



@FfrindIMi

Adeiladu Pontydd ar draws y Cenedlaethau

Building Bridges across the Generations

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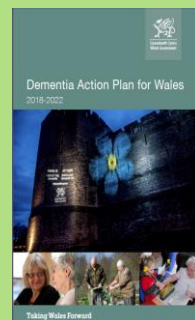
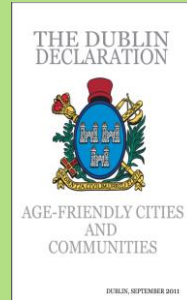
Intergenerational Practice and Strategy

- National Strategic Drivers
- Background/Local Context
- Why we did it
- What we did
- How we did it (Ffrind i Mi workshop)
- Benefits
- Transferability
- Next Steps

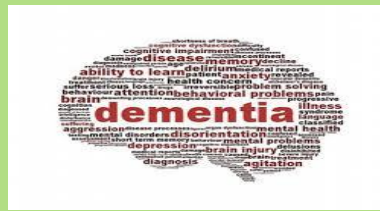


National Context

School Curriculum (Professor Donaldson)



The Beginning: Loneliness and Social Isolation



To spot a Stroke think F.A.S.T.

SPOT STROKE
Full Recovery Begins Recovery

F ace drooping Is the person's face uneven or drooping on one side?	A rm weakness Can the person hold up one or both arms?	S peech difficulty Is the person able to speak clearly? Can they understand you?	T ime to call 995 If you suspect stroke or if you are unsure, you should be taken to the hospital immediately.



Health Status

Poor

Average

Excellent



Blood Pressure



A Prescription for Loneliness?



2015 - 79.5 million prescriptions in Wales. **5 million were anti-depressants** – more than double previous decade.

2016 - 30% increase in anti-depressants prescribed to **children** in Wales.

NHS Wales Shared Service Partnership 2017

2017 - 80.4 million prescriptions - **5.6 million anti-depressants**

2017- Drugs for **dementia up 1,473%**. **11,000** in 2002, almost **179,000** in 2017.

Local Feedback

Engagement



Key Questions:

- Affects of loneliness/isolation and how people currently cope?
 - What is already available?
 - What else is needed/gaps?
 - What the new service model should look like?
 - **Feedback:** informed direction
 - **'Name the Service'** Competition
- Ffrind i mi/Friend of mine**
- **Loneliness Inquiry 2017**



Ffrind i mi: Some Examples

“What matters to me” (feedback)

- Need to ask the question!
- #CountMeIn- Ffrind i Mi Volunteers
- Blind date!
- Website www.ffrindimi.co.uk
- Bespoke Volunteer Training
- Conversational BSL
- *Mums without Mums*
- Friendship Clubs
- Memory Gardens
- Bi-Lingual Scrabble Clubs
- Job Centre/Claimants
- Animal Therapy- dogs, hens
- **Intergenerational Practice**





Intergenerational Practice (Pre Strategy)

Some examples.....

Local Initiatives



Intergenerational Practice (pre-strategy)

- Dementia Friends Training
- Intergenerational 'Bake Off'
- Exclusion/Social Confidence
- School Visits
- Digital Heroes
- Pen Friends
- Intergenerational Exercise
- Gardening/Memory Gardens
- Falls Reduction: 'Pimp My Zimmer'
- **Anti-psychotic prescribing** ↓
- Research

Case Study



'Don'

- Dementia
- No family/friends
- Aggressive/resistive
- Self harm
- Sedated
- Increased falls



Intergenerational Practice

- Digital Heroes- Pigeon Racing
- **50% reduction** in anti-psychotic prescribing
- **100% reduction** in PRN
- Chicken Coup/ 'In Charge'
- School Visits/ Tuck Shop
- Diversion Therapy
- **" We now FIM rather than sedate"**

Benefits



Children and Young People

- Social Awareness
- Positive attitudes towards elders
- Increased confidence
- Improved communication skills
- Learning new skills
- Community belonging
- Access to positive role models
- Improved behaviour

Older People

- Reduced fear of younger people
- Positive attitudes towards young
- Improved mental wellbeing
- Improved fitness/mobility
- Learning new skills
- Reduced loneliness and isolation
- Renewed sense of worth

(*Springate, J, Atkinson, M and Martin, K (2008)
Intergenerational Practice: a Review of the Literature (LGA
Research Report F/SR262). Slough: NFER)

Community Benefits: Improved community cohesion, diversification of volunteering, educational institutions becoming involved in the community

“What children are missing is experiential learning”

(Professor Donaldson)

“I want to be.....”

- “a nurse”
- “a paramedic”
- “a doctor”



*“I want to work here when I’m older”
(nursing home)*

“I like going to the hospital because I have had a lot of information about becoming a nurse or a paramedic. I enjoy seeing the patients every week, it makes me happy to know that I am changing their day.”



“I want to be a dementia nurse”

Fill the anticipated care-giver gap!

Our Intergenerational Strategy



INTERGENERATIONAL
STRATEGY

Draft May 2018

Building Bridges across the Generations



Our Goals

Petra
PUBLISHING
Parents Engaging To Raise Aspirations

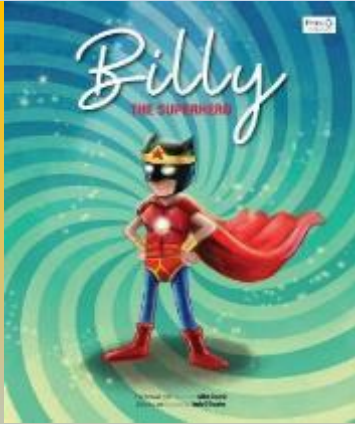


Professional pen friend



- Strategy and Toolkit – mutual benefits/
↓
loneliness
- **Twinning (64/106)**
- Mental health and well-being
- ‘Active Offer’
- Welsh Baccalaureate
- Able and Talented and ‘At Risk’
- ‘Ambitious, confident, creative contributors and ethical informed citizens’
- Volunteering opportunities for younger adults
- **Professional Pen Friends**
- Staff training- Senses Framework (care homes, NHS/Local Authorities)
- Research/Share best practice!
- **Child friendly career information- (Petra)**

Childrens Books



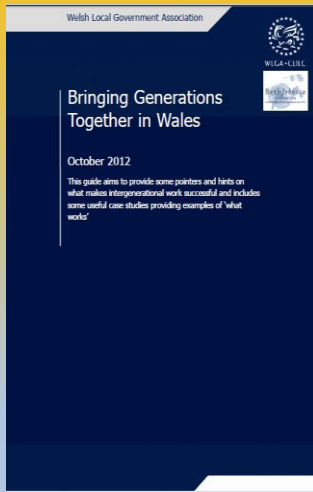
Billy dreamed of being a superhero.

‘Billy’ whispered Nan, ‘These staff here in this hospital are actual, real life superheroes....’

‘And in a few days Nan was almost right as rain, although many more superheroes came to her house and made sure she was ok’.

‘See Billy, not all superheroes wear capes’.

Toolkit Feedback



Main considerations:

Inclusion of :

- Risk Assessments/Safeguarding
- Parental Consent Forms
- Types of Activities
- Project Plan Template
- Links to potential funding
- Case Studies (which outline benefits)
- Feedback Forms
- 'Happiness' scales

Strategy Feedback



INTERGENERATIONAL
STRATEGY

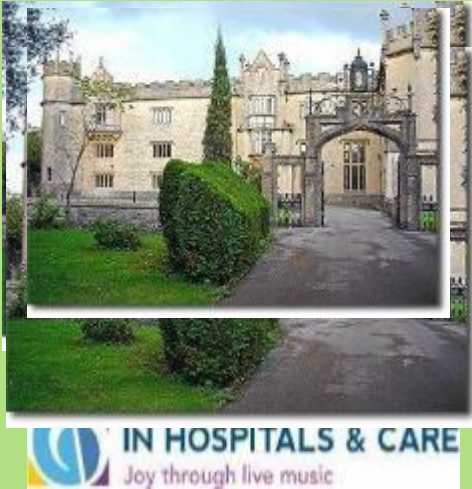
Draft May 2018

Building Bridges across the Generations

- *“Makes me want to be **part of it!**”*
- *“Very clear **partnership commitment**, especially with the pledge.....”*
- *“Someone who doesn’t work in the sector could pick this up, **read it and understand it**”*
- *“I love what you are trying to do here”*
- *“Great to see **Donaldson** included”*
- *“What are you doing to get this **Wales wide?**”*
- *“Can Pen Pals be **National or even Global?**”*

Transferability

- Trademark
- Strategy and Toolkit
- Resources/Leaflets
- Uniformed Cadet Organisations
- St Johns- cadets and adults
- Schools/Care Homes/Wards
- Volunteers
- Music in Hospitals- Introduction to 'Twinning'
- Digital Communities Wales
- *Pimp My Zimmer!*



Next Steps



- **Ambition Statements (WBFGA) and action plan**
- Intergenerational Dining/ Food Poverty
- Intergenerational Exercise- “Move it or lose it”
- Youth Groups
- Coleg Gwent Academy
- BME Communities
- Faith Groups
- Books- bereavement, childhood obesity, autism
- Professional Pen Friends
- Coloured Walking Frames
- Research



Diolch



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