

POSITIVE AGEING MONTH 2024!

IDEAS FROM

**Positive Ageing Month 2024 launches on the 1st October - International Day of Older Persons. Its purpose is to to celebrate & recognise the contribution older people make to society!
The campaign is led by the Age-friendly NI Network.**



Click our website links below & check out this guide for intergenerational inspiration!

- [Resources](#)
- [Intergenerational explained](#)
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- [Training & Support](#)
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**Age Friendly
Network NI**

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!



Discuss Intergenerational ideas with your pupils: Talk about the positives of older people, how they can be involved in school life - check out the Age-friendly powerpoint and other Twinkl resources [HERE](#)

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Get your Care/Housing 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!



Invite a younger age group to join in on your regular activities: Arts & crafts, singing, music, balloon tennis, quiz, coffee morning, games, bingo!

SHARE YOUR WORK WITH US



Get your Community involved!



Run an community event to bring generations together: Community walk, quiz, dog walk, games night (give some fun prizes!), talent show, grandparents awards night.

Check out [All Ages April](#) for inpsos!

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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