**Intergenerational Practice**

Some practical ideas for intergenerational activities

**Intergenerational Activities**

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| **Intergenerational Activity** | **Anticipated Mutual Benefits** | **Venue** |
| **Arts and Crafts** | Well being  Stimulation  Team working skills  Confidence | Care homes, wards, community centres, libraries, sheltered accommodation, schools, colleges |
| **Choir (intergenerational and multigenerational)** | Lung health  Well being  Stimulation  Team working skills  Confidence | Care homes, wards, community centres, sheltered accommodation, schools, colleges |
| **Cooking/Sharing Meals** | Skill acquisition for children/young people  Sense of purpose for older people | Care homes, wards, community centres, sheltered accommodation, schools, colleges |
| **Dementia Friends Training** | Lifelong learning  Dispel myths  Reduce prejudice  Ethically informed citizens  Attitudinal change | Care homes, wards, community centres, sheltered accommodation, schools, colleges |
| **Digital Inclusion** | Learning  Sense of purpose  Confidence  Communication skills | Care homes, wards, community centres, sheltered accommodation, schools, colleges |
| **Exercise/Physical Activity** | Physical and mental well being  Rehabilitation | Care homes, wards, community centres, sheltered accommodation, schools, colleges |
| **Gardening** | Physical and mental well being  Sense of achievement  Learning | Care homes, wards, community centres, sheltered accommodation, schools, colleges |
| **Joint Lobbying** | Team working skills  Communication skills  Fulfilment 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** | Memory  Cognitive Development  Team work |  |
| **Mentoring Projects** | Older people mentor those at risk:  Sense of worth for older people  Improved skills for children and younger people  Reduce anti-social behaviour  Reduced risk of exclusion  Attitudinal change | Care homes, wards, community centres, sheltered accommodation, schools, colleges |
| **Organising Community Events** | Team working skills  Presentation skills  New perspectives  Increased confidence  Sense 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 parents  Younger 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 |