



An Intergenerational Toolkit

A Definition

Intergenerational practice connects people across ages, sectors, and communities, challenging stereotypes and fostering social interaction. This transformative approach inspires resilient communities where individuals from different generations and sectors come together to learn, grow, and thrive.

Sparking a Connection

Intergenerational connections provide opportunities for individuals from different backgrounds, generations and walks of life to come together, share experiences and knowledge, and contribute to their communities. We know that nurturing this type of collaboration can lead to increased empathy, understanding, mutual respect and appreciation for different perspectives, as well as a stronger sense of belonging.



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.



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



For more information, or further guidance, please contact us at emily@intergenerationalengland.org.uk

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

We are better **together!**



Intergenerational England