



Linking Generations NI

All Ages April 2023

Report

Kindly Funded and Supported by the Public Health Agency NI



Public Health
Agency

Introduction

With funding support from **Public Health Agency NI** Linking Generations NI were delighted to be able to award 40 small grants, of £125 each, in early 2023, to enable intergenerational events across NI in the month of April and to promote the grants scheme as part of **Global Intergenerational Week 2023.**

This All Ages April 2023 grants scheme saw a great dedication by groups and settings to try and connect generations in innovative and creative ways, still with the shadow of Covid overhanging. Despite this the groups involved have all been resilient and versatile in developing a wide range of All Ages April events, many of which LGNI staff were privileged to attend.



So many new connections were made with a total of **1,983 participants**, from nursery age to 80+, taking part in intergenerational activities! The benefits and knock on effects have been huge for the people who took part, the community leaders who developed the activities and the groups/organisations and settings that hosted them!

Impact of Grants



The grants act as a catalyst to create sustainable connections bringing older and younger people together. The impact of these connections is detailed below but as well as creating new opportunities, it also builds confidence and expertise to develop and implement intergenerational projects.

We see the benefits across the board for those involved and it's great to see how one small idea and a connection with another group/organisation/setting can provide positive outcomes for the participants, learning for the organisations/leaders and, in most cases, sustained links between people and organisations who go on to work intergenerationally as a result.

This short evaluation report gives some feedback and statistics from this wonderful programme – (336 participants and 39 group leaders were surveyed)

Some Vital Stats!

Our evaluation responses show that through developing connections with people of another generation in their community and taking part in All Ages April intergenerational activity participants felt more connected to their community, welcome and respected and were keen to engage in further intergenerational activity!

- **89%** stated that as a result of their involvement they now felt more connected to their community
- **96%** said they would like to take part in more intergenerational activity

The Headline Findings for Groups & Participants

They told us about the practical benefits of taking part in the project. It gave them the confidence to:

- Great for the mental health and well-being of the elderly and a boost in confidence for the younger children.
- Manage the practical issues that arose and plan well for them
- The project was a lot of fun which is a great benefit to everyone involved.

Intergenerational benefits reported included:

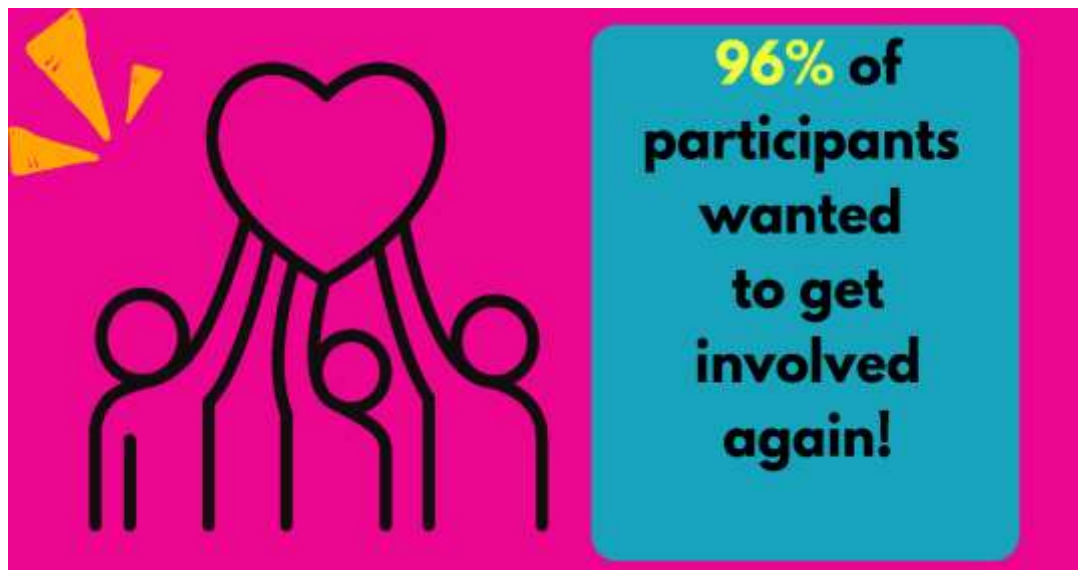
- More connected to other ages groups in their community
- Quality time with each other and learning new things about each other
- Wide range of social interaction. Older adults who may not get to socialise as often enjoyed the evening, and younger children developed their social skills. People had an interest and enjoyed the night
- The event demonstrated a great need for more intergenerational events which was very much part of the community for many years but somehow got lost.

We loved the feedback from the All Ages April participants!



Comments from participants that took part included:

- I loved the interaction between young and old.
- If you make the effort – isn't it great that children are so sociable
- How competent the children are at reading and interacting with others
- They share some of our interests and are very friendly
- Different outlook on life meeting with young children
- That they were in the army, and he has a dog called Willy
- They have very interesting lives
- I found out about they're daily activities and what's coming up in school
- Being able to talk about history and what life is like now
- I enjoyed getting to know a different age group and sharing experiences



Feedback from the Community Leaders

The projects funded not only provided great learning for the young and old people taking part but also for those who planned, organised and delivered the initiatives. We have highlighted their feedback under each of the 8 core principles that our intergenerational work adheres to (Pinto et al, 2009).

1. Mutually and reciprocally beneficial - each generation participating learns with and from each other. Project leaders told us:

- The project helped break down barriers between the young people and the residents
- Great for the mental health and well-being of the elderly. A boost in confidence for the younger children.

2. Participatory - based on the aspirations and needs of those participating. Project leaders told us:

- Quality time with each other and learning new things about each other

3. Assets based - working with the generations to help them to discover their strengths. Project leaders told us:

- The pupils had been studying the Second World War and the project was an opportunity for them to continue their learning about the period while also reminding them of what they had already learned in preparation for their exam later in May. The older people also welcomed the opportunity to share their wartime memories. I think the project had a positive impact on both sets of participants' wellbeing, enabling them to create new connections with people in their local community.

4. Well planned - project leaders told us:

- We started with a 1 hour session with Primary 7 pupils of Carr PS considering the themes of Stereotyping, Ageism and questions concerns the children may have regarding working with people of a different generation.
- Everyone is keen that this is just the beginning of our intergenerational programmes and we are full of great and lovely ideas for future projects.
- The children sent out their own personalised invitations inviting their Grandparents to come to school.
- The activity is also a social event which encourages participants to come out of their homes and take part in something new.

5. Culturally grounded - tailored to the individual needs, context and attitudes of those participating. Project leaders told us:

- The children in P7 held an afternoon tea party with the local senior citizens Friday Club. They enjoyed doing arts and crafts together and learning about each other's personal interests and hobbies by creating posters together.
- We put our ideas onto pre-cut cotton squares to make a quilt for display. We also had a musical interlude provided by the pupils, which our resident really enjoyed.
- The pupils from Nendrum College intend to visit the NI War Memorial for a tour in June 2023. There are also plans for the Stepping Stones tenants to visit the museum with the potential that both groups could visit the museum together as a way of building on the connections they made in this project.

6. Strengthening community bonds - promote active citizenship. Project leaders told us:

- This was an excellent opportunity to strengthen our relationship with the residents and to learn more about our shared interests
- All participants had the opportunity to explore through dramatic play, social interaction, movement and action and music and rhyme.

7. Challenges ageism - Project leaders told us:

- Everyone and that means both generations spoke about this for days after and how they loved visiting their playgroup and how much fun they had and it took some of our Members back to their school days.
- The adults spoke about times in the past and one participant was very good at making soft toys which the children admired a lot.

8. Cross-disciplinary -providing a vehicle for broadening the experience of professionals and encourage more inclusive working. Project leaders told us:

- The healthy eating class was welcomed from members within our community. It is a learning experience for participants both young and old, where they can share their recipes and different cooking techniques while under guidance of a qualified cook.
- The participants learnt about the Mensheds work, gained awareness of the AE Russell Appreciation Society and the benefits of collaborating with people from all ages to create beautiful crafts.
- We then went on to discuss different crimes that happened in years gone by in Drumquin, like the glass murder and the police barracks in Drumquin.
- We hope going forward to provide opportunities for the younger boys to join the older men at or through some simple community projects or Men's Shed activities.
- Around the time I had considered what type of event we could have; I came across the Kindness Postbox. This organisation and their ideas were what inspired our week of letter writing and drawing.





Foundations of Wellbeing

All Ages April always showcases fantastic work and gives evidence to support the impact of intergenerational approaches to address health and wellbeing, social isolation, loneliness and improve **Community Connections**. **100 %** of participating groups and individuals practiced at least one foundation for wellbeing:

Give:

- All projects involved an element of mutual volunteering: older people share with younger people and younger people with older

Be Active:

- Many projects involved physical movement - dancing, nature walks, moving about displays and making things

Take Notice:

- Participants may have taken more notice of the world because the event was out of the ordinary for them

Keep Learning:

- Across the projects older people explained things like typewriters and old games to young people who discovered these 'new' things and in return helped older people learn about IT and re-discover the enthusiasm of youth

Connect:

- Participants connected with new people of different ages and expressed huge desire to keep connecting

The evidenced outcomes of **All Ages April** activities and alignment with the Foundations of Wellbeing also contributes to the building an **Age-friendly Northern Ireland** particularly the themes of respect and social inclusion and social participation. Considering the number of schools and education settings involved makes a considerable contribution to the **Department for Education's Every School a Good School Policy** by supporting the establishment of school links with the community. The high numbers of Care Home settings involves aligns All Ages April outcomes with the achievement of The **Department of Health Care Home Standards** relating to Contact with Family, Friends and the Local Community.

The All Ages April Activities!

Aghadrumsee Primary School

Aghadrumsee Primary School was delighted to welcome parents and people from the wider school community, including governors and grandparents, into school on Friday 21st April to foster connections across generations. The school was awarded a grant for 'All Ages April' from Linking Generations NI which enabled people of all age groups to come together and form or develop friendships. Elaine Brownlee from LGNI attended and was able to see first-hand the wonderful opportunity for people to come together and share skills, interests and knowledge. The activities were able to be held outside in the beautiful spring weather and all participants were able to enjoy the newly created Nature & Nurture area, also facilitated through a grant from 'Live Here Love Here' and the result of much hard work from parents and governors. A beautiful pair of butterfly wings were created under the creative direction of Ellie Annon, Arty Parties NI and are now displayed as a permanent reminder that people of all ages can 'Open their hearts and minds like the wings of a butterfly'. The P1 - 4 read to the visitors and then visitors were able to enjoy some refreshments and relax in the pollinator garden.



The children in P1 - 4 read to the visitors and then visitors were able to enjoy some refreshments and relax in the pollinator garden.

Benefits: Opportunity to meet up with people they haven't seen in a while or haven't met. To develop community links. To help people of all ages feel valued.

Participants: 35 in total; 15 younger and 20 older people

Ballinamallard Primary School PTFA



The children in P7 held an afternoon tea party with the local senior citizens Friday Club. They enjoyed doing arts and crafts together and learning about each other's personal interests and hobbies by creating posters together. A lady from the Wellbeing section of Fermanagh Council also did games and exercises with the group. The event was a huge success and was enjoyed by all participants.

Benefits: Great for the mental health and well-being of the elderly. A boost in confidence for the younger children.

Participants: 33 in total; 21 younger and 12 older people

Ballygowan Seniors

We held 2 events; one in Ballygowan village hall at mums and tots group. Ballygowan seniors joined with the busy bees mums and tots group on Tuesday 18th April 2023 from 10am-11.30. We took part in a craft session making hand prints, and we all enjoyed refreshments. Photos can be viewed on the LGNI FB page, and also the Busybees FB page. This was an entirely new event for us as we had never worked with this young age group before. We all enjoyed the experience and hope to join with this group again in June for their picnic.

Today 27th April we joined with P6-7 pupils from Alexander Dickson primary school to celebrate All Ages April with LGNI. We worked with P6/7 and the children's grandparents. We all planted pots of kindness with sunflowers, nasturtiums and cat grass. It was lovely to meet Joyce from LGNI, and Rachel from Twinkl. Thank you to Mr. Lawther and staff from ADPS for hosting us all today. It was great to work together on this project, and all ages taking part enjoyed the morning.

We enjoyed the chat and working together. Ballygowan seniors have worked for many years with ADPS, and we plan to continue our connection in the future.



Benefits:

Meeting and talking to people of a different age group. Learning a new skill. Everyone mixed and joined in well together.

Participants: 103 in total; 47 younger and 56 older people

Ballyhornan Family Centre



We got the elderly and P7 kids from a local school to come together. We paired them up with each other and played games such as bingo and had prizes for both. We then had food and juice/tea. We then went onto play in the hall. The kids enjoyed the assault course and bouncy castles. We had a raffle prize. We made goodie bags for the kids to take home.

Benefits:

More connected to other ages groups in their community

Participants:

28 in total; 12 younger and 16 older people

Bushcraft and Forest Project

We invited a group of people and their children/grandchildren to take part in a Forest/Bushcraft event in Oxford Island Wood. ABC Council have developed Forest School and Bushcraft programmes over the years, and we thought we would develop a Bespoke programme for the All Ages April Event.

Benefits: The benefits of being outdoors and having fun are very well researched. But the most benefit was just taking time together to have fun together in beautiful surroundings - taking time out.



Participants: 10 in total; 4 younger and 6 older people

Carr Primary School

For All Ages April, we ran the following project over three sessions:

Session 1: Single Identity Session - 1 hour session with Primary 7 pupils of Carr PS considering the themes of Stereotyping, Ageism and questions concerns the children may have regarding working with people of a different generation.

Session 2: Joint Session (1) - 1 hour session with Primary 7 children travelling to a local care home to play, chat and spend time with the older generation

- The session took the following format: Board games □ 'Show and Tell' by members of the Care Home □ refreshments and chat



Session 3: Joint Session (2) - 1 hour session with Primary 7 children travelling to a local care home to play, chat and spend time with the older generation

- The session took the following format: Board games □ 'Show and Tell' by P7 children □ refreshments and chat

Benefits: Enjoyed meeting people of a different age group.

Participants: 20 in total; 7 younger and 13 older people

Collegelands Nursing Home



Our project was based in Collegeland Private Nursing Home, and we linked with Moy Regional Primary School to focus on Being Kind. A total of 20 residents, ranging in age from 56 to 90 and 19 P7 pupils aged 11 took part.

Our first session was held 1st April and was held via Zoom. This session was an introduction and getting to know each other so that when we were able to meet face to face we were each familiar with each other.

Week 2 was our first face to face session and for this we focused on Being Kind to Nature. We depicted our ideas on air dry clay tiles. These will be mounted for display in both the nursing home and in the primary school.

Week 3 our focus was on being kind to each other. For this session we put our ideas onto pre-cut cotton squares to make a quilt for display. We also had a musical interlude provided by the pupils, which our resident really enjoyed.

Benefits: The project was a lot of fun which is a great benefit to everyone involved.

The project helped break down barriers between the young people and the residents

We were able to reiterate our important role in the local community through the project

Participants: 39 in total: 19 younger and 20 older people



Currie Primary School

We invited the children's grandparents into school on the last day of term to make Easter bonnets together. We have invited parents in a few times for arts and crafts, reading, stay and play sessions so this time was different because we encouraged them to invite a grandparent (or other special relative) instead.

The feedback from children, staff and visitors to school was really positive. Everyone is keen that this is just the beginning of our intergenerational programmes and we are full of great and lovely ideas for future projects.

Benefits: Quality time with each other and learning new things about each other

Participants:

200 in total; 120 younger and 80 older people



Creggan Preschool & Training Trust

The children with the older women's group/grandparents participated in a movement and music session. All participants had the opportunity to explore through dramatic play, social interaction, movement and action and music and rhyme. We then had a treasure hunt followed by a tea party where everyone socialized over lunch. Everyone then received an Easter Egg.



Benefits: Provided an opportunity for both young and older participants to learn new skills

- Give the child and the older adult a sense of purpose
- Helped to alleviate fears children may have of the elderly
- Invigorate and energize older adults
- Help reduced the likelihood of depression in the elderly
- Reduced isolation of older adults
- Filled a void for children who do not have grandparents
- Older people reminisced about their younger years
- Participants left feeling empowered and exhilarated, happier and

healthier and were physically active.

Participants: 36 in total; 16 younger and 20 older people

DEEDS Old Library Trust

We had the pleasure of going down to Park Playgroup to see the children and everyone got a chance to sit at the 3 tables in the Nursery, one was playing with Play doh, the other was making pictures



with shapes of paper and glue and the last table was games, threading, making shapes. We then sang some songs together and the Members gave each child a Bonnet with an Easter Egg and some Easter decorations and a card with their name on it. The children then gave a handmade Easter basket to whomever they chose which was beautiful to watch them give to our members. We also had the pleasure of going down to see for the 1st time our SureStart Children at the Old Library Trust Playroom, they played with the children at their tables and some of the children showed our members

around the room. They sang songs and we had 2 members which had birthdays which everyone sang Happy Birthday. We will every season meet the children from both Playgroups again as it is very important to link these generations as they both get so much fun being together.

Benefits:

Everyone and that means both generations spoke about this for days after and how they loved visiting their playgroup and how much fun they had and it took some of our Members back to their school days.

Participants: 78 in total; 34 younger and 44 older participants



Drumquin Historical Society

We organised a Linking Generations event surrounding Yesteryears and Crime in Drumquin in the 19th Century. During our event we had a number of people from all ages participating, from 8 years old to 80+. We commenced our night with local children using roleplay to look at the differences between the life of a child today and that in years ago. Older adults assisted this and they worked together well, in accordance with our child and vulnerable adult policies. We then went on to discuss different crimes that happened in years gone by in Drumquin, like the glass murder and the police barracks in Drumquin. We had maps and images on PowerPoints and also some props to describe what was discussed. Separate topics were delivered by speakers from different ages and the audience listened contently. We had a break in which refreshments were served, helped along the way by wide range of ages in the kitchen and we had some easter eggs to thank the children for their part in the evening. We had fantastic feedback from everyone in attendance and the night was enjoyed by all, a great success.

Benefits:

Wide range of social interaction. Older adults who may not get to socialise as often enjoyed the evening, and younger children developed their social skills. People had an interest and enjoyed the night

Participants:

30 in total; 10 younger and 20 older people



Fivemiletown Primary School & Nursery

We held our first "Grandparents Daffodil Tea Party". The children sent out their own personalised invitations inviting their Grandparents to come to school. On the morning Grandparents were welcomed into school by our Principal and took a seat at their table. The Nursery children took to the stage and sang rhymes and songs for their special guests. Mrs Daley thanked the Grandparents on behalf of the children for all they do. The children then joined their Grandparents and enjoyed a Tea Party together which included scones, traybakes and biscuits. The children had worked hard leading up to the event and presented their Grandparents with some of their artwork.



Benefits:

- Building friendships with others in the community.
- Meeting and speaking with lots of different people.
- Mixing with other and enjoying a cup of tea and buns.
- Enabling Grandparents to feel valued.
- Meeting staff in Fivemiletown Primary and Nursery.
- Having the opportunity to see around our school.

Participants: 88 in total; 26 younger and 62 older people

Gillygooley 2nd Youth (50+ Club)

Gillygooley 2nd Youth (50+ Club) came together with Gillygooley Youth Club to plant spring flowering pots. It was a very successful afternoon and both our older people's group and the children gained so much from the experience. The interaction and help given to each other by both groups was a joy to watch. Each one who took part went home with two pots of summer bedding to plant out when the danger of frost has passed. Teresa who brought the pots and plants explained to everyone how to care for the tender plants.

After the planting was complete, we all retired to the main hall to enjoy an afternoon tea and sweet treats for children and older people. It was a lovely afternoon for all involved with new friendships made and names exchanged. Our older members were sad to see the children leave and promised to meet again to renew the contacts made. Our group hope to visit the local school the children attend to have another intergenerational afternoon.

Benefits:

I think the benefits for our participants were the joy of showing young people how to work together as a team to get things done. It also brought back childhood memories to them.



Participants: 60 in total; 30 younger and 30 older people



Groomsport Village Association

Groomsport Village Association hosted an intergenerational games night on 18 April. The event was held in Groomsport Boathouse and was attended by 38 local residents.

The evening involved a game of bingo for the whole group - which was really good fun. The large group then divided into smaller groups and enjoyed playing a range of games.

Participants really enjoyed socialising over a cup of tea and slice of cake, thanks to the available funding.

Benefits:

- Company/social aspect
- Meeting new people
- Having fun together in a safe environment

Participants: 38 in total; 14 younger and 24 older people

Holy Trinity Dromore Mother's Union



This is the second Linking Generation NI activity that we have held in our Parish Church. We found the one meant to be held in December but had to be carried forward to early Jan 2023 was a great success of bringing all ages together that we wanted to do another event. We had fifty in the Church hall this time around on 16th April 2023 some were unable to make it through sickness and bereavements in their families which was beyond their control.

Age group were from primary school age, early secondary, early 20's, 35-55, 60+ There was so much buzz of

conversation throughout the afternoon quite a few were getting up and mixing with others at different tables, introducing themselves to those who weren't sure who they were and getting to know each other. After we had our Stew, Apple Tart & Cream we had our long activity table set up at the top of the hall and everyone took it in turn to come up and fill their cup and saucer with compost and plant their flowers in it so they had it to take away. They could watch the wee plant grow at home and the flowers blooms and remembering at the same time where they were when it was made. We are running a parish outing to a Flower Festival now at the end of May to St Macartan's Cathedral Flower Festival and having our lunch together in their hall.

Benefits: More connected to other ages groups in their community.

Participants: 50 in total; 11 younger and 39 older people



Langfield Primary School

Our project was an afternoon tea with board games. We invited parents, grandparents and younger/older siblings of our pupils to ensure each child would have someone to come along to the event. Being a very small school some pupils do not have grandparents or siblings so we could not choose just one age group to focus on as it would have excluded families. All Families in school took part and had a wonderful fun afternoon playing board games and enjoying lots of tasty buns and scones. The event was so successful and well received that we intend to run similar events in the future.

Benefits: The benefits of our event were our school community loved getting together and spending time playing games with their families, something very few get the chance to do now. All groups enjoyed socialising with others in school while moving between the games and enjoying tea/coffee and snacks together.

Participants: 56 in total; 23 younger and 33 older people



Integrated College Dungannon

Year 12 students made bird boxes in Technology for Collegelands Nursing Home. These were then erected by our Year 11 horticultural students who went along to the nursing home to plant out troughs and pots with the residents.

This was a fantastic experience for staff and students alike especially as the project was finished off with time for a cup of tea and a chat, something that both residents and students very much enjoyed.



This was an excellent opportunity to strengthen our relationship with the residents and to learn more about our shared interests. From this, we plan to bring out to Collegelands samples of the artwork which will be exhibited at our Creative Showcase on 15

June. We hope this again will provide the opportunity to sit down and have a good chat with the residents as a group of them are very interested in art. Hopefully from that visit, we will plan for a shared art class in the new academic year.

Benefits: The young people present became increasingly comfortable in the company of the residents. All of them came away from the care home elated and offering to attend again.

Participants: 35 in total; 20 younger and 15 older people



Tullymeadow Community Association

We organised a planting event at our community garden. Families came together to plant a tree and some wildflowers and sunflowers. Children were given free sunflowers, to plant a little sunshine.

It was a very successful event which was well attended and enjoyed by all.

Benefits:

Very enjoyable event. Learning about nature and mixing with different age groups



Participants: 40 in total; 20 younger and 20 older people

Millverne Care Home



Children along with 3 staff from Holy Trinity Pre-school visited Millverne Care Home in the morning where together they planted flowers into hanging baskets and seeds into containers. All participants were given the opportunity to participate in all the practical tasks i.e. placing compost into the hanging baskets/containers, planting the flowers and seeds, and watering.

The children were guided by the residents in practical tasks.

Residents were encouraged to share their knowledge of gardening and plants with the children. The children and residents were encouraged to ask questions to each other to allow them to get to know each other better e.g. what age are you? The children were given a small gift/treat at the end of the activity as a thank you for helping.



Both children and adults appeared to benefit from the activity both in terms of completing the practical activity and in socialising together - there was lots of chatting, smiles on faces and laughter. The residents talked lots about the visit from the children long after the event.

We would like to get together again for a more relaxed activity where residents and children (perhaps a little older) could have more time to chat rather than focussing on the final outcome e.g. playing board games together.

Benefits: More connected to other ages groups in their community

Participants: 31 in total; 14 younger and 17 older people

Northern Ireland Blind Golf Society

We brought four Transition Year students from a Dublin school on a cross border golf outing. Members of NIBGA come from the North and the South and this was the first time the boys had visited the wee North and the first time they had encountered blind and visually impaired people playing golf.

Benefits:

Intergenerational experience. The boys benefitted from sharing in a common activity, golf, hopefully injecting them with a greater respect for the social and wellbeing benefits of the game. Conversely, the older golfers were fascinated by the boys dedication to their personal wellbeing, their politeness, their caring attitude and thoughtfulness.



Participants: 20 in total; 4 younger and 16 older people

Portaferry Community Services LTD

The project with mixed older generation (40-70) selkies singers met with the local mothers and toddlers at the Exploris - full access to the centre and everyone got to share the wow factor with the children seeing all the animals and fish

Benefits: They, mothers and grannies, didn't have to put away all the toys or make the teas and entertain the children. The children really loved the music and stories which is a steppingstone for them before moving into nursery. We as an organisation got to know what other events and activities and workshops the women would like to see happening in the town.

Participants: 32 in total; 16 younger and 16 older people



St Mary's Killesher

We organised a concert with music, dance and drama for the elderly people in our community who suffer from loneliness and the grandparents of children in the local primary school. This was a wonderful social gathering with tea and refreshments afterwards.

We also ran garden clean ups for adults in the area and it proved to be very popular.

Benefits:

Combat loneliness

Participants: 204 in total; 99 younger and 105 older people



Mountfield Community Association

Mountfield Community Association organise a monthly healthy eating class. We invited members from the senior citizens group and mother toddler group and local community members to take part who have family commitments, live alone or couldn't afford to take part in the cooking classes otherwise. The participants were encouraged to choose their meal, some preferred chicken some salmon accompanied by potatoes and fresh vegetables followed by a dessert of sticky toffee pudding and ice cream. For some this was the first time they had tasted this dessert choice. A cook prepared the food while they watched and advised what way to cook chicken and salmon etc. The meal was simple, healthy, and nutritious and they all enjoyed it.



The class encouraged participants to come out of their homes and take part in a new activity. This class reduced loneliness, anxiety, stress and mental health issues. the participants enjoyed each others company while having a healthy nutritious meal. A game of bingo followed the meal, the evening turned out to be a social event for those who attended.

Mountfield Community Association have applied to other funders to secure funding to provide healthy eating classes for those community members who can't afford to attend. We hope other community members will be encouraged to attend the healthy eating classes.

Benefits: The healthy eating class was welcomed from members within our community. It is a learning experience for participants both young and old, where they can share their recipes and different cooking techniques while under guidance of a qualified cook. The activity is also a social event which encourages participants to come out of their homes and take part in something new. The participants are continuing to plan to have a monthly cooking class.

Participants: 27 in total; 2 younger and 25 older people

Northern Ireland War Museum

The project took place across 3 intergenerational sessions bringing together GCSE History pupils from Nendrum College and tenants from Stepping Stones supported housing scheme in Comber. The pupils had been studying the Second World War in Northern Ireland and the project was an opportunity for them to hear first-hand about that period from the older people's memories. There had been previous connections between the school and Stepping Stones as facilitated by Nendrum teacher Danielle Walker but this was the first time this particular group of pupils had visited the housing scheme.



The first session was a show and tell activity in which both sets of participants introduced themselves to each other using a personal object. Many of the pupils shared favourite books and music and photographs of family pets and relatives. The older people also brought along photographs and wartime objects such as an identity card. One person also brought along their gas mask from when they were a child.

The remaining two sessions consisted of small groups bringing together the pupils and tenants who looked at objects and photographs from the Northern Ireland War Memorial Museum's collection. Topics included the Belfast Blitz, wartime industries, rationing, Air Raid Precautions and the American presence. There were opportunities for discussion over a cup of tea as the older people shared their memories of the war and the pupils were able to reflect on their learning in preparation for their exam later in May. Both generations were able to consider together how different life was experienced during the war years and how it compared with life today.



The pupils from Nendrum College intend to visit the NI War Memorial for a tour in June 2023. There are also plans for the Stepping Stones tenants to visit the museum with the potential that both groups could visit the museum together as a way of building on the connections they made in this project.

Benefits: The pupils had been studying the Second World War and the project was an opportunity for them to continue their learning about the period while also reminding them of what they had already learned in preparation for their exam later in May. The older people also welcomed the opportunity to share their wartime memories. I think the project had a positive impact on both sets of participants' wellbeing, enabling them to create new connections with people in their local community.



Participants: 22 in total; 11 younger and 12 older people

Ozanam Menshed and AEON

We are the OZANAM MENSHEDED LURGAN based at Lurgan St. Vincent de Paul. We provide wellbeing occupational support to young men and older members of the community. We are a fully constituted group with charity status and have been offering a safe, positive, nurturing space for woodwork classes, drop in chats and coffee and more recently linking up with other community groups and organisations e.g. AEON Community arts, AE Russell Appreciation Society and Mindwise.

We believe in the benefits of intergenerational projects and have groups from St. Ronans College, CEARA Special School, AERAS and KKNL Lurgan.

Our intergenerational programmes include making planters, bird boxes, pergolas, garden furniture and more with local schools and Armagh Menshed.

This years April celebrations saw us linking up with AEON Arts and AERAS who collectively organised an April Festival and Funday.

We used the funding to buy wood, paints, stencils and rope etc. to make name plaques at the Funday on 1/4/23 in the SVP centre Lurgan. Menshed's Willie Mc Conville, Mick Cairns and AEON volunteers set up an intergenerational stall where children, parents and grandparents could make wooden name plaques together. The participants loved the activity and there were over 50 plaques made during the Funday.

The participants learnt about the Mensheds work, gained awareness of the AE Russell Appreciation Society and the benefits of collaborating with people from all ages to create beautiful crafts.

Benefits: Sense of pride in their work

Participants: 71 in total; 45 younger and 26 older people

St Ninnidh's Parent Fundraising Group

We arranged for 6 adults to come in to the P5 classroom in St. Ninnidh's Primary School and their teacher. The adults ranging from 45-80 years old all brought along their own pieces of handcraft such as crochet, knitting, quilting and spoke about the projects that they have done and are currently working on. The children listened and asked questions. They got to hold the examples. The adults spoke about times in the past and one participant was very good at making soft toys which the children admired a lot. The budget was spent on sewing kits for the 17 school children which included a binca square, threads and a needle. The adults received a pot plant as a thank you. The event was really enjoyed by everyone. The teacher said that she would like to keep the connection going and next time the children will show the adults a few tips. She also invited them to take part in the school gardening club.

Benefits: Very worthwhile for both age groups. Enjoyed meeting people of a different age group

Participants: 24 in total; 17 younger and 7 older people



Portaferry Sailing Club

The junior members (age 13-17) set up the project prepared the room and decoration the other junior members attended the event (age 6-12) alongside members of the community all ages over 18.

The project was a great success everyone really enjoyed interacting with each other all ages, learning from each other seniors showing young people how to score a bingo book... lots of kids and adult prizes for fun ... The committee provided the tea due to risk factor of hot water the younger members were unable to help at this part, but they were all willing to help to tidy up and put chairs and tables away etc.

The event demonstrated a great need for more intergenerational events which was very much part of the community for many years but somehow got lost. The Portaferry Sailing Club will be hosting other events and have applied for heritage funding to work with youth and older generation in recording past current and new heritage of the area.

Benefits: Community engagement, young children bring a certain spark and light for older people and certainly fun and entertainment... A lot of the ladies have been very isolated during covid and for some this was their first public event.

Participants: 52 in total; 25 younger and 23 older people



Rowandale Integrated Primary School

We hosted an intergenerational tea party in a local church hall, where grandparents and carers and students of our school enjoyed refreshments while being entertained by our school choir and many other talented groups and individuals. We created opportunities for chats between generations by encouraging everyone to bring along photos that would generate conversations about events or eras that were important to them. Refreshments were purchased and partly donated by a local social enterprise who are keen to see regular intergenerational events occur in our locality.

The event was easy to plan with many ideas and activities coming from literature that were circulated with the All Ages April pack. Participants found the event an enjoyable way to spend time together and get to know other people in their community for example, an opportunity for grandparents to meet other grandparents and friends of their own children, not to mention a time for them to meet their grandchildren's friends. In a time in which usually, family generations no longer live together, this event allowed grandparents to have a sneak peek into school and community life for their loved ones.

We hope to run many more events, on a regular basis, that support intergenerational mixing in the future that involve not only our students and their families but also reaching out to more isolated and vulnerable people in our community. We plan to do reach these members by working with our local community association and other primary school in our area.



Benefits: More connected to other ages groups in their community

Participants: 150 in total; 62 younger and 88 older people

Southern Regional College

We organised an intergenerational activity session in SRC Newry Gym. As it was Easter we decorated biscuits with icing, painted hard boiled eggs, made 'sock bunnies', bracelet making, did bingo, word searches, coloured in Easter themed pictures, held a raffle with prizes, played board games and enjoyed chatting over tea, buns and homemade cake. Ambience created with visual on screen and music in background.

Benefits: This helped each other with social isolation, great to come together. Good to include everyone:

- Speaking to each other
- Learning about each other
- Opening our eyes about other people
- Discover what both ages have in common i.e. travelling/family abroad
- Discover similarities through talking/interaction
- This was a positive experience
- Interacting with the younger generation was refreshing for them
- Good to think about people and their abilities
- We made the older persons feel welcome and safe
- Opportunities to get out and socialise
- Communicating with different age groups from different backgrounds
- Have fun
- Team working
- Company

Participants: 48 in total; 40 younger and 8 older people



St Patrick's and St. Brigid's Primary School, Ballycastle

Each year we hold a 'Gardening Club' for our P5 pupils, after school. This year many of the children had told us lots of stories about what their grandparents/families were good at growing and how they helped them. So, when we got the opportunity to apply for this grant we knew exactly what we were going to do!

The children designed an invitation to invite their family member to school on the 3rd May (we had to re-schedule because of the strike on the 26th April). On the day, we all met in the library for a cup of tea and a chat. We had granny's, mummy's, daddy's and one big brother. We discussed our school garden, our successes with growing potatoes and our favourite plants. We then went to the school garden and each pair planted up a 'pot of joy' to take home with them as a reminder of their day.



Benefits: Enjoyed meeting people of a different age group

Participants: 20 in total; 9 younger and 11 older people

St Pauls Primary School, Irvinestown

Wrote letters to elderly relative or grandparent to come into school to play board games and have a cup of tea. Children and elderly both enjoyed the morning. Both generations told each other stories, learned how to play new games but most importantly socialised together, talking and laughing. They were given opportunities to interact with other people, friends that they may not have seen since before COVID. Children were proud to show off their displays in the hall. We ended the session by singing traditional songs in Irish and English.

Benefits: Enjoyed playing board games together

Participants: 65 in total; 35 younger and 30 older participants



The Village Armagh

The Village Armagh is a community group for women and children in Armagh, where women can create their own "village" or community in a safe, welcoming way.

For All Ages April together with Linking Generations Northern Ireland we are having an afternoon craft with all generations of women! We held a weaving workshop, with a piece to take home.

We've always been fascinated by the weaving of stories for the years, passed on from grandmother to mother to child. If there is one thing we're good at, it's telling a good auld yarn!

We invited women to bring their mother, their children or just themselves and there was even two sets of 3 generations! Everyone enjoyed weaving together while sharing stories, the craic and just each other's company.

Benefits: Sharing company, building relationships.

Participants: 12 in total; 5 younger and 7 older people



The Vibe Youth Club

After re-arranging this fixture because of the rain & Covid - it was third time lucky! We had a glorious sunny night at Pirates Golf, Dundonald. We had 6 teenage boys representing the Vibe Youth Club and 7 older gentlemen representing the Men's Shed group. Both groups meet at Saintfield Rd Presbyterian, but have never previously mixed. We split into three teams, mixing the ages, and giving opportunity for conversation to develop throughout the game. Holes in one were widely celebrated with high fives! We finished the evening with a coffee/McFlurry at McDonalds where we debriefed the activity and completed evaluation forms.

The young people really enjoyed themselves and will now find it easier to have a conversation with the older men when they meet in the premises; meeting with the men this morning, they were really encouraged at how well they gelled with the boys, and both groups were keen to do something similar in the future. It seemed like connections were made and barriers were broken down.



We hope going forward to provide opportunities for the younger boys to join the older men at or through some simple community projects or Men's Shed activities.

Benefits: Deepening relationships.

Participants: 14 in total; 6 younger and 8 older people

Whitehead Community Association

Whitehead Community Association was established in 1978 by the people of Whitehead. We endeavour to hold events and host groups and clubs to benefit the community. This is our first year being involved with Intergenerational events yet in many ways our events do benefit from a mixed age range. I wanted to channel the spirit we had during covid in combatting loneliness and specifically to those unable to get out to our events. Around the time I had considered what type of event we could have; I came across the Kindness Postbox. This organisation and their ideas were what inspired our week of letter writing and drawing.

Our Intergenerational week ran at the same time as the global intergenerational week, commencing Monday 24th April. We then also included Friday 22nd April as we have a childcare facility within our premises, and we wanted to let them to participate too. Due to safeguarding procedures, we decided to keep kids from the after-school club separate to the week we opened to the public.

For our event, we bought craft supplies so children could come into the Whitehead Centre and write letters or draw pictures to send to our local residential home. I found this event to be popular and the children spent time asking about nursing homes and the older generation that lived there. They also had fun being creative and considering what they enjoyed doing and what they wanted to express about themselves. The children showed an increase in confidence within themselves but also their ability to open a conversation about older people. They asked a lot of questions and some children left thinking about asking their grandparents what they did when they were children.

Benefits:

I believe the most valuable benefits were that the kids were able to think about our older generations, ask questions and open a dialogue that made them feel more confident in engaging with older people. Talking about residential homes made them seem less scary or unknown. The residents of the nursing home felt special receiving letters and made them feel less isolated.

Participants:

50 in total; 35 younger and 15 older people.



Woodgreen Healthcare – Willow Tree Lodge

We invited the children and leaders from Calvary Pentecostal Church, JAM Youth club to join us and residents at Willow Tree Lodge to plant and name fruit trees in our garden at Willow Tree. It was a fun filled event where we also worked in groups to make name plaques and name the trees and was enjoyed by all who took part. We also celebrated one of the little girls from the JAM club's Birthday which was on that day. We



plan to bring our groups together in

the future for more planting sessions and once our trees and shrubs bear fruit we plan to pick the fruits to make chutney and jams together.

Benefits: Making new friends

Participants: 32 in total; 16 younger and 16 older participants.



Friends of Willowbridge School

One of the Post 16 classes, 16W, organized the event. A menu was planned, and shopping purchased. The youngsters were supported by their staff and prepared the food and drinks for the morning. With the help of the school clerical staff, we sent out invitations by email, phone and face to face.

We invited members of our school community to enjoy coffee, tea and treats. These included our volunteer minibuss drivers and members of our Board of Governors. We had guests from age 3 to almost 80! 16W arranged the seating to encourage all ages to sit together.

It was a fantastic opportunity to bring together our school family outside of the confines of school assemblies and more formal school occasions. The experience of eating and drinking together instigated conversation between all ages and was a wonderful catalyst for interaction. There was a relaxed, informal atmosphere. There was positive feedback and appreciation from all those who attended.



This is something that we would be keen to hold again in the future. The benefits of developing and maintaining our school community is very important. We would like to invite some of the older residents who live near our school; a coffee morning like this would be an excellent opportunity for them and us to get to know each other.

Benefits: Interacting and encouraging the children to chat to adults and feel safe in their company

Participants: 81 in total, 49 younger and 32 older people took part

Newmills Primary School

We had previous links with Ashbrook Care Home and would visit them with our school choir each Christmas. Our plan was to visit them again with our choir and bring some percussion instruments so that the residents could participate along with the children.

Unfortunately the care home was still under covid restrictions so we had to modify our plans. The choir sang for some of the residents and children played their instruments as well. The children had grown plants which they wanted to gift to the residents but we were unable to have the children interacting as we had hoped. We were only able to interact with a small number of residents who had their next of kin present at the time.

We would like to build upon these links in the future and continue to visit the care home but hopefully the children would be able to interact more.



Benefits: Building friendships with others in the community.

Participants: 88 in total: 26 younger and 62 older people took part

Summary

All of these fantastic All Ages April Awards projects have been inspiring and testament to the commitment of local communities to a better future for all ages. They took place as part of the annual Global Intergenerational Week campaign which aims to inspire individuals, groups, organisations, local/national government and NGO's 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 for different age groups to come together, and intergenerational friendships to be formed.

We hope to see more groups and individuals coming together to share, recognise and value the contribution of all the generations who live here.



**Thank you to all involved from us at
Linking Generations Northern Ireland!**