

POSITIVE AGEING MONTH 2023!

IDEAS FROM



What is Positive Ageing Month???

Positive Ageing Month 2023 takes place in Northern Ireland during the month of October, launching on the 1st October - International Day of Older Persons. Its purpose is to to celebrate & recognise the contribution older people make to society!



Click our website links below & check out this guide to see how you can get involved!

- [Resources](#)
- [Intergenerational explained](#)
- [News](#)
- [Project Stories](#)
- [Your Local Networks](#)
- [Events](#)
- [Training & Support](#)
- [Sign up Now](#)



Get your school/college involved!



Invite grandparents or a local seniors group to your school/college: Arts & Crafts, cold cooking, tea party, planting & growing, play music, games day, talk about treasured objects or join a class!

Make a link with a local care home or plan a visit: Write letters, Arts & Crafts, play music, sing songs, have a chat, have a tea party, play bocchia bowls, do armchair aerobics!



Hold a session to discuss ageing and intergenerational ideas: Talk about the positives of older people, how they can be involved in school life - check out this [LGNI worksheet](#)



SHARE YOUR WORK WITH US



Get your Care Setting involved!



Organise a family day: Bring old pictures, create a family scrapbook, talk about favourite memories, treasured objects, enjoy food and music, have a party!

Make a link with a local school/nursery or college and organise a visit: Meet and greet conversation starters, partner up to do activities, hold a teddy bears picnic, sing together, arts & crafts!



CARE HOME TRAINING



Absolutely loved the training and I feel bursting with enthusiasm.
Lots of great ideas!

I was surprised by how in-depth and comprehensive the training was. I have now taken away multiple plans to help bridge the young and older generations.

A great overview of intergenerational practice with plenty of practical resources and ideas to draw on.

Intergenerational Training



Check out LGNI's Accredited Intergenerational Training for Care Homes: Get the skills, ideas and learning to develop sustainable IG activity linked to Care Standards

SHARE YOUR WORK WITH US



Get your Community involved!



Run a Photo Competition on your Community or Organisations Facebook Page:

Entries share favourite intergenerational connection photos, see who gets the most likes, decide as a community committee, give some fun prizes!

Invite a community group of a different generation to your usual activity: Youth Clubs, Mum's & Tots, Seniors groups, Sports clubs, housing schemes, fitness class or organise an event for all ages!



Reach out to older people in your community or family:
Give a random gift or message of kindness, offer to help with a garden, create a family time capsule, say hello!

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