

COUNTY DURHAM INTERGENERATIONAL NETWORK NEWSLETTER

Issue 7. November 2011

Recent Activities Update

For more information about these projects please contact Caroline Evans on 0191 3839750.

Bridging the Gap 17 young people from Teesdale School have completed the accredited training course. They are now planning their intergenerational activities for next year.



Award for Community Learning

Burnopfield Youth Group Intergenerational volunteers fought tough competition to win the **OCN North East Region Community Learning Award** at a ceremony in October. Their success was down to taking their learning and using it to plan an intergenerational activity.

A Beauty Therapy Coffee Morning

proved a great success for Roseberry School when they invited the older community into their beauty centre for a treatment and coffee with the students.

Family Zumba in Spennymoor has been very successful with young people aged 7 and older people up to the ages of 70 taking part together in weekly sessions.

Respecting Each Other was the topic of a recent workshop ran by two older volunteers to groups of young people from

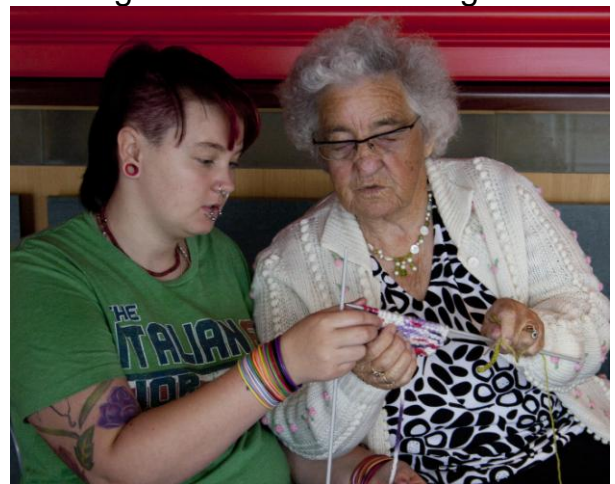
Chester-Le-Street schools at an event organised by the police and the local AAP

IT Project at the Oaks School in Spennymoor gave students the opportunity to teach local older people how to use a computer, the internet and mobile phones. The course lasted 6 weeks and both generations are keen to do more.

Older Peoples Day took place on the 1st October 2011 and to celebrate we held Intergenerational Zumba and Knitting sessions at the Gala Theatre in Durham.



Older and younger people had fun learning the Zumba moves together.



"Showing knitting skills to keen young people has been really fun and worthwhile. We've both had a lovely day" (older participant)

Network Meeting 16th November

Caroline Evans the Intergenerational Programme Coordinator welcomed everyone to the recent network meeting. Discussions centered on the range of Intergenerational activities taking place across the county.

Physical Activities can bring younger and older people together in fun ways. Across the Network intergenerational activities taking place include **New Age Kurling, Tri Golf and Bowls**. Andrew Brown from Durham County Council shared examples of their **Walk for Life for all ages**, and information about the locality officers around Durham that could support physical activities. Groups could arrange a nature and history walk around Beamish Museum grounds. For more information contact Michelle at MichelleBall@beamish.org.uk

Information Technology sessions are being hosted by Teesdale School and the Student Community Action in Durham. Learning about the internet/computers can be supported by resources found at www.bbc.co.uk/webwise and www.bbc.co.uk/firstclick

Tea Parties are a great activity to get local older people involved in your school or organisation and are simple to arrange. Teesdale and Tanfield Schools and Student Community Action are all planning Tea Parties in the coming month.

History and Heritage

Tanfield School is 100 years old next year and are planning activities including involving local older people. Michelle Ball from Beamish Museum gave members some ideas of how their history projects could be supported by the Museum.

Befriending

Student Community Action from Durham University have projects in the Durham City area around visiting care home residents and befriending independent living older people. They have lots of volunteers ready and are looking for older

people to visit. For more information contact community.action@durham.ac.uk

Our next Network meeting

The next Network meeting will be held on the **28th March 2012** at Durham City Baptist Church in Durham.

NEWS UPDATE

Intergenerational DVD

Filming starts in December of the range of Intergenerational activities that take place across the County. If you would like your activity to be included in the film, please contact Caroline as soon as possible.

Conference 2012

The Intergenerational Conference on **1st March 2012** will take place at Hardwick Hall in Sedgefield. Any project interested in delivering a short inspirational presentation please contact Caroline.

Intergenerational Awards

The awards were launched at the network meeting. Applications are available from Caroline by post or on email.

Three award categories will recognise:

- **An organisation** that supports intergenerational work.
- **A successful project** that has taken place.
- **An intergenerational Volunteer** younger or older.

Intergenerational Training

This training prepares and encourages enthusiasm among participants. These include a **1 hour** informal session and a **10 hour** accredited course at Level 1 with OCNNE. These **free** courses can take place in venues and at times to suit you.

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