



Linking Generations Northern Ireland

Final Report and Evaluation

Celebrating Age! - EU Day of Solidarity between Generations 29th April 2016

delivered by Linking Generations Northern Ireland for Public Health Agency

June 2016



Service delivered:

Provision of leadership, support and small grants to communities to use intergenerational approaches to organise and host their own events/activities in celebration of EU Day of Solidarity between Generations: Friday 29th April 2016

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Background

The Beth Johnson Foundation is a UK wide charity that works to make a positive impact on the lives of older people, to gain recognition for the valuable role that older people play in society and to challenge age discrimination and stereotyping. Linking Generations Northern Ireland (LGNI) is an intergenerational initiative and part of the Beth Johnson Foundation. LGNI is the only organisation solely advocating the development and promotion of intergenerational practice (IP) as a catalyst for social change in Northern Ireland. Our vision is that

Northern Ireland will be age-friendly:

Generations will work together to build communities for all ages

Intergenerational practice tackles ageism and brings people together in purposeful, mutually beneficial activities. It is globally recognised as an appropriate response to both tackling the challenges and embracing the opportunities of our ageing planet.

Based on our experience and research, we encourage focus on promoting greater understanding, closer relations and respect between age groups and provide opportunities to address shared problems.

2016 is the third year that LGNI have provided resources for organisations across NI to celebrate 29th April. In 2014 we used funding from The Atlantic Philanthropies and in 2015 we delivered 'Celebrating Age' as a pilot for the Public Health Agency.

As this year, the key objective of the project in 2015 was to tackle social isolation of older people and the highlights of last year's evaluation report included 94% of project leaders agreeing that the project helped to tackle social isolation of older people; 93% of the 591 participants who completed the evaluation form in 2015 agreed that the activity made them feel better connected to their neighbours and 91% agreed that it made them feel more included in their community.

Celebrating Age 2016 Summary

The aims of the service that LGNI supplied in 2016 were:

- To promote and celebrate EU day of Solidarity Between Generations 2016
- Raise awareness of the importance of engagement across the generations and offer a platform to showcase good practice and activities that promote intergenerational solidarity
- Raise awareness of intergenerational practice as an integral part of the Age-friendly movement at local government level
- Enable younger and older people to come together in celebration of the similarities and differences of age groups in locations across NI
- Support a range of organisations to bring age-groups together for a single event/activity for the purposes of developing positive relationships
- Provide opportunities for socially isolated older people to engage with local young people in their community

In order to achieve these aims, LGNI developed and delivered a small grants scheme. 36 groups/organisations applied from across Northern Ireland and each received small amounts of funding (up to £150) which they used to deliver an activity/event which celebrated EU Day of Solidarity between Generations, which this year was a Friday (29th April). Two groups were unable to deliver the event due to other commitments. The target was 33 groups and we had 34 groups deliver activities.

Table 1 below shows the agreed objectives and targets in relation to each of these aims.

A summary of the services provided

The table below summarises the activities of Celebrating Age 2016. In order to initially promote the small grant scheme, an information pack was adapted from last year (Appendix I) and circulated to our contacts using Mailchimp software. The scheme was also promoted by Public Health Agency and a range of other network organisations. A contract was signed by each grantee, (Appendix II) and returned to LGNI. Payments were made by BACS into each grantees bank account at the end of March. The contract required the groups to tell us when their event was happening which enabled LGNI staff to visit activities in progress.

This year we pre-organised workshop dates and general locations to enable applicants to indicate which they would attend. We made attendance a condition of the grant. Whilst this did increase attendance, we think that it may have put some people off applying. Numbers of applications this year were lower than last year and we think this may have been a factor. We would reconsider this for next year. We would also place more emphasis on promotion and marketing through social media and asking others to promote it for us.

The purpose of the workshops was to insure that group leaders understood the paperwork requirements (using the checklist attached as Appendix III).

We had a total of 37 attendees at the workshops as follows:

All Saints parish centre, Ballymena on 6th April: 15 attendees - 4 of which were local government.

Aghaloo Community Centre in Auchnacloy on 7th April: 8 attendees

Glenhsane Community Development Ltd in Dungiven on 12th April: 5 attendees

Castlereagh Hills Golf Club on 14th April 10 attendees - 1 of which was local government

Each grantee was then required to return paperwork and photographs by the middle of May. Several grantees, for a variety of reasons were unable to make this deadline and the final paperwork was received by LGNI in the middle of June. Grantees also returned financial reports (see Appendix IV) and project leader reports (see Appendix VI). We asked grantees to provide photographs of their activity and up to 10 participant evaluation forms for each activity (see Appendix V).

During the delivery of events phase and with an intense period in the week of 29th



April, we asked all grantees and friends to use twitter and Facebook to 'Make the link'. We used a 'thunderclap' on Twitter, which meant that on 29th April, 108 supporters simultaneously posted this graphic, to say that they support generations coming together. This had a social reach of 136,246 users, including political representatives, members of the public, private and voluntary sector organisations from NI, UK and further afield. Twitter statistics showed that we had 29.5k impressions over 30 day period of our campaign with an average of 5 link clicks per day, peaking from 28-30 April.

Part of the key message that we seek to deliver is that bringing generations together is an important piece of work in building age-friendly environments. We think that our social media campaign helped to get this message across.

Evaluation of ‘Celebrating Age! 2016’

The report of what each group did to celebrate 29th April as EU Day of Solidarity between Generations is attached as Appendix VII. This outlines the name of each group, what activities they organised and delivered and some photographs of the activities. Table 1 summarises the project’s achievements against the pre-agreed targets.

The project was evaluated through the use of participant and project leader evaluation forms (Appendix V and VI). 321 participant forms were returned and 33 project leader forms. In addition, LGNI staff attended 7 events to observe and support the activity. This data is in addition to the data from 2015, which included 591 participant evaluation forms and 38 project leader forms. When data from the 2 years are added together, this represents 72 project leader forms and 912 participant forms, with approx. 2700 people taking part across the two years.

Purpose of the evaluation

- To determine whether the aims and objectives LGNI agreed with PHA for service delivery have been met
- To identify evidence that this service has tackled social isolation amongst older people across NI.
- Identify other findings that may be relevant for the future work of PHA and/or LGNI

In 2015, PHA provided funding of the activity as a pilot and this evaluation and report is a continuation of that provided last year.

Methodology

The evaluation used the materials that had been developed last year in order to maintain standardisation of the data. Appendices V and VI are the participant and project leader evaluation forms respectively. The second page of the participant evaluation form (Appendix V) includes two statements relating specifically to social isolation. We asked participants to agree or disagree with ‘Taking part in this project/event made me feel better connected to my neighbours’ and ‘Taking part in this project/event made me feel more included in my community’.

The table below summarises the evidence that the PHA targets were met.

Table 1. Summary of Objectives, Targets and Outcomes of LGNI: Celebrating Age 2016

Objectives	Pre-agreed target	Activity	Target met?
Update the information pack for potential grantees reflecting 2014/15 learning and containing information about Age-friendly NI, updated ideas for themes, good practice and guidance	One pack	A pack for potential grantees was created and is attached as Appendix I	
Promote the project to LGNI contacts across NI and via PHA cascade to contacts	Market project across NI by various methods	The pack was emailed out to LGNI contacts. It was also picked up and circulated by other organisations including PHA	
Provide advice and support to potential grantees through telephone and e-mail communications	Provide support and advice	36 applications received <i>Disappointing number of applications: possibly due to lack of social media promotion, use of mailchimp (which gets spammed by some) and compulsory workshop attendance.</i>	
Select organisations to receive the grant, issue letters of award and grant monies to grantees	33 successful applications	36 applications were successful. Each grantee received a contract (Appendix III) and a pack of materials including checklist, finance return form and evaluation forms (Appendix IV).	
Deliver training to support delivery of the project	33 community leaders attend training workshop prior to celebration event 6 local government representatives attend training workshop	We had a total of 37 attendees (5 of which were local government): 15 attended @ All Saints parish centre, Ballymena on 6 th April (4 of which were local government) 8 attended @ Auchnacloy on 7 th April 5 attended @ Dungiven on 12 th April 10 attended @ Castlereagh hills Golf Club on 14 th April (1 of which was local government)	 5, not 6 local gov attendees

Objectives	Pre-agreed target	Activity	Target met?
Communicate with every organisation to provide support for the delivery of the celebration event	33 community leaders/volunteers experience organising an intergenerational event/activity to celebrate EU day of Solidarity between generations	34 Community leaders/volunteers experienced organising an intergenerational event to celebrate EU day. LGNI staff communicated with all project leaders by telephone and email to gather information and give advice and support. Seven projects were visited during their events.	
Capture information about each celebration activity and archiving this on LGNI website and social media	33 records published on LGNI website, several promoted on social media	34 reports on activities returned Final report and evaluation with details on each of the 34 projects published on website June 2016	
Evaluate the impact of the activity on the lives of the older participants and organisations and share this learning.	Evaluation and final report: 33 project leader evaluation reports/survey 330 older people engage in celebration activity in their neighbourhood and feel more socially included as a result 330 younger people engage in celebration activity in their neighbourhood and feel more socially included as a result	Each project leader returned their project leader evaluation form, which included statistics on participants. 1199 people engaged: 364 over the age of 60 353 under that age of 20 72 aged 21-40 215 aged 41 to 60 33% male and 67% female 94% and 96% respectively of participants agreed or strongly agreed that taking part made them feel better connected to neighbours and more included in their community	
Evaluation report and recommendations published by end of May 2016	Evaluation report to be finalised by end May 2016	Final documentation was still not available from some projects as they had continued to deliver activity up to the end of May. Extension granted by PHA for final report and evaluation submission by 24 th June 2016	

Findings

The table above outlines the work carried out as they relate to the objectives and targets of the service delivered. These objectives and targets were generated in order to provide quantitative evidence that the aims of the service were met. Those in receipt of the grant were also asked to provide a range of data for the evaluation and this data is outlined below.

Data from Participants

Our aim was to engage 660 people and this year we had 1199 people taking part, as reported by project leaders. If one defines 'younger' as being under 40, and 'older' as being over 41, there were 425 younger people and 580 older people.

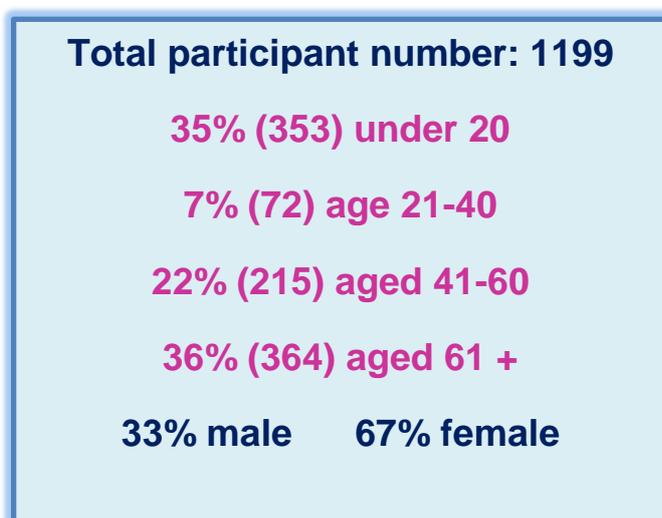
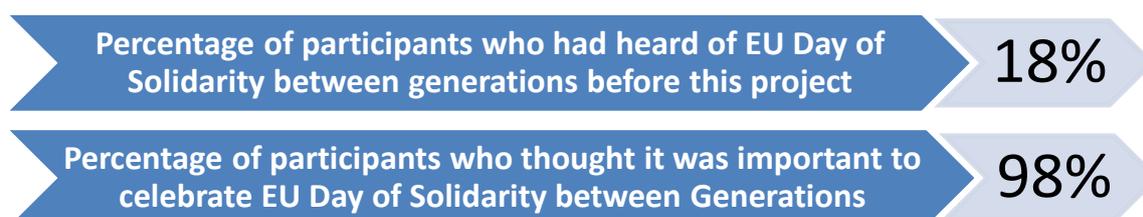


Figure 1

The participants were asked to agree or disagree with a number of statements on the participant evaluation form. The 2016 responses are in Figure 3 on the next page.

Figure 2 – awareness of EU Day of Solidarity between Generations 2016



Last year, there was just 10 % had heard of EU Day of Solidarity between generations, and the same 98% thought it was important to celebrate it. This increase in awareness of participants of the EU Day is very encouraging and reflects the desire of project leaders to build on their intergenerational practice.

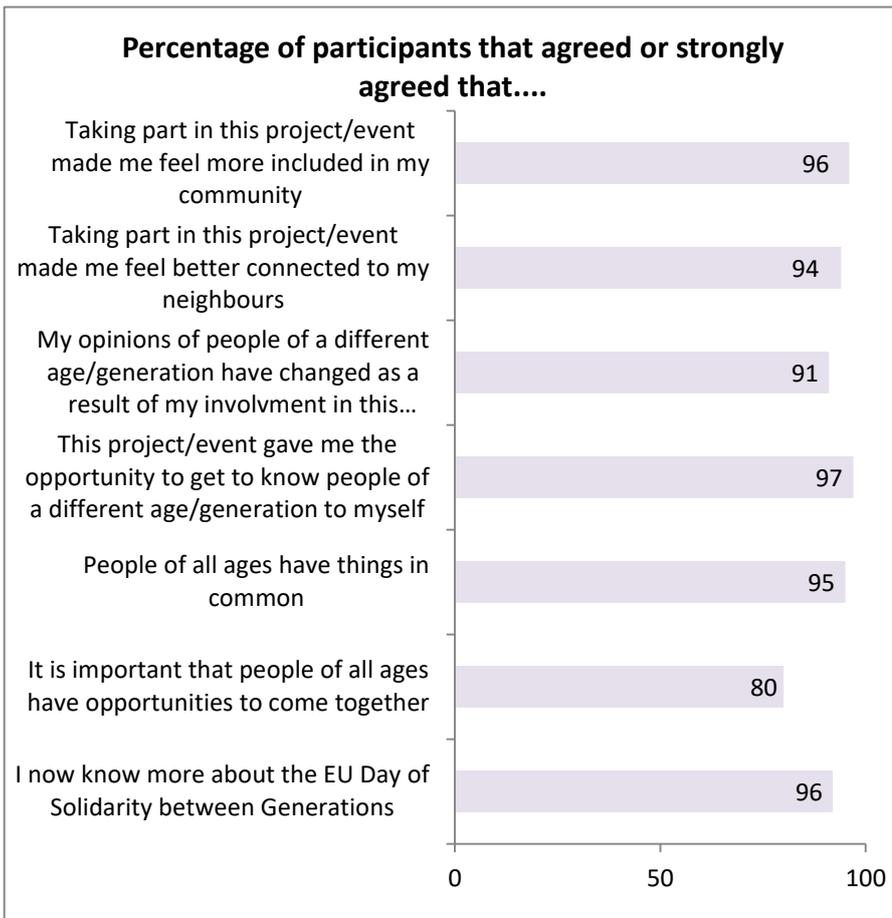


Figure 3: 2016 data

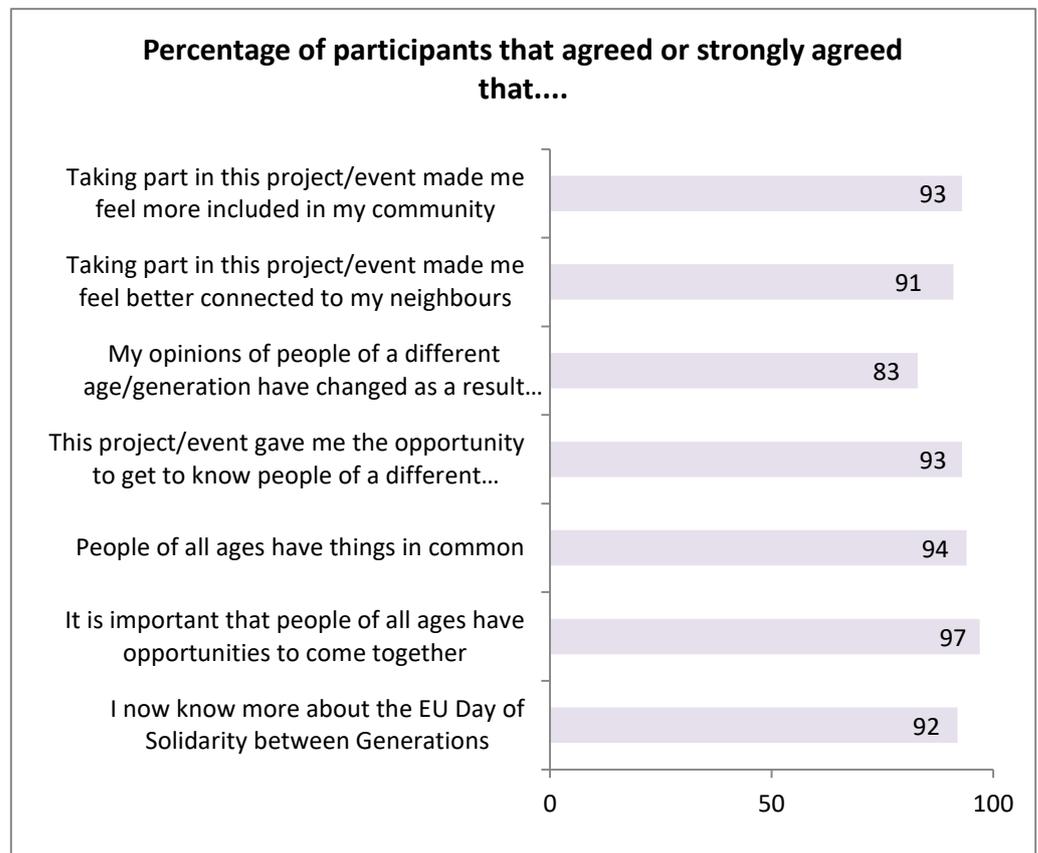
The evaluation form completed by participants (Appendix V) enabled them to agree/ agree strongly or disagree/disagree strongly with a number of statements.

Figure 3 shows a high level of positivity from participants.. 94% and 96% respectively of those who completed the form agreed that the activity made them feel better connected to their neighbours and more included in their community. These questions are presented

as evidence that the service was an effective method to tackle social isolation and loneliness.

Figure 4: 2015 Data

When taken alongside the data from last year, (591 respondents), it is clear that this small, low level, low cost intervention has a significant and positive impact on feelings of well-being and connectedness.



Data from Project Leaders

A selection of the data has been extracted for the purpose of this report, focussing on tackling social isolation and the impact that this activity has had on their future practice. This is summarised in Figure 5 below. It shows that the majority of Project Leaders agreed that the activity tackled social isolation of older people and helped participants to become more part of their community.

Figure 5: Percentages of project leaders in 2016 who agreed that...



As can be seen from Fig 5, Project Leaders, as well as participants (Fig 3) agreed that the activity tackled social isolation of older people (94% in 2016 agreed – the same as in 2015). Project Leaders also agreed that taking part helped participants to become more part of the community (93% agreed in 2016 – in 2015, 95% agreed). In terms of their experiences of delivering the activity, it is also interesting to note that 99% agreed that they have used this experience to inform other work (this figure was 97% in 2015).

The fact that 99% leaders have expressed that there is lasting relationship (this was 98% in 2015) is also a very positive outcome that has potential to contribute to a more cohesive community. 100% stated that they plan to undertake another intergenerational project and that they think it is important to celebrate EU Day of Solidarity between Generations.

Leaders were asked to rate the support they received from LGNI. In relation to support with the application process, 89% responded 'Good' or very good'. In relation to the workshop, 100% responded good or very good; in relation to support provided during the project, 93% responded good or very good. Overall, the support provided by LGNI was rated as good by 14% and very good by 83%.

Summary

Table 1 outlines that **the aims and objectives that LGNI agreed with PHA for 2016 have been met.**

- The findings show that participants of all ages, Project Leaders and older people themselves believe that intergenerational activity is an **effective tool to tackle social isolation and loneliness amongst older and younger people**. In 2015, 91% of participants agreed that it helped them connect with their neighbours. In 2016, this figure was 94%. In 2015, 94% of Project Leaders agreed that the project tackled the social isolation of older people; in 2016 this figure was the same at 94%.
- The findings show that participants of all ages, Project Leaders and older people themselves believe that intergenerational activity is an effective method to help people to feel **more connected with their community**. 93% of participants in 2015 and 96% of participants in 2016 agreed that the project helped them feel more connected. In 2015, 95% and in 2016, 93% of Project Leaders agreed that the project helped to connect people with their community.

Appendix 1



Project supported by the PHA

Information pack - Celebrating Age 2016

Please see enclosed:

- A. Application form**
- B. Ideas for celebration themes**
- C. Intergenerational good practice**

Please complete the application form and return to:

lynn.johnston@bjf.org.uk or ken.irvine@bjf.org.uk

by MONDAY 7th MARCH 2016

Maximum grant per group: £150

Questions?

Email is probably the best way, or telephone 02891813022

1: Application form

LINKING GENERATIONS NORTHERN IRELAND

Celebrating Age

29th April 2016 - European Day of Solidarity Between Generations



1. Contact Details

Name of group/organisation _____

Council Area _____

Contact Person _____

Address _____

Post Code _____ Landline Telephone No: _____

Mobile No: _____ Email _____

Does your group use Social Media?

If yes please give Group/organisation Facebook and/or Twitter name:



(we are Linking Generations NI and @LinkGenNI)

2. Tell us about your group e.g. What do you do? What area do you cover?

3. Have you ever heard of ‘29th April European Day of Solidarity Between Generations’ before? Yes/No

3.1 Why do you think it is important that we celebrate it?

3.2 Have you been involved in or are aware of the Age Friendly Movement?

If yes please tell us of your involvement:

3.3 Is there a title for your one-off celebration/project?

4. Please tell us what you plan to do to Celebrate 29th April 2016 and why.

A key assessment criterion for the award of the small grants this year will be the degree to which your application shows that your celebration will have a positive impact on older people who are at risk of being socially isolated.

5. Approximately how many people will be involved in your project?

(please provide rough estimates of age ranges)

5. Approximately how many people will be involved in your project?

(please provide a rough estimate of age ranges)

Under 30:

30- 60 years

**6. What preparation work have you done/will you do for your project
e.g. recruitment of participants?**

**7. If your application is successful, you and/or other representative(s) of your organisation will be required to attend a training workshop. Please indicate which location would be most suitable?
(Exact venue to be confirmed)**

Location	Date	Times	Tick
Ballymena area	6 th April 2016	10.00 - 12.00	
Dungannon area	7 th April 2016	14.00 – 16.00	
Derry/L'derry area	12 th April 2016	10.00 – 12.00	
Lisburn area	14 th April 2016	14.00 – 16.00	

8. Project Costs – successful projects will receive a maximum grant of £150 in advance (these costs are designed to support activities, not capital costs).

How much will the project cost and what will you spend the money on? (Please note we would urge you to use existing resources where available.)

Item/Activity	Amount Needed
Total (Remember maximum available is £150 per project)	£

8.1 Please give full bank account details of your organisation:

Bank Name

Branch Address _____

Bank Account Name _____

Sort Code _____ **Account No.** _____

9. Please tick to confirm your organisation has the following governance arrangements currently in place.

	Yes	No
A signed and dated constitution or governing document		
A bank account in the name of your organisation		
Our accounts are annually audited		
A relevant child protection policy – for groups working with children under the age of 18		
Vulnerable adults policy where appropriate		

10. Who will be responsible for the financial claims for this project?

*If you receive a grant, all claims and receipts must be returned by
Friday 13th May 2016.*

<i>Please print and sign your name below to confirm that the information provided in this form is correct and that you will be the person responsible for the grant</i>	
Name	Position in the group
Signature	

Thank you for completing the application form for the 29th April 2016 competition.

A panel will meet to choose the successful projects. The panel's decision is final.

Award of grants will be made through a Letter of Grant Offer and will be conditional on applicants signing a contract.

Completed applications should be emailed to:

lynn.johnston@bjf.org.uk or to
ken.irvine@bjf.org.uk

or posted to:

**Linking Generations Northern Ireland
43 – 45 Frances Street
Newtownards
BT23 7DX**

Useful dates and information:

Your activity can be an Intergenerational /Age-Friendly one-off event or project delivered over a number of sessions. We hope that by taking part you will see the value of incorporating Intergenerational/Age-Friendly values into your everyday practice.

If successful, we request that you include the LGNI, Public Health Agency and '29 April 2016 European Day of Solidarity Between Generations' logos on any material associated with the project.

**Closing Date for Applications:
5 pm on Monday 7th March 2016.**

Please note: If successful, your project/event/activity must be completed by Friday 6th May 2016 and

All expenditure forms must be returned to LGNI by Friday 13th May 2016

Please visit our new website, which is still being built, for inspiration from previous projects and case studies. www.linkinggenerationsni.com

What happened last year? to see the summary and report of last year's activity, please click here:

<http://linkinggenerationsni.com/eu-day-of-solidarity-between-generations-2015/>

**This year we want to fund a total of 33 projects:
that's 3 in each of the new Council areas.
Please pass this on to your friends and
contacts to insure we reach all parts of
Northern Ireland this year!**

2. Ideas for celebration themes

Linking Generations NI have been developing work in a range of areas in the last 5 years and we would love to see some applications which reflect these themes:

- **Creating age-friendly environments**
- **Building Safer, Shared and Confident Communities**
- **Promoting Digital Inclusion for all ages**
- **Addressing the legacies of our conflict using an all-age approach**
- **Celebrating age diversity in your workplace**
- **Intergenerational work with age-specific places such as care homes and schools**

3. A Good practice guide



Intergenerational Projects in Northern Ireland: A Good Practice Guide

We have put this guide together drawing on our experiences of developing and supporting intergenerational work over the past few years in Northern Ireland.

Project planning

A **planning group** should be in place to manage the project. This group will create and agree on the structure and delivery of the project. They will take into account the needs of the participants and ideally the younger and older people will have representatives on the planning group. It is important that participants are consulted effectively and kept informed throughout the project.

The planning group should draw up a programme of the project, detailing session activities and times, so that everyone knows what to expect.

Project aims

Ideally, the project would **address an issue** that all of the participants can connect with. It might be a local community campaign, it might be producing a piece of art work or it might be coming together address a particular local problem which involves both age groups (such as fear of crime/negative portrayal of young people). If both age groups feel they are working together for a **common goal**, relationships are more likely to be built. Both groups should have **equal participation**. LGNI regard **mutual respect** between the age groups as essential part of what should be a **two way process**. So a project that, for example, involves younger people serving tea or performing for older people might also have the older people providing a similar service for the young.

Single identity work

All projects should meet with each age group **separately** before the intergenerational project starts to prepare them for meeting up. Information about how each group views the other can be gathered at this session and can inform a 'before and after' type of evaluation. Suggestions for this session might include discussions around these questions:

- What do you think of when you hear the words young people/old/elderly etc?
- How often do you have contact with an older/younger person who isn't a member of your family?
- Drawings of stereotypical images of the other age groups.

The first session

The first session should involve ice-breakers and allow time for **getting to know each other**. The aim is always to provide a positive environment where relationships can develop. Suggestions for this first session include:

- Review of the single identity session / speed dating format / show and tell – bring an object and talk about it / arts and crafts / human bingo

Duration of project

The longer the better! A key feature of successful projects is that **genuine and lasting friendships** were formed between older and younger people. This takes time and the sessions should allow time within the plan for purely social interaction. LGNI advise that sessions should last between 1 and 2 hours. Sessions running weekly or fortnightly seem to work best as it means there is enough contact to keep participants engaged but not too much or too little to lose interest.

Evaluation

Evaluating is an important part of any project and is compulsory for any LGNI funded project. Evaluation should be a **continuous process** throughout the project. LGNI recommend the following:

- Using LGNI evaluation forms (to be provided at a later date)
- Take plenty of photos (remember to have appropriate consent!)
- Note down any interesting comments participants make throughout the project
- Refer to the information gathered during the single identity sessions to provide 'before and after' information

Celebration

Celebrate and **recognise your achievements. This is good for both participants and workers.** LGNI suggest:

- Contact local papers to see if they will feature your project
- Invite local Councillors, MLAs and special guests to the event
- Showcase anything you have produced.
- Have fun!

Completed applications should be emailed to:
lynn.johnston@bjf.org.uk or ken.irvine@bjf.org.uk

Or posted to: **Linking Generations Northern Ireland**
43 – 45 Frances Street
Newtownards
BT23 7DX

If you wish to discuss your application prior to submitting it you may contact LGNI at the details above or on phone (028) 9181 3022

***Completed applications to be returned by
5pm on Wednesday 7th March 2016.***

Appendix II



Linking Generations Northern Ireland

Celebrating Age: 29th April 2016

‘European Day of Solidarity Between Generations’

CONTRACT

I (*insert your name*) agree to the following as conditions for the receipt of £

(insert amount you applied for up to maximum of £150) from Linking Generations Northern Ireland to celebrate 29th April 2016 as European Day of Solidarity Between Generations.

Conditions of grant

1. At least one person from your organisation will attend one of the grantee workshops outlined in the email sent to you
2. Up to £150.00 grant (or lower amount if requested) will be released on receipt of this signed contract and paid by BACS in to the bank account details you have supplied
3. All grant aid expenditure will be accounted for using the form supplied by LGNI – including **original or copies** of all receipts/invoices.
4. A minimum of three photographs and a brief written summary of activities will be submitted by you to LGNI. Please ensure that appropriate permission is in place for photographs as these may be used by LGNI on social media and in printed publications.
5. Appropriate child protection and vulnerable adult procedures will be in place.
6. The project will be planned by stakeholders.
7. The project will be beneficial for all age groups.
8. Publicity for, and recognition of the project will be sought locally. Reference will be made to Linking Generations Northern Ireland, the Public Health Agency (funder) and 29th April 2016, European Day of Solidarity Between Generations. These logos will be emailed to you.

9. Projects will undertake evaluation in cooperation with LGNI's evaluation procedures. A minimum of five older people's and five younger people's evaluation forms must be completed, along with the Leader's evaluation (using the forms supplied by LGNI)
10. You will return all evaluation and financial documentation to LGNI by **Friday 13th May 2016**.

LGNI staff want to join in some of your celebrations!

Please indicate the date, time and venue for your activity so that we can arrange this. **Please note:** this should be as close the 29th April (EU day of Solidarity between Generations) as possible.

Date/s:

Time/s:

Venue:

Sign below to confirm your agreement with the above conditions

Signed : Name:

On behalf of (name of organisation/group) :

Date:

Please return this completed and signed contract to :

Georgia Pink,

Project Assistant

Linking Generations N.I.,

43 – 45 Frances Street,

Newtownards, BT23 7DX

Or print, sign and scan it and send by email to: info@lgni.org.uk

Thank You!

Appendix III



29 April
European Day of Solidarity
between Generations



Celebrating Age! 2016

Checklist: What we need you to do:-

1. Evaluation forms –
 - Participants: please return at least 5 completed by an older person and 5 completed by a younger person.
 - Project leader form: to be completed by you. This includes a small section where we need you to write a short summary of what you did in your celebration this year. This is important because it will be used to create a report for the funder and will be posted on our website.
2. Please send or tweet at least 3 photographs which you have social media permissions for of your activity to LGNI as soon as you have them. You can email to Georgia at georgia.pink@bjf.org.uk
3. Finances – simple expenditure record form to indicate what you spent the funds on. Please send your receipts – copies are fine so that you also have a record.

Please post evaluation forms and finances to LGNI by 13th May 2016

4. Print/radio/television Media – we want to use these events to publicise the value of intergenerational work. Please think about how you can involve local politicians and local media to publicise the great work that you are doing. By doing so, you will be helping to raise the profile of the importance of bringing generations together and assisting us in our lobbying of politicians and government departments.
5. Social Media: Twitter - @LinkGenNI . For this campaign we are using #MakeTheLink Please include us in your tweets. We are planning a 'thunderclap' on 29th April to spread our message. Georgia will be in touch with a link to sign up for this.

Facebook: Please 'like' Linking Generations Northern Ireland and tag us in any posts you make about your celebration.

Appendix IV



Celebrating Age! 2016 Financial Return by Friday May 13th

Organisation: _____

Group Name/Project Title: _____

Address: _____ Postcode _____

Contact email: _____

ITEM	PURCHASED FROM	COST
TOTAL EXPENDITURE		£

I certify that the above are true costs associated with the Intergenerational/Age Friendly project that the above group has completed and that all relevant receipts are attached.

Signed: _____

Position: _____ Date: _____

Appendix V



29 April
European Day of Solidarity
between Generations



Celebrating Age 2016 Participant Evaluation Form

Project or Event Name:

Thank you for taking part in this project or event. We have given you this form to fill in as we would like your views. Your answers are confidential so please fill in the form honestly.

ABOUT YOU

Are you? Male Female (please tick)

Your age: Under 20 21-40 41 – 60 61+

Before this project / event, had you heard of the European Day of Solidarity between Generations?

Yes No

Is it important to celebrate the European Day of Solidarity between Generations?

Yes No Why? _____

From taking part in your project / event, what have you learnt about people of a different age or generation to you?

What was the best thing about your project / event?

To what extent do you agree/disagree that...?

	Strongly Disagree	Disagree	Agree	Strongly Agree
I now know more about the European Day of Solidarity between Generations				
It is important that people of all ages have opportunities to come together				
People of all ages have things in common				
This project/event gave me the opportunity to get to know people of a different age/generation to myself				
My opinions of people of a different age/ generation have changed as a result of my involvement in this project/event				
Taking part in this project/event made me feel better connected to my neighbours				
Taking part in this project/event made me feel more included in my community				

Comments

THANK YOU VERY MUCH FOR YOUR TIME

Appendix VI



29 April
European Day of Solidarity
between Generations



Project supported by the PHA

Celebrating Age 2016

Project Leader Evaluation Form

Project /Event Name:

Date:

Please complete this and return with and returned with participant evaluation forms

Q1. How many people took part in your project/event?

Age Under 20	<input type="text"/>	21 to 40	<input type="text"/>	41 to 60	<input type="text"/>	61+	<input type="text"/>
Male	<input type="text"/>	Female	<input type="text"/>	TOTAL	<input type="text"/>		

Q2. What elements of your project/event went particularly well?

Q3. Please describe any practical or other difficulties you encountered.

Q4. Is there anything you would do differently if organising a project/event like this in the future?

Q5. What benefits has the project/event had for the participants?

Q6. What benefits has the project/event had for your group or organisation?

Q7. Based on your involvement with the participants during the project/event, please provide your opinion on the following statements.

Please tick one box against each statement

PARTICIPANTS	Strongly Disagree	Slightly Disagree	Neither Agree or Disagree	Slightly Agree	Strongly Agree
They developed friendships					
They learnt new things					
The project/event helped to develop their confidence					
They discovered they have things in common					
Their perceptions of people of a different age/generation are now more positive					
They learnt more about other people's concerns					
The project/event has helped to increase their respect for one other					
They are now more likely to interact with people of a different age/generation in the community					
The project/event has helped them to become more a part of the community where they live/work/go to school					
The project/event tackled the social isolation of older people in this community					

Q8. Please provide your opinion about the benefits of the project/event to your organisation and the wider community.

	Strongly Disagree	Slightly Disagree	Neither Agree or Disagree	Slightly Agree	Strongly Agree
We now know more about the European Day of Solidarity between Generations					
We are more knowledgeable about intergenerational practice					
We are more knowledgeable about					

the benefits of intergenerational work					
We are better able to help and support the needs of the participants					
We are more knowledgeable about the issues facing different age groups/generations					
We have used our experiences to inform other work we do					
We have developed a lasting relationship with participants					

Q9. How would you rate the support provided by LGNI?

	Very Poor	Poor	Adequate	Good	Very Good
Support with the application process					
workshop					
Support provided during the project/event					
Overall					

Q10. Before applying for your grant, had you heard of the European Day of Solidarity between Generations?

Yes No

Q11. Is it important to celebrate the European Day of Solidarity between Generations?

Yes No

Why?

Q12. Before this project/event, had you been involved in another intergenerational project?

Yes No

Q13. Do you plan to undertake another intergenerational project/event in the future?

Yes No

If yes, please describe this (if known).

Please use the space below and overleaf to write a summary and ‘tell the story’ of your project. Please include: Details of number of participants; what the activity was that you did; the names of the groups that got involved and any other relevant information. Please write about 200 words if possible (a paragraph) and continue on the back of this page if necessary.

Signed on behalf of: Date:

Appendix VII

Celebrating Age 2016 Summary of Activities

LGNI was delighted that the The Public Health Agency provided us with almost £15,000 of funding to deliver Celebrating Age a second time in 2016. We gave over a third of this out to 34 groups across NI and they used it to host a whole range of fabulous events, projects and activities that brought generations together to build communities for all ages. Here's a brief snapshot of what they got up to...

1. **50+ Health and Fitness** are a low impact exercise group that has a base in Ballymoney. They hosted an event and had 49 participants and a great day introducing physical fitness for over 50s. each person was asked to bring a younger family member along to the event and they chatted and learned about each other and talked about what was happening in the local community.

'I saw that my granny was fitter than I thought. She has lots of friends'

'I thought kids had no manners, this really showed their caring side, I learned a new insight'

2. **Alexander Dickson Primary School** hosted 'Drumming and Donuts' on 29th April. They had been working with Ballygowan Seniors for many years and have compliment the knitting project that the seniors



group has been taking with school established a strong link with him and the community. They hosted this event to children.

'I'm looking forward to working with the children on the knitting and getting to know them better'

3. **Ballygowan Senior Citizens Club** decided that they wanted to share their knitting skills with the local children. The primary 7 pupils from Alexander Dickson School and ladies from the local knit and natter group came together and started a project which will lead to them knitting knee blankets which will be distributed to local older people when they are finished. It is planned that the project will be ongoing.

'The young people are very bright and easy to teach'

- 4. Ballymena Inter Ethnic Forum** held a 'Bollywood to Ballymena' night where a member of the South Asian Dance Academy came to tutor a group of 26 people of all ages in Bollywood dance. Younger people from Waveney Youth Centre mixed with older Asian people from the Lotus Club NI. We learned key Bollywood moves and the participants improvised a section of dance also. It was all combined over the session and the group learned a full dance to the song 'Jai ho'. After the final performance, Indian food was served.



'This was a great opportunity for local young people to learn a bit about Indian culture'



- 5. Ballynahinch Senior Citizens Tuesday Club** had 6 pupils from St Colmans and 6 from Ballynahinch High School, meaning that the event was cross community as well as across age. In the first hour the seniors taught the younger ones old time dancing and after tea they had bingo called by the students. The students brought the prizes which were really good!

'No one felt left out and no one felt uncomfortable because there was nothing to be nervous or uncomfortable about'

'We are looking forward to the next time when we have invited the young people back to help us celebrate our 10th birthday'

6. **Barn Halt Cottages**, which is a supported living scheme for older people in Carrickfergus, worked with pupils from Downshire School. They met on 22nd and 29th April and used memory boxes and art to build relationships, learn from each other and have fun.



'The best thing about this project is talking to the older people and learning from them. Hearing all the different stories and experiences'

7. **CKS Senior Citizens Club** in Omagh brought together 11 young people from the local secondary school and 8 senior form our club. They enjoyed taking part in a range of indoor sports activities such as Boccia and Bingo and then had refreshments. It was a great opportunity to get to know younger people from our local community and was really enjoyed by everyone.

8. **Big Telly's Spring Chickens** worked with Mill Strand Integrated Primary School in Portrush. The Primary 4 pupils and 16 of their grandparents came



together in school for a storytelling and drawing workshop. The facilitator told a fairy story and the group were designed their ideal fairy house for the fairy king! This was inspired by The Fairy Trail

in Flowerfield Park in Portstewart which is a series of fairy houses designed by local schools and made by local older people. The fairy houses will be installed in Flowerfield Park at the end of June for everyone to see.

'The same stories have the same impact on children today as they did on our generation'

'Thank you for a lovely morning'

'Seeing the joy in my grand-daughters face when she saw me in her classroom'

9. **Bruce House** in Belfast had worked with Victoria College and the Spectrum Centre over the past year, meeting together to produce a variety of art pieces. They celebrated EU Day by coming together to have a tea party where the students served tea and refreshments in the drawing room of Victoria College. All the work that the groups had done together was on display.



'This end event made everyone feel special'

10. **Camlough Youth Club** in Newry, Mourne and Down area worked with Avila Nursing Home. The youth club members visited the nursing home several times and this is just the start of this activity. Those involved enjoyed it and have decided to continue to visit. The young people chatted to residents, just talking about their families, their hobbies, their careers and their lives. Twelve girls and three leaders took part and we made a wall hanging with squares which depicted their lives and we found this to be really rewarding for younger and older.

'We kept it really simple and I think that worked well'

11. **Castlereagh Hills Golf Club** learned from the event that they hosted last year and eminded everyone to wear suitable clothing and footwear for the course this year. They also decide to introduce a scheme so that any member could bring a young relative to play for free. The day started with some ice breaker activities and then we had a golfing competition on the putting green, followed by a presentation from Roy Skillen, the club professional, about gold through the generations. This was followed by lunch.



'We can teach each other'

12. **Carewell Homes**, based in Enniskillen, worked with two of their care homes and local school children together with a worker from Enniskillen museum to talk about what life was like in the past. The school is just next to the home so children were able to walk down for the session which was enjoyed by everyone.

'I learnt about World War 2'

13. **Cosy Corner Playgroup** is based in Crossmaglen Community Centre. The playgroup leader had noticed the occasional connection between older people who also used the centre and their children. They used this funding to create a space that allowed both older and younger to come together through an arts activity which used jumping clay to build a village they would want to live in together. BBC Ulster came a filmed the activity and on the second day they



put up a display of all the work and had a party to which they invited people of all ages from the area.

'The interaction between the very young and the over 60's was heart-warming.'

'The lady helped me (3 year old)'

14. **Embrace Comber** hosted their celebration in Comber Bowling Club, with over 50 people coming together from a range of groups that meet around the Comber area. They hosted a vintage tea party, complete with flowers, table decorations and our best china. A local minister hosted a quiz using pictures of the town from days gone by. Most of the older ones knew and the younger ones had no idea about the places. Likewise, few of the older ones had a clue about the computer games the young ones showed them. These things sparked lots of conversations and we had such a wonderful day.

'One of the older people was recently bereaved and had been really quite depressed over the past weeks. It was lovely to see him telling funny stories of days gone by'

'It was very nice meeting the young people'

15. **Footprints Women's Centre** hosted an intergenerational high tea as part of



their celebrations of their 25th year of serving all generations of women. They involved their senior citizens group, the 50 plus group, the womens' drop-in group, the young girls drop in group. The group played bingo, had some music and played songs. There was a lovely high tea and over 30 people took part.

'It is so important to have community and to support each other'

16. **Glenshane Community**

Development Limited hosted an event they called 'Teenage Kicks'. The students of Gaelcholaiste Dhoire came to the event in Glenshane House where local older people met with them and recounted tales of their childhoods, teenage years and early adulthood. Conversations included growing up in Scotland, rationing and National service in Burma.



'I feel lucky for what we have and appreciate everything we get. I learned about all the things that they had to do'

'This has opened up opportunities for further projects'



17. Clients from **Good Morning Larne** (a free telephone based befriending and support service for older and vulnerable adults in the Larne area) and young children from Kiddies Corner Nursery Unit enjoyed a fun session in Larne community Centre. A noisy busy morning of singing, planting up sunflowers and bubble blowing with good things to eat and drink was enjoyed by all.

'It was a great social opportunity for the older people to come out and re-connect with the community as they can often miss contact with their grandchildren.'

18. **Groomspport Village Association** organised an event with Groomspport Evangelical Presbyterian Church Youth Club. They worked with older people from the village to plant out two flower planters which are now on display outside the church. The next week we also planted a rocky area in the village with plants for everyone to enjoy. We also worked with our local Groomspport in Bloom Committee and Alan at Groomspport Nurseries.

19. **Holy Trinity College** wanted to build on the good relations they had already formed with Sperrin Court, which is local accommodation for older people. The school invited 10 residents to the school and had jewellery making, art classes and a light buffet. The school presented a cheque for £100 that we raised from another project. The residents had an opportunity to join in some music. Ken from LGNI gave a short talk, as did the school principal and the manager of Sperrin Court.

'The jewellery making was very enjoyable'

20. **Hospital Road Senior Citizen's Club** in Omagh had over 50 participants when they invited school children from a local primary school and from Omagh High School to join with their members. Everyone took part in Boccia, Bingo and had plenty of opportunity to chat to each other over refreshments.

'It was great to just get out and meet other people in the community'

21. **Kilcooley Women's Centre** in Bangor, Co Down celebrated by bringing a group of 11 women of all ages to Glasnevin Cemetery in Dublin as part of their history education programme. The bus picked up the women at 9 am and they had a quiz on the way to Dublin. The weather wasn't great but as one of the women commented 'We aren't made of salt or sugar, we'll be fine!' The tour was fantastic, everyone loved every second.



'It makes me feel safer knowing that she lives round the corner'

22. **Larne Methodist Youth Committee** hosted a great night with over 40 people coming along for a sing-a-long to the Sound of Music which was fun for everyone. We had tea, coffee and scones and we all left with a smile on our faces.



'The older people have amazing stories to tell'

23. **Magheralin Hall** in Lurgan hosted a Community Health Focus event which involved a talk about Diabetes. They advertised it locally and had around 25 people attending on 27th April. The talk was very informative and everyone enjoyed a supper afterwards. They reflected that next year they would try and involve local schools in order to engage with more young people.



'We got a wake-up call about this silent illness that effects people of all ages'

24. **Mid and East Antrim Age Well Partnership (MEAAP)** used the £150 to contribute to the celebration of their intergenerational work 'Generation Games'. Cllr Ashe opened the celebration, in the Loughshore Hotel in



Carrickfergus by saying ' This event highlighted just how important it is to bring all ages together and shows how integral it is to creating a happy and vibrant community overall'.

'It's great to get together with the youngsters'

25. **Millisle Youth Forum** wanted to engage with the residents of local care homes. The local young people thought that they could entertain the residents, who wanted to have poetry and musical activities to brighten up their day. The youth forum had three sessions in Croagh Patrick Care Home in Millisle. Firstly they celebrated world poetry day by reading poetry one morning, then we had a morning of accordion, drums and old time music hall singing and lastly, a morning of percussion instruments played by both groups and included more singing, a soloist, a duet and trios. There was lots of clapping and laughing and we finished each session with a light lunch. We want to do the same with the other local care home and we hope to be able to do this over the summer.

'With April being exam preparation time for many of our young people, we were restricted with time'

'The young people gained so much from planning the project with the older folks'

'The older people enjoyed talking about their lives, backgrounds and families.'

26. **Mindwise** mental health service in Downpatrick worked with Down High School this year again to celebrate 29th April. They participated in a joint cookery activity on 21st April. This provided an opportunity for the pairs to interact and discuss aspects of their lives which included topics such as exam pressure and stress; families; living in Downpatrick; daily routines and interests. Afterwards the group sat down to a meal together and were entertained by musicians from both Mindwise and Down High School.

27. **Rasharkin Lunch Club** hooked up with an after schools club and talked about the different childhood games that everyone played. The group then did some skipping together with the older folks mainly holding the rope and the younger ones skipping. We all learned the old skipping songs and had great

fun. We also had 'fun with drums' workshop. It was a great day's celebration, very cheery and everyone thoroughly enjoyed it.

'A fun-filled day. Laughter filled the whole day.'

28. **Rathain Fold** is in Coleraine, is part of Fold Group and has 63 tenants. They wanted to connect with local schools but this was hard to organise as the schools were very busy. Instead, the residents hooked up with a local Mini enthusiast club through one of the resident's younger family members. This provided the opportunity for everyone to get out for a drive in new and old minis and talk about the minis that some residents used to own.



This was followed by refreshments when the mini club was invited in to the Fold's living room.

'It brought back memories'



29. **Ravenscroft Nursery in Belfast** had 'the most lovely day' when they invited grandparents to come and join in the party. The children helped to clean and prepare for everyone to visit and excitedly waited for their grandparents to arrive.

They firstly hosted a cream tea outdoors with a harpist playing and were very lucky with the weather. This created a lovely ambiance and everyone relaxed and enjoyed the entertainment. We then moved in and the children had stories read to them by some grandparents and then sang songs for them in return.

'We are all the same, just enjoy yourself, age is only a number'

30. **Tullysaran Community Association**, based in Benburb delivered 'Fit, fearless and Fabulous' programme over 5 weeks to local families and encouraged them to bring children, parents and grandparents along. We had two pilates classes and three circuits classes. We had around 50 people who attended over the 5 weeks in total. Everyone had juice and fruit after each session. The community aspect was appreciated by everyone and we all worked together to put the equipment away each week.



'The best thing about it was have fun with friends, my mummy and nanny.'

31. **Verbal Arts Centre** based in Derry brought together the Top Ten Women's Drama Group and families and children from Kinship Care, which is a charity that supports families who are caring for relatives' children. The Deputy Mayor, Thomas Kerrigan and Maeve McLaughlin MLA also attended. We read two stories and the older people shared some of their life stories. The children drew pictures to illustrate their experience of the life stories. The event gave everyone the opportunity to share their stories and break down barriers between age groups.

'It's important for generations to come together so we can understand each other and treat people as equals'

32. **Volunteer Now** hosted two events which brought generations together to highlight that everyone has something they can give to their community by volunteering. They worked with Enniskillen Men's Sheds, which is supported by Action Mental Health and with Erne Integrated College. 22 pupils joined 13 members of Men's Shed and they did some gardening at their allotment. The weather stayed fine and they were able to prepare 8 raised beds for planting and have lunch. The school and Men's Shed are planning to get the young people down again to help with the planting out.



'I really enjoyed the banter'

33. The other **Volunteer Now** event was held in Antrim Library with the knit and natter group, which is mostly older people, and FOCUS (focusing on Community and Understanding Suicide) which is a group of younger people age 14 to 25. A key part of the event was to encourage people to think about how they could volunteer and to highlight this we asked local volunteers to talk about their experiences of volunteering. We were delighted to also present one of the FOCUS members with his Millennium 200 hour certificate for his voluntary contribution. We also linked in with Oxfam and prepared donated items for sale for the local shop. There was plenty of chat and laughter during this and the finger buffet.



'It was great to be able to help Oxfam raise money'

'Getting out of the house and spending time with friends was the best thing for me'

34. **West Bann Development** is based in Coleraine. Thirty people aged from 3 months to 82 years enjoyed a morning of fun and games in their centre. The theme was the Generation Game so this saw two teams compete in cup cake decorating with Angel Cake Bakery and making a musical shaker. Then everyone enjoyed a wiggle and jiggle session hosted by the early years supervisor. Claire Sugden MLA called in to say hello and the morning finished with party food served by the volunteers from Good Morning Causeway.

'The best thing was the wiggle jiggle!'