Intergenerational Activity Award

Finalists x 4

Westerham Forget-me-not Café Project  Pg 2
Simon Langton Girl’s Grammar School  Pg 4
Oasis Academy  Pg 6
Sunshine Saturdays  Pg 8
Score Sheet  Pg 10
Intergenerational Activity Award

Nomination: Westerham Forget-me-not Cafe Project
(Leads Symone Salwan and Bill Curtis)

Reason for Nomination:

This project was inspired by George Wells an attendee of the Westerham Forget-me-not Café from its inception. We watched the wonderful interaction between George and two of the Churchill Primary School pupils who visited the Café, the pupils were captivated by George’s photos and tales of his youth. Sadly, George passed away in July, this project is dedicated to him.

This initial interaction led us to talk to local historian Bill Curtis about how we could expand this into a project that could benefit both the younger and older generations and raise awareness of dementia with the young people. Bill, a sound engineer, suggested teaching interviewing techniques to the young people who could then interview the Café attendees about their memories of Westerham. Bill filmed the interviews and it is hoped that the some of these will be used on the Interactive Westerham Museum. The Town Council will use the responses regarding shared experiences of living in Westerham to help shape Council strategy.

This Project commenced with a whole School assembly on dementia awareness led by Symone Salwan who led an excellent assembly by explaining what dementia was and how the young people could help. Five volunteers helped to show how dementia affected the neurons and Symone wrapped them in blankets, on a really hot day, to show how the cells don’t communicate as fast with each other. This was such a fun and visual demonstration. There were so many interesting and thought-provoking questions that the assembly time ran over.

A few weeks later a group of young people visited the Café for the training and interviewing sessions and these were really enjoyed by all parties. Two of our regular attendees told us…… “It was very interesting. They wanted to know what Westerham was like. I think about it all the time – what I did when I came to Westerham in 1958”, Ray, 87.

Fred, “Their questions were very good: What buses there, where we played, what we did. I had lots of pictures I had been given of old Westerham Railway station. The children were interested in how things changed. Two were scouts and that has changed a lot. They were simper days, we had no technology – we were out catching rabbits and keeping chickens. It brought back memories good and bad!”. The School newsletter of 23rd June states – “The school are working with the Town Council and the Forget Me Not Café to raise awareness of dementia. On Friday 16th
June, a group of Year 6 pupils went to visit the people at the Forget Me Not Café and were taught interviewing techniques to use with people who have dementia by Bill Curtis. People from the café shared their memories of Westerham in the past and had brought in photographs to show the children. The children were fascinated by the stories and information they learned and there was a lot of discussion given to schooling in the past, especially punishment!
Intergenerational Activity Award

Nomination: Simon Langton Girls’ Grammar School Lead – Ms Hannah Blasket - Foord

Reason for Nomination:

‘Talking Trees’ was a year-long enrichment programme for thirty (15-16 year old) students from Simon Langton Girls’ Grammar School (SLGS) in Canterbury. It was a core funded Big Lottery, inter-generational, partnership project with AgeUK Canterbury and Westgate Parks (January to December 2016). It focused on brightening the lives of local older people by engaging them in fun, facilitated group arts activities with celebratory events. Students undertook dementia and mental health sensitisation training prior to their programme of visits to residents at Cranmer House (Sheltered Housing Scheme) and AgeUK Canterbury’s Day Centre. They later also helped to produce a self-guided ‘Tree Trail’ leaflet for Canterbury’s Westgate Gardens, designed with a Kent professional artist Sue Toft, ‘with older people in mind’.

The project fostered inter-generational friendships with ongoing student befriending visits and by December 2016 a new project was spawned with co-ed sixth-formers at the Simon Langton Boys’ Grammar School; ‘Postcards from precious places’. Two students involved in ‘Talking trees’ helped to recruit and inspire other students who together supported the formal trail launch with the Mayor Canterbury in May 2017 and supported the new work with creative writing and craft socialisation sessions for older people at AgeUK Canterbury.

Talking Trees was evaluated by Fay Blair who co-designed the project with SLGS Assistant Head Teacher, Hannah Blasket-Foord, supported by teacher Melissa Challis. This evidence showed considerable student satisfaction, enjoyment, growth in confidence, communication, social and team working skills, knowledge about dementia, with reflective learning. The project results showed how the project broadened the ‘life perspective’ of the students, about older people and the need to support them especially those that are vulnerable and live with dementia. The feedback from the older people who participated showed how they enjoyed the young people’s company, working together in a social gathering context which helped to overcome the loneliness and isolation and frustration that many of the older generation feel.

The media profile outreach was promoted in the early project stages by Kent Creative Arts CIC.

Talking Trees has built momentum for more intergenerational working and was an integral strand of AgeUK Canterbury’s bigger arts and wellbeing ‘LAPWING’ project.
Press and magazine articles in The ‘Canterbury Index’ magazine and local radio interviews achieved an audience outreach of 60,000 plus. A private social media (Facebook) ‘Talking Trees – Arts and wellbeing’ to share learning, information, innovation and activities about dementia, community mental health and wellbeing with artists and practitioners is well supported by 88 members.

The Talking Trees evaluation report has distilled important ingredients and messages for future intergenerational working, that help to question, ‘change hearts and minds’ and galvanise positive action to build more dementia-friendly communities. Show case events included several school Assemblies at the Langton Girls and at the Boys’ Schools in October and November, at AgeUK Canterbury in December and at the KCC ‘Creative Care’ Expo in Maidstone, led by Kent Dementia Action Alliance in January 2017.

The Talking Trees project story with full evaluation report is downloadable from the AgeUK Canterbury website:

http://www.ageuk.org.uk/canterbury/wellbeing/lapwing/talking-trees/

1 Photograph Submitted
**Intergenerational Activity Award**

**Nomination:** Oasis Academy Dementia Group

**Reason for Nomination:**

An intergenerational project involving Academy students, care homes, local churches, NHS, Alzheimer’s society, Kent County Council, Swale Borough Council and individuals throughout the county. The students hold regular dementia cafes, eight this last academic year, visit local care homes to work with the residents, undergo dementia training (50 new trainees this year) and provide training for others in setting up dementia cafes.

In September 2016, we started the year by hosting one of our cafés for a delegation from the Chinese Government and Peking University who visited to learn about the intergenerational work our students were doing on dementia. KCC recommended Oasis Academy as they considered the work to be an example of good practice. Professor Hual I Wang praising the school's work said, “We’re glad to see pupils are so involved with so many activities and get quite motivated in educating the public and providing support for old adults in the community.”

In October, we hosted the Kent Dementia Awards the guest speaker being Angela Rippon CBE. The students organised refreshments and entertainment for over two hundred guests.

The students have run six further cafes over the year. Each café is based on a theme including a Christingle and an Easter cafe. The students raise funds that enable us to buy gifts for our guests at these cafes as well as providing an afternoon of refreshments and entertainment. The entertainment includes singing and dancing, treatments from the Hair and Beauty Department students, PE activities and art/craft activities. Bill Ronan, Community Liaison Officer, Communications and Engagements for Kent County Council said, “Can I convey my sincere thanks to all the young people who are exemplary in their engagement, participation and understanding of the issues facing attendees. It is always a joy for me to attend the dementia café…all students are enthusiastic and remind and reinforce for me the excellent values and ethos you instil in them as they support this sensitive issue. I am always impressed how understanding and professional your students are ……a valuable example of excellence in terms of this intergenerational project.”

Alongside cafes, the students also visit the residents of local care homes and have undertaken an art project with one of these homes. This culminated in the creation of a dementia friendly garden at the home. Students attended the official opening of the garden socialising with other guests and residents. This project is to be further developed in the next academic year.

Jeanette Spooner of Sittingbourne’s Willow Day Centre said, “I think it’s fantastic the students here have got such an awareness of dementia. They are courteous and
have an understanding of the difficulties they have and our folk love being with the younger people.”

In Mental Health week the students worked with the Halifax bank to organise a coffee morning raising £300 for the Alzheimer’s Society. In Dementia Awareness Week, students did a local radio programme talking about their work on dementia. The students have supported other schools in setting up dementia cafes.
**Intergenerational Activity Award**

**Nomination:** Sunshine Saturdays

**Reason for Nomination:**

AgeUk Thanet's intergenerational project has continued to blossom and go from strength the strength. The project is attended by young people aged 7 years - 19 years, up to 25 if additional needs, alongside those aged 50+ including those living with Dementia.

The project brings the generations together regardless of ability through a wide range of workshops, skill sharing activities, community and fundraising events.

Over the last year the project has seen a huge increase in the number of adults attending living with Dementia. The groups offer them a friendly environment with plenty of laughter and gentle stimulation. Every week we offer a different interactive opportunity so that there is no pressure to remember what happened the previous week. Carers are now also staying at the sessions to engage and make friendships with those whom are not living with Dementia. A welcome break, a chat with friends, an exchange of stresses and understanding.

The young people at the session are huge in this equation, keeping the sessions energetic and lighthearted, bringing a cheeky smile to those whom are otherwise often struggling to come to terms with their illness. Every person that attends the session is a Dementia Friend.

The staff have worked hard to increase their understanding of the illness so that they can share their knowledge and understanding with the young people, coming up with innovative ways to explain things to the young people.

The group format is an opening with friendship circle, this introduces everyone in the room - nobody is a stranger. The session is briefly outlined and the session begins. Tea and Cake half way through - compulsory! :) The morning session ends with a small raffle and Foodshare. 'Tesco Foodshare' is a partnership that we have undertaken in our area to support every person that attends. We appreciate that we are living in an area of high poverty and deprivation, financially things are very tough for people. FoodShare is an opportunity for free food, to take it home and enjoy. The morning session is followed by lunch together - an opportunity for good conversation, a wholesome meal and laughter. The afternoon brings the opportunity to join in a calmer activity or a stroll in the garden or a matter in the sunshine.

The group have responsibility for the garden at AgeUk and we make the most of this - currently we have over 50 tomato plants!!! The garden has been colour designed to be be Dementia friendly : ) Sunshine Saturdays continues to support between 35 -
45 participants per week, we even open our arms on Christmas Day too! Transport with escort is also provided for those whom need the extra support.

Sunshine Saturdays is a very warm blossoming heart felt project that adds sunshine to everyone’s day :)

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Intergenerational Activity Award

Score Sheet: Please score each nomination 1-10

The more you like it 😊 The Higher you score it

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Please Also fill in the below and return to:

Laura Summers | Project Officer – Community Support | Strategic Commissioning | Social Care, Health and Wellbeing | Kent County Council | Third Floor, Invicta House, Maidstone, Kent, ME14 1XX

Or you can call Laura and leave her a message on 07825 712701 and she will call you back (Tues-Thurs)

Or email her at Laura.Summers2@kent.gov.uk

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