



An Intergenerational Toolkit

What is Intergenerational Practice?

Intergenerational practice is bringing the young and old together for their mutual benefit - where people of all ages can learn from each other. The aim is to break down barriers, change perceptions & reduce loneliness & isolation.

Incorporating intergenerational practice allows participants to raise their voices, feel empowered and connected to their local community.

Sparking a Connection

Intergenerational practice has a multitude of benefits. By bringing generations together, we can see a rich sharing of culture, giving participants more self confidence, tackling loneliness and isolation.

Social connection must become a central pillar of future policy making, promoting new and inclusive ways to bring people together, challenging hierarchy, building unity and a strong sense of belonging across our communities.

We believe in the power of music, the arts, sport, nature and cooking in providing an inherent opportunity for improved health and wellbeing. We are working to encourage the addition of intergenerational practice to enhance these mediums of delivery.



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6 WAYS TO SPARK INTERGENERATIONAL CONNECTION



Music



Gardening



Dancing



Art



Stories



Cooking

Tips for delivery:

Enabling mutual status interactions

Inviting not intruding

The right training and support for session leaders

Listening to needs



Outcomes for Older Participants

90% Increase social connection

90% Increase confidence

90% Boost wellbeing

70% Increase independence

80% Provide benefits of sharing collective memory

90% Increase sense of purpose

100% Build social cohesion

90% Maintain communication skills

80% Provide cognitive stimulation

(preventing depression and enhancing capacity)

90% Reduce fear and anxiety



Outcomes for Younger Participants

90% Experience higher levels of empathy

80% Improve communication skills

100% Understand what it means to grow older

80% Gain access to collective memory

90% Improve wellbeing

90% Increase confidence

90% Have more positive attitudes towards ageing

100% Become part of more connected communities



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Making It Intergenerational TOOLKIT



What is Intergenerational Practice?

Intergenerational practice brings people of different ages together for mutual benefit, breaking down barriers, challenging perceptions, reduce loneliness & isolation and amplifying voices.

Intergenerational practice has the unique ability to connect sectors, professionals and generations contributing to health and community development.

Sparking a Connection

Intergenerational practice has a multitude of individual and community benefits. Bringing generations together promotes empathy and understanding, encourages the sharing of culture and heritage and helps build confidence and communication skills.

We believe that social connection must become a central pillar of future policy making, promoting new and inclusive ways to bring people together, challenging hierarchy, building unity and a strong sense of belonging across our communities.

Step 1

Find a local intergenerational connection! For help with this, sign up for free at www.togetherwithmusic.org.uk. This could be a neighbour, relative or local community group

Step 2

Think about how you want to build your connection whether music, art, gardening or cooking.

What do you and those you have connected with enjoy doing?

Step 3

Take a moment to read through our top tips on the flip side of this toolkit.

Step 4

Get connected and begin your new, meaningful intergenerational journey!



5 Ways to Spark Intergenerational Connection



Music

You could write an original song



Cooking

Make your favourite food together



Art

Go outside and draw something that you see



Sport

Play your favourite sports together



Nature

Plant seeds & watch them grow

We believe in the power of music, the arts, sport, nature and cooking in providing opportunities to improve our health and wellbeing. We want to promote the addition of intergenerational connection to enhance these mediums of delivery and inspire new ways of working.



For more information, or further guidance, please contact us at info@imm-music.com or visit our website www.imm-music.com

Intergenpower - We are stronger, more powerful & connected together. Whether you are cooking, gardening, singing or playing football.

We are better **together!**



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