



Directory of intergenerational ideas and resources

Second edition: Keeping generations connected, with new activity ideas and mental health support



**Generations
Working
Together**

What's new

We hope the first edition of the directory, which was released in May 2020, has been helpful to you.

GWT members are starting to actively plan and restart intergenerational activities across the country. With uncertain times ahead we hope both directories will ignite ideas which will be of interest to your younger and older generations, making everyone feel more connected during the months ahead.

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Online Safeguarding

We have also produced a guide for connecting online safely. This guide was developed and underpinned by research of the most current legal requirements for engaging with younger people online. Sign into your Generations Working Together account and view the guide here:

generationsworkingtogether.org/resources/connecting-generations-online-safely

Free online intergenerational training

We are also very proud to have just released free online training - this is only available to members, but it is free to register as a member if you live in Scotland or are a student anywhere else in the world. We have just one training course for now, which provides an introduction into intergenerational practice. We will be releasing more free training in the coming months. Have a look here: generationsworkingtogether.org/training/online-training/

Ideas & Activities

Ice breakers

If you are struggling to break the ice during your video calls, here are some ideas that might help ease introductions.

Name, Place, Animal, Thing

This popular kids' game works well on Zoom. To play, pick a letter. Each player has to list a famous person's name, a place, an animal, and a thing that begins with that letter. The first person to type them into the Zoom chat wins.

Rose, Bud, Thorn

Go around the screen and say your rose (best part), thorn (worst part), and bud (something you're looking forward to) of lockdown. Ask participants to keep their answers short – perhaps say the answer in three to five words.

Pictionary

Ensure that each person has paper and pen. Use the private chat function of Zoom to text the item to be drawn to an individual. The individual has a time limit to sketch the item and shares it by holding it up to their screen.

Yes / No game

Someone is nominated to be asked a series of questions (depending on group size limit it to three questions each) by everyone else but has to give short answers but not say 'yes or no' in the answer.

Scavenger hunt

Prepare a list of random household items and ask people to find these items and show them back to the screen. The first one to show their find wins a point. Items could include things like a wooden spoon, pillowcase, book, ornament, etc., begin with easily accessible items like a pen or a sock to build confidence.

Virtual tours

We received some lovely feedback from a care home staff member on virtual tours in our last directory. She suggests using Youtube videos of walks along the West Highland way or local green spaces in your surrounding areas.

- Sail Scotland's 360 tours of popular coastal destinations in Scotland: www.sailscotland.co.uk/news/posts/2020/mustseascotland-360-videos/
- 360 tours of Blair Castle: blaircastle.digitalvisions.uk/
- 360 tours of various sights in Scotland: www.scotland360.co.uk/Virtual_Tour_Projects.html
- Shakespeare's globe: www.shakespearesglobe.com/discover/about-us/virtual-tour/
- Giant's Causeway: www.nationaltrust.org.uk/giants-causeway/features/take-a-virtual-tour-of-the-giants-causeway
- Machua Picchu: www.youvisit.com/tour/machupicchu
- National parks in the United States: artsandculture.withgoogle.com/en-us/national-parks-service/parks

"The residents felt like they had been for a drive or walk in the country, and we had many conversations following on from this, and some jokes about not having to clean any mud off our boots."

*-Alison, Activities
Coordinator at a care home*

Animal therapy

Including animals in activities can provide a massive boost to the mental wellbeing of adults and younger people who feel especially isolated.

Zoo Lab UK offers digital animal encounter sessions that are inexpensive, with new animals each week: www.zoolabuk.com/

In Scotland, there are several companies offering mobile petting zoos. We have listed a few here though there may be others that are more local to you:

- Bunny & Co, Glasgow: www.facebook.com/bunnycoglasgow/
- Animal Man, covers most of Scotland: minizoo.org.uk

- Therapy Ponies Scotland, specialises in visits to care homes and hospitals: <https://www.facebook.com/therapyponiesscotland/>

Activities for young children

- The BBC's Tiny Happy People is a free online resource chock full of activities, guides and videos on engaging with young people: www.bbc.co.uk/tiny-happy-people
- A series of Youtube videos teaching kids to draw cartoon characters: www.robbiddulph.com/draw-with-rob

Nature activities

- **Garden activities.** The Royal Society for the Protection of Birds (RSPB) has a garden activity finder with guides that cover everything from building a hedgehog home to setting up a bird feeder, with the ability to filter by the type of space you have available: www.rspb.org.uk/get-involved/activities/give-nature-a-home-in-your-garden/garden-activities/
- **Reconnecting with nature.** The National Trust has a list of simple activities to help with getting closer to nature, take a look: nt.global.ssl.fastly.net/documents/national-trust-noticing-nature-week-by-week-guide.pdf
- **Bird spotting.** Bird feeders are inexpensive, and setting one up provides food to many varieties of garden birds. Set one up somewhere where people might be able to get some form of shelter but still stay far away enough to give the birds their space. Nest Friends has a printable bird spotting guide at the bottom of the page: www.nestfriends.co.uk/discover, as does the RSPB: www.rspb.org.uk/fun-and-learning/for-families/family-wild-challenge/activities/go-birdwatching/.
- **Virtual nature school.** Early years practitioners can sign up for the Scottish Virtual Nature School, which is a free 8 week course: virtualnatureschool.org/pages/practitioners
- **Walks.** If you live in Scotland, check out www.walkhighlands.co.uk/ for any local walks in your area - each walk has a grade so you can choose the intensity according to the ability of the group. You can also combine any walks with virtual sightseeing routes through the World Walking app: worldwalking.org

Video exchange

If connectivity and lack of devices is an issue, you could try doing video exchanges instead of live video activities. For instance, younger people could record a video of armchair exercises for older people to do during lockdown.

Similar to the idea of family stories that we shared in our last directory, younger people could compile a set of questions to ask the older generation, with the older generation having their answers recorded and shared over video.

Other activities

Early years practitioner Lorraine George has written an article full of ideas for activities: www.yellow-door.net/blog/moving-forward-intergenerationally-growing-together-while-being-apart/

Golden Carers have made a list of 50 activities suitable for older people in lockdown: www.goldencarers.com/50-activities-for-the-elderly-in-lockdown-and-isolation/6265/

Care homes have been particularly affected as a result of the Covid-19 lockdown. Oomph Wellness is especially focussed on training and support for care home staff. They also provide suggestions for activities. oomph-wellness.org/care/.

Scouts UK have a special section with ideas for connecting with care homes: www.scouts.org.uk/volunteers/scouts-at-home/scouts-helping-others/care-for-care-homes/

For places with the budget and space, Omi can provide interactive motion activated projectors that cast onto a table top. Take a look here: omi.uk/care/

Mental health

One of the major challenges of being in lockdown has been maintaining one's mental health. Social isolation continues to be a major problem, and can aggravate existing conditions or lead to new ones.

Toolkits & other guides

- Caring Over People's Emotions Scotland (COPE Scotland) produce a regular in-depth directory covering a wide range of mental health issues and topics. View the latest issue here: www.cope-scotland.org/index.php/latest-blog/whit-s-happening-and-resource-directory-issue-7
- Faith in Older People offers a listening service for care home and care at home staff. The service is free, confidential and is a non-judgemental space to allow staff to offload: faithinolderpeople.org.uk/listening-service/
- A guide for responding to the emotional wellbeing of children, developed in partnership with a NHS trust: www.staffordshire.gov.uk/Libraries/Library-services/Documents/Responding-to-Childrens-Emotional-Wellbeing-Following-Lockdown.pdf
- 10 Days of Happiness is a free 10 day mental health coaching programme conducted online: 10daysofhappiness.org/
- Blurt it out has a toolkit for coping strategies for depression: www.blurtitout.org/resource/mental-health-toolkit/
- Reading Well supports you to understand and manage your health and wellbeing using helpful reading: reading-well.org.uk/

Dementia

We have collated a list of resources that are specifically useful for use with people with dementia:

- **Creative and sensory activities.** The Association for Dementia Studies at the University of Worcester has created two booklets on creative and sensory activities, containing activity sheets and guides for activities. Take a look at the booklets here: www.worcester.ac.uk/documents/TAnDem-Creative-and-Sensory-Activities-Booklet-1.pdf and here: www.worcester.ac.uk/documents/TAnDem-Creative-and-Sensory-Activities-Booklet-2.pdf

- **Seated gymnastics.** The British Gymnastics Foundation has created a dementia friendly seated gymnastics guide: britishgymnasticsfoundation.org/wp-content/bgfdoc/index.php
- **Reminiscence therapy.** remarc.bbcrewind.co.uk/
- **Life Story in lockdown.** www.lifestorynetwork.org.uk/resources/15-life-story-work-in-lock-down

Coping with death

One of the most challenging circumstances of the pandemic has been the loss of loved ones. With restrictions on visitations and funerals this has made grieving all the more difficult. Families and loved ones are finding out about their loss over the telephone instead of face-to-face contact.

The University of Oxford has a helpful guide for healthcare professionals, care staff and families about how to communicate the death of a loved one to an adult or child. Have a look at the guides here: www.psych.ox.ac.uk/research/covid_comms_support

Good Life, Good Death, Good Grief, an initiative by the Scottish Partnership for Palliative Care, offers a host of resources and guides that deal with the different stages of end of life, and has a page specific to Covid-19: www.goodlifedeathgrief.org.uk/content/support_with_covid19

Generations United, a US based intergenerational charity, has also produced A Practical Intergenerational Approach to Death and Dying: www.gu.org/resources/a-practical-intergenerational-approach-to-death-and-dying/

Meditative activities

- A new video of one poem a day, read by an older person in isolation: poetrygeneration.wordpress.com/
- Calm has a visual representation of breathing exercises: www.calm.com/breathe. They also have an app that you can trial for free.

Technology & support

Online meet ups

We have since produced a special guide for online intergenerational safeguarding. Take a look on our website: generationsworkingtogether.org/resources/connecting-generations-online-safely.

Youth Link Scotland have also produced a checklist geared for online youth work. Take a look here: www.youthlinkscotland.org/news/april-2020/new-safeguarding-checklist-for-online-youth-work/

The Centre for Acceleration of Social Technology (CAST) have a practical guide to remote meetings: drive.google.com/file/d/1-dZatSZTc9cNcVa_CxnmJfXt_UxN3fbt/view

The St Monica Trust has produced a series of Youtube videos to guide older people through using Skype, Zoom and Facebook. Take a look:

Facebook: www.youtube.com/watch?v=A5Y_20S72KA

Zoom: www.youtube.com/watch?v=b3RWutxgXoA

Skype: www.youtube.com/watch?v=pyGiV7K_tHc

Training

Learn my way offers simple and free courses on various online tasks, from how to use the internet, to online banking, office programmes and job searches: www.learnmyway.com/

For users with accessibility requirements, Ability Net offers a wide range of resources and training, along with access to a network of DBS-checked IT support staff: abilitynet.org.uk/

We hope this has helped! Stay safe and keep in touch with us. Our team is working remotely during the lockdown and can be contacted via phone or email: generationsworkingtogether.org/contact/team

Please share any other resources you find with our Communications and Policy Officer, Kate Samuels at kate@generationsworkingtogether.org

Generations Working Together

Website: generationsworkingtogether.org

Facebook: www.facebook.com/GenerationsWorkingTogether

Twitter: twitter.com/generationswt

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