

AN INTERGENERATIONAL TOOLKIT

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.

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 offer valuable opportunities for individuals from diverse backgrounds, generations, and industries to unite, exchange their unique experiences and wisdom, and actively contribute to their communities. These connections foster an environment where empathy flourishes, understanding deepens, mutual respect blossoms, and an appreciation for different perspectives takes root. Intergenerational collaborations cultivate a sense of belonging, forging stronger bonds within communities and fostering a shared sense of purpose.



5 WAYS TO SPARK INTERGENERATIONAL CONNECTION

INTERGENPOWER - WE ARE STRONGER, MORE POWERFUL & CONNECTED TOGETHER. WHETHER YOU ARE COOKING, GARDENING, SINGING OR PLAYING FOOTBALL.

WE ARE BETTER TOGETHER!



MUSIC

You could write an original song based on all your favourite things



NATURE

Plant seeds & watch them grow



ART

Go outside and draw something that you see



SPORT

Play your favourite sports together



COOKING

Make your favourite food together, share recipes



FOR MORE INFORMATION, OR FURTHER GUIDANCE, PLEASE CONTACT US AT INFO@INTERGENERATIONALENGLAND.ORG.UK

