Belfast City Council Youth Forum

'I really enjoyed the intergenerational work as it was an opportunity to meet with some of the older members of the city that I might not have had the chance to otherwise. I made some good friends while taking part and really came away with a better understanding of our older citizens.'

The development of an intergenerational toolkit for Belfast is welcomed greatly. This will give local communities the confidence to join younger and older related issues together and build relationships as it has done for our forum.'

Conáll O Corra
Belfast City Council Youth Forum Member

Belfast Policing and Community Safety Partnership

'As Chair of Belfast Policing and Community Safety Partnership I am pleased to endorse the Intergenerational Toolkit as part of Belfast City Councils Age Friendly Plan 2014-2017 developed in partnership with Belfast Strategic Partnership.

Belfast PCSP are committed to providing a safer and shared community for all who live and work in the City. Belfast PCSP will continue to be at the forefront in the provision of intergenerational practice and this toolkit will provide an invaluable resource.

All aspects of intergenerational work will continue to be a priority of Belfast PCSP and as such this framework will provide all organisations including Belfast PCSP the information to effectively engage, plan and evaluate all intergenerational practices ensuring that the best possible service is provided to all members of our communities.

I would encourage all those involved in the delivery of Intergenerational delivery to make use of this resource.'

Colin Keenan
Chair Belfast PCSP

Linking Generations Northern Ireland (LGNI).

"LGNI fully endorse the production of this toolkit which follows on from many years of collaborative work with Belfast City Council, Belfast partnerships and Belfast communities. Good intergenerational practice is based on people of all ages working together to create understanding, respect and strong vibrant communities. LGNI see this toolkit as a useful resource for those interested in using an intergenerational approach to developing Age-friendly communities within Belfast and beyond. We all live as part of multigenerational communities within which all members have a very important role to play. Intergenerational work is an opportunity to connect these roles making communities a better place for people of all ages."

Vicki Titterington
Manager LGNI

We hope you find this resource useful and valuable in your work. An intergenerational guide to accompany this toolkit is available from www.belfastcity.gov.uk/seniors

This will offer further examples of intergenerational approaches, project templates and more insight into intergenerational practice. If you would like further copies or information please contact Age-friendly Belfast Team on 028 9050 2073 or email anne.ross@bdhu.org

Belfast

Age-friendly Belfast

Belfast Strategic Partnership
supported by
Belfast Health Development Unit

old and young
getting along together

Intergenerational Toolkit

Belfast Strategic Partnership
supported by
Belfast Health Development Unit

Age-friendly Belfast Intergenerational Toolkit

Belfast Strategic Partnership (BSP) endorses an age-friendly city led through Healthy Ageing Strategic Partnership (HASP).

Our vision is that:
'Belfast will be a city where older people live life to the full'

One of the key commitments in the Age-friendly Plan under the theme of 'Age-friendly Image' is to champion intergenerational work and deliver a coordinated city wide approach through a city wide project between Belfast City Council Youth Forum and Greater Belfast Seniors Forum.

This toolkit has been developed with and endorsed by, both forums and Belfast Policing and Community Safety Partnership and Linking Generations Northern Ireland.

Greater Belfast Seniors Forum

'Over the past 2 years we have been involved as a forum promoting intergenerational practice. The work of the intergenerational group has been an eye opener for everyone who has taken part. It is great to experience new thoughts and ideas of young and old alike.

The Greater Belfast Seniors Forum welcomes the development of the Age-friendly Belfast Intergenerational toolkit and guide and would encourage other forums and groups to use it. It is a very clear and structured process and we are very happy that we have been a part of a great team in putting the toolkit and guide together.

I hope that organisations groups and forums find this as useful and valuable as we do.'

Mary Morrison
Chair Greater Belfast Seniors Forum

What is intergenerational working?

- Intergenerational practice aims to bring people together in purposeful, mutually beneficial activities which promote greater understanding and respect between generations and contributes to building more cohesive communities. Intergenerational practice is inclusive, building on the positive resources that the young and old have to offer each other and those around them.

Principles of intergenerational practice

- Mutual ownership and shared benefits from the activities.
- Equal participation of all ages.
- Asset based - discover the strengths of the community that you work with and improvements will come naturally.
- Culturally aware - think about the needs, context and attitudes of diverse groups of people.
- Strengthen community bonds and promote active citizenship - we are all in this together.
- Challenge ageism - working and exploring together will help people rediscover themselves.
- Cross-disciplinary - invite others in a variety of work fields to become involved.
- Well planned - structure your programme or project. This will make it easier to evaluate.

How to do it?

- Define the need - reflect the needs of the community you are working in.
- Set up a planning group - this will help when drawing up plans, pooling resources and overall project management, agreeing roles and responsibilities.

Define the outcome or need

- Confirm the research and policy to set up the activity.
- Identify the best opportunity to engage different ages.
- Benchmark locally and nationally the best practice to develop an activity.

Plan

- Make sure there is an equal representation of the target age group.
- Agree the key purpose and targets for each group and any support requirements.
- Confirm the budget and resources needed to support the target age group - think about volunteers to support activities.
- Plan activities

Safeguarding

- Ensure that any safeguarding needs for children and adults are identified and managed. Although we can take every precaution with the standard risk assessment, there are other considerations that need to be given some thought! Through tried and tested measures think about your groups needs- mobility issues, diets, mental health issues and fears of the unknown.
- Consult with your group every step of the way. Let them know your plans this will help your group decide if they are comfortable moving forward.
- Contact your organisation's designated officer for any additional support.

Organise the activity

- Event checklist - what do you need to meet your objective? Budget, equipment, dates and materials.
- Venue - consider using registered venues - are they age-friendly, easy to get to and accommodating? (lifts, hearing loops, disabled facilities)
- Risk assessments - ensure these incorporate any safeguarding issues capturing individual needs.
- Catering to suit needs.
- Transport - registered bus or taxi companies accessible for all.

Participation

- Advertise - check out your language, is it Plain English? Think of your formatting and what type of audience you're trying to reach.
- Recruit - think about your volunteers and other organisations. What will make your project a success?
- Single identity workshops - are very important. This will help you identify nervousness and apprehension. It will help those involved to understand what is expected of them and discuss personal perceptions.
- Support or training needs (individual) - source quality training to ensure an enjoyable delivery of the project.
- Volunteers - what support do your volunteers need? Have you completed clearance checks if needed?

Plan the activities

- Bring together the different generations through:
- Trips - get participants to meet for one-off activities that will inform them.
- Events - organise an event for important milestones. For example, an end of project showcase.
- Workshops - deliver creative workshops that will achieve your aims and objectives.
- Make it fun and interesting - relate to your audience. Think of exciting ways to extract the information you need but also allow informed learning

Benefits

- Remember to fully evaluate your benefits. Take time to reflect and think about:
- What outcomes you were tracking as part of the activity which will bring a benefit to all ages - did you meet this?
- How did you monitor changes throughout your project and how will you evaluate it? Think about your participants' evaluation - what were the benefits for them?
- Did the community benefit?
- Did the organisations who took part benefit?
- What are the next steps?