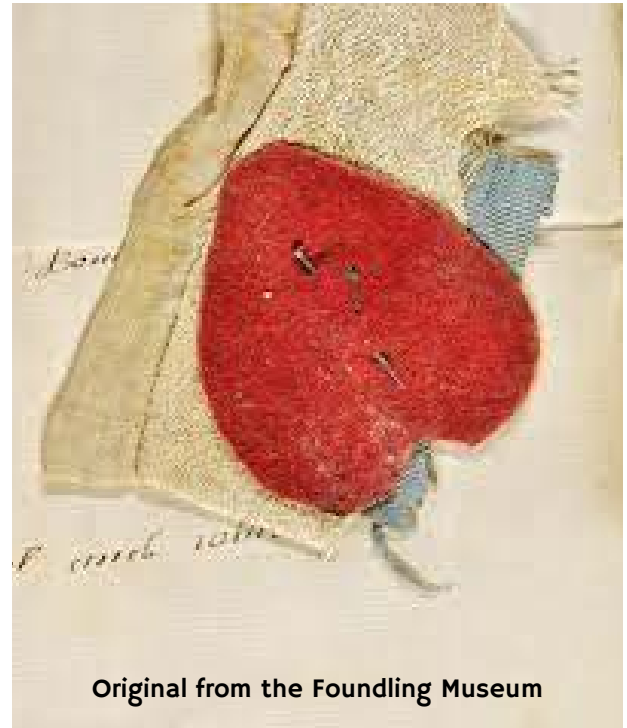
GLOBAL INTERGENERATIONAL WEEK RIBBONS OF LOVE PROJECT



WRITTEN BY SUE EGERSDORFF
FOUNDER OF READY GENERATIONS CHARITY

In the mid-18th century thousands of women left their new born babies at the Foundling Hospital in Bloomsbury London because they were too poor to look after them. A sign instructed them to leave some kind of identifying token pinned to the child in the event they were one day in a position to take them home. Neither the name of the mother nor the baby would be recorded, so this token needed to be memorable and distinctive. Ribbons were often chosen as the identifying token of love and connection. Ribbons were a cheap and cheerful way for a young woman to add a touch of glamour to the most stubbornly workaday of frocks. Manufactured in a seemingly infinite variety of patterns, they were also the perfect identifiers for the Foundling babies. Ribbons were also a symbol of love and connection.

Mothers employed a language of colour and symbol to express their complicated feelings about what they were doing when they handed over their child. They tracked down ribbon printed with images of buds, flowers, acorns, birds and butterflies and carefully snipped out the one that spoke to them most. A bud suggested a potentially beautiful life still to come, an acorn hinted at a future harvest. Birds and butterflies implied the baby was being deposited at the hospital as a way of enabling it to fly free from its present grim circumstances. And then there were the heart motifs, which came in every form imaginable. Mothers left hearts drawn on ribbons, metal hearts, embroidered hearts, hearts cut out in fabric.



Original from the Foundling Museum



Original from the Foundling Museum



GLOBAL INTERGENERATIONAL WEEK 2022

In our Ribbons of Love Project, children and older people are using ribbons to make connections and send love to each other in the way the Foundling mothers did in the eighteenth century.

Project aims

- To connect children and older people to celebrate global intergenerational week (week beginning 25 April, 2022)
- To build relationships locally and across generations
- To bring history and art together and to be creative and unique
- To enjoy sharing kindness and joy and to talk about why care for each other matters so much.

Ribbons of Love- Instructions

For activity coordinators and early years practitioners.

This is a great activity for talking about friendships, keeping in touch and the benefits to others of sending unique and personalised messages of kindness and love.

You will need:

Bags of mixed ribbons (available cheaply from craft stores/amazon)
Stapler
High-quality paper or card
Felt tips, pens and markers



What you do:

- **Talk** about the Foundling Hospital and how babies were left to be cared for (use photographs available on the internet)
- **Explain** that many poor people couldn't read and write so they made identifying marks and those that could write left messages for their babies and children
- **Invite** participants to decorate their ribbon with marks, patterns, writing or braid ribbons together
- **Invite** participants to draw a picture or write a message of kindness and love to share between a child and older person
- Staple the ribbon/s to the card
- Use the photos as a guide to encourage imagination. The more creative the better!

Think about:

For activity coordinators and early years practitioners. How you could display the messages for sharing – a book, storyboard, photograph collage?

To celebrate Global Intergenerational Week, Ready Generations is working on a project called Ribbons of Love. The Activity Instruction Leaflet provides full details. If you would like your care home to take part or just enjoy the activity that would be wonderful.

Ready Generations intends to make a Ribbons of Love online book for everyone to enjoy. If you would like your Ribbons of Love contributions and stories to be included please send clear, high-resolution photographs to sue@readygenerations.co.uk by Friday 6 May 2022.

INTERGENERATIONAL CONNECTIONS IN LEEDS



Intergenerational Connections in Leeds

WRITTEN BY HANNAH LANGDANA
CENTRE COORDINATOR



Care Home Friends and Neighbours is providing opportunities for older and younger people to build joyful connections and meaningful, sustainable relationships across Leeds.

Activity Co-ordinators in care homes across Leeds are supporting their residents to connect with young people in their local area through resident and child led activities and exchanges. Care Home FaNs intergenerational linking (a partnership between My Home Life England and The Linking Network) is working with local charity Leeds DEC enabling residents and primary school children across eleven partnerships in Leeds to shape their own links through a co-created approach. Residents have sent photo messages, Christmas and valentines cards and gifts among others. Already, the project is demonstrating that these connections can build new relationships in the community for older people, promote learning and teaching of new skills and reduce isolation and improve quality of life.

A strong link has been forged between children at Whitecote Primary and the residents at Aire View Care Home in Bramley due to the commitment and enthusiasm of the activities Co-ordinator and school link person. Children were delighted to receive beautiful hand made valentines day cards with lovely messages written by a resident with an interest and talent in poetry. In return, they made a red paper rose for every resident causing residents and staff to be moved to tears.

Similarly, Pennington Court and Beeston Primary built connections early on through a christmas card competition for the children. The winning design was announced in assembly and printed for residents to give out to family and friends. The care home and school also did a Christmas gift exchange with school staff buying for residents instead of their usual secret santa and a group of children came and sang carols with residents.

Lots of opportunities for arts and crafts projects are being developed as creative residents have made baubles for school christmas trees, chinese lanterns and shared art projects for display on care home windows.

Recently, groups of children and older people have been taking part in short zoom meets to help build relationships and deeper connections. Each week has a different focus as a structure for these meets but these are really just a springboard for conversation and connection. These virtual meetings have allowed older people to ask the children about their interests, find out about a shared love of bingo and learn something of their childhoods. One zoom meet also involved the children singing to a resident celebrating her 103rd birthday - they were very impressed by this age and enjoyed working out how many years until they could catch up with her!

As well as a strong focus on creating long lasting relationships between young people and care homes and encouraging social action amongst the next generation, the project is also creating an evidence base for intergenerational linking. This will provide robust research on effective approaches and examine the impacts for older and younger people.



If you would like to learn more about intergenerational linking in Leeds or would be interested in linking your care home with a local school please contact hannah@leedsdec.org.uk for more information.

APRIL 2022



Every Day

INTERGENERATIONAL LINKING - SPREADING JOY AND UNDERSTANDING BY CONNECTING YOUNG PEOPLE WITH OLDER PEOPLE LIVING IN CARE HOMES

My home life.
England



“
“I’ve enjoyed getting to know the personalities of our care home friends. It’s just nice talking to them.”
”



Olivia and Asmae from Leicester are two of many hundreds of children who, over the past 18 months, have been forming friendships with older people living in a nearby care home. They are taking part in Care Home Friends and Neighbours: Intergenerational Linking – a national social action project linking together young people aged 5-14 from schools and youth organisations with older people living in care homes.

Alongside NAPA, My Home Life England has for a long time recognised and championed the value of community engagement in supporting quality of life for older people living in care homes. We previously teamed up to develop our Care Home Friends and Neighbours (Care Home FaNs) programme, that connects care homes to their local communities.

Our intergenerational project - Care Home Friends and Neighbours: Intergenerational Linking - grew out of this programme, and is this time led by a partnership between us at My Home Life England and The Linking Network. It combines our expertise with older people and care homes with The Linking Network’s expertise working with young people and schools. The result has been wonderful intergenerational friendships that strengthen community connections.

NAPA EVERY DAY

“
*“I enjoyed it when they
 were singing with us”*
 ”

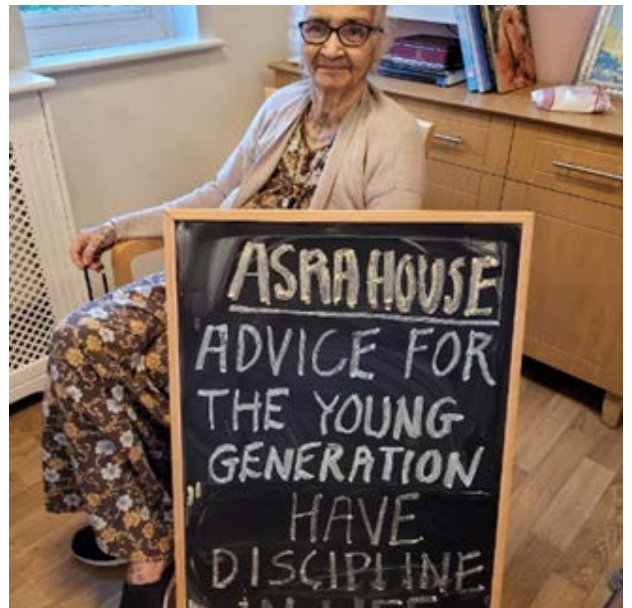
We currently have 11 projects across England from the North East down to the South West. We're supporting a network of brilliant local charities and organisations to lead the project in their local area and it's the first time that a group of organisations have been funded to start intergenerational linking at the same time, making Care Home Friends and Neighbours: Intergenerational Linking England's largest scale intergenerational project!

With the support of a local 'community broker', each school or youth group is linked with a nearby care home for a period of 18 months. Younger and older people have started by getting to know each other: children have created 'About Me' profiles sharing their hobbies and hopes for the future, with older people recounting stories from their childhood and passing on 'words of wisdom'.

It's clear that the younger generation have appreciated the advice:

“
“I felt encouraged because the older people encouraged us to follow our dreams and they've been giving us some hope for the future” said Hafsah, a year 5 pupil from Braford.
 ”

Individual links have the freedom to choose activities matching the interests of their participating younger and older people. We've seen groups 'rewild the classroom and care home' by creating beautiful flower and garden artwork and painting 'pots of love' ready to be filled with seeds. Others have recorded videos of themselves reciting each other's favourite poetry and created a 'Tree of Togetherness' featuring messages from both young and old.



Young people are empowered to develop their leadership skills, with the hope of helping inspire a long-term habit of engaging with social action and making a positive difference in their local communities. Perhaps it will one day influence a young person to start a career in care! Equally, older people's voices are an integral element, empowering them to participate in the lives of younger generations, including through knowledge sharing, as well as the project helping to boost wellbeing and reduce feelings of isolation.

My home life.
 England

Care Home FaNs
 Friends & Neighbours

NAPA EVERY DAY



This ethos has led to some really thoughtful, person-centred work. A school in Bradford created 'Kindness packs' when they found out their care home friends were isolating again due to a COVID-19 outbreak. Each older person received a pack full of messages and activities, including their own personalised Word Searches. Older people knew that the community were thinking about them and the activities also had cognitive benefits.

In a virtual session between a school and care home in the North East, participants noticed one older lady, Pam, kept mentioning how much she liked bubbles. Inspired by her joy, the class visited the care home garden a few weeks later and tied baubles to the trees with messages inside, giving the effect of floating bubbles. Pam's eyes lit up!



Although the majority of contact has taken place during a time of COVID-19 lockdowns and social distancing, this hasn't stopped meaningful connections from forming. For example in Bristol, a class recorded themselves singing Let it Be by the Beatles, after their care home friends who were isolating shared that it was one of their favourite songs. Care home staff recorded their reactions so children could see the impact. Betty who lives at the home, said – "it was a lovely performance, I saw it in my room. I have a granddaughter your age and it reminded me of her. Your singing made me smile". Pupil Ellie said: "I wanted to take part because I wanted the older generation in our community to know that we care about them." "It made my day knowing it would make someone else's day" added her friend Sam.

My home life[®]
England



'BECOME A CARE HOME FRIEND' CHALLENGE

The joy, fun and energy in our all local projects has inspired us to take things one step further and give more children across England the chance to connect with a nearby care home.

This led to the creation of our 'Become a Care Home Friend' Challenge, open to all children aged 5-14! Each week of the challenge has a different theme, and children will complete fun activities that get them thinking about different generations, learning about care homes and then making something to share with a care home nearby.

The challenge starts on 25th April 2022 in Global Intergenerational Week and runs for 10 weeks through to Care Home Open Week. Weekly activities are split into Key Stages 1, 2 and 3. It's free and we'd love for schools and young people to sign up!



Please visit:
myhomelife.org.uk/challenge

Care Home Friends and Neighbours: Intergenerational Linking is made possible by funding from The Dunhill Medical Trust and the #iwill Fund from The National Lottery Community Fund and the Department of Digital, Culture, Media & Sport.



NAPA EVERY DAY

Creative Writing

Use a photograph to stimulate conversation and create a story.
Use this photograph to inspire a story in celebration of Global Intergenerational Week



Here are some suggested questions to prompt your conversation:

- How does this photo make you feel?
- Where do you think they are going?
- Do you like going for walks?
- Do you prefer country walks or beach ones?

You can use the questions as conversation starters. Write down the answers and memories as they are shared. Use the notes to form the basis of the story and ask for other ideas. Read the story out loud and edit it together, letting the story evolve.

Take your time!



Use a photograph to stimulate conversation and create a poem in celebration of Global Intergenerational Week.

Tips for writing poetry

Leap straight in – don't overthink it.
Keep it really simple – don't try to say too much.

Tools

Use rhyme to make your poem memorable and easy to read (early/curly; friend/mend; year/fear).
Repeat key words to give your poem strength (muddy/muddy)
Try making lists: they can be effective (Fold your clothes/Wash your sheets...)

Techniques

Focus on small everyday items or events – things that people recognise.
Appeal to one or more of the senses - sound, smell, touch, taste, sight.
Be confident – your writing will be original and interesting to others

Have fun!

Bunting



This is a FREE resource in celebration of NAPA's 25th Anniversary.
If you would like to donate to our appeal, you can do so [HERE](#) or by scanning the QR code.

