**Intergenerational Practice**

Some practical ideas for intergenerational activities

**Intergenerational Activities**

****

|  |  |  |
| --- | --- | --- |
| **Intergenerational Activity** | **Anticipated Mutual Benefits** | **Venue** |
| **Arts and Crafts** | Well beingStimulationTeam working skillsConfidence | Care homes, wards, community centres, libraries, sheltered accommodation, schools, colleges |
| **Choir (intergenerational and multigenerational)** | Lung healthWell beingStimulationTeam working skillsConfidence | Care homes, wards, community centres, sheltered accommodation, schools, colleges |
| **Cooking/Sharing Meals** | Skill acquisition for children/young peopleSense of purpose for older people | Care homes, wards, community centres, sheltered accommodation, schools, colleges |
| **Dementia Friends Training** | Lifelong learningDispel mythsReduce prejudiceEthically informed citizensAttitudinal change | Care homes, wards, community centres, sheltered accommodation, schools, colleges |
| **Digital Inclusion** | LearningSense of purposeConfidenceCommunication skills | Care homes, wards, community centres, sheltered accommodation, schools, colleges |
| **Exercise/Physical Activity** | Physical and mental well beingRehabilitation | Care homes, wards, community centres, sheltered accommodation, schools, colleges |
| **Gardening** | Physical and mental well beingSense of achievementLearning | Care homes, wards, community centres, sheltered accommodation, schools, colleges |
| **Joint Lobbying** | Team working skillsCommunication skillsFulfilment of personal goals | Care homes, wards, community centres, sheltered accommodation, schools, colleges |
| **Performing Arts** | Physical and mental well being | Care homes, wards, community centres, sheltered accommodation, schools, colleges |
| **Pimp My Zimmer** |  | Care homes, wards, sheltered accommodation |
| **Photography** |  | Care homes, wards, community, community centres, sheltered accommodation, schools, colleges |
| **Puzzles and Games** | MemoryCognitive DevelopmentTeam work |  |
| **Mentoring Projects** | Older people mentor those at risk:Sense of worth for older peopleImproved skills for children and younger peopleReduce anti-social behaviourReduced risk of exclusionAttitudinal change | Care homes, wards, community centres, sheltered accommodation, schools, colleges |
| **Organising Community Events** | Team working skillsPresentation skillsNew perspectivesIncreased confidenceSense of worth/satisfaction | Care homes, community centres, sheltered accommodation, schools, colleges |
| **Pen Pals** |  | Care homes, community centres, sheltered accommodation, schools, colleges |
| **Reading Clubs** |  | Libraries, Care homes, wards, community centres, sheltered accommodation, schools, colleges |
| **Reminiscence and History** |  | Libraries, Care homes, wards, community centres, sheltered accommodation, schools, colleges |
| **Residential Home Visits** |  | Care Homes, Sheltered Accommodation, Supported Living |
| **Scrap Booking** |  | Libraries, Care homes, wards, community centres, sheltered accommodation, schools, colleges |
| **Volunteering** | Older people volunteering at child care settings- mentoring new parentsYounger people volunteering in care homes, sheltered accommodation/wards | Care homes, wards, community centres, sheltered accommodation, schools, colleges |
| **Written and Spoken Arts** | Creative art clubs/projects | Community venues, care homes, sheltered accommodation, supported living |