



# Intergenerational Activities

A Nubian Life Perspective

# Intergenerational Activity

- **Is more than bringing younger and older people together, it is a systemic approach to community development and wellbeing that recognises and values the contribution of all generations.**
- **It is a collaborative approach to move away (where appropriate) from age based services**
- **Supports local communities to have agency, collectively respond to local issues and builds resilience**



# Core Principles

**Core principles that help in the planning and delivery of an effective intergenerational approach (Pinto et al, 2009). If there are adhered to, the outcomes for the individual, community and society in the intergenerational exchange are maximised. According to these principles, intergenerational activities should be:**

- **Mutually & Reciprocally Beneficial:** for each generation participating based on the aspirations and needs of those participating
- **Asset based:** Working with communities helping them to mutual interests and discover their strengths
- **Well Planned:** Inline with strategic plans and not short term initiatives/funded projects
- **Culturally Appropriate:** Tailored to the individual needs, context and attitudes of those participating
- **Multi-disciplinary:** Creates a vehicle for broadening the experience of professionals and encourages more inclusive working

# Benefits of Intergenerational Activity

- **Creative Approach to Community Development**
- **Strengthening of Community Relationships**
- **Promotes Active Citizenship**
- **Challenges Systematic Ageism**
- **Creates Welcoming Spaces for residents**
- **Builds Community Resilience**
- **Person/Interest Centred Activities/Services**

# Nubian Life's Approach



- **Idea.....**
- **Blank Piece of paper**
- **What do you think?.....**
- **What/Who Do we need.....**
- **Risk?**
- **Mitigate Risk**

# Our Experience

## **PEACE Wall London Westfield 2016**

- Young People and Wider Community created a PEACE Wall showcased at Westfield and poems were submitted across the borough on the meaning of PEACE in the community

# Our Experience

## **Westside Young Leaders 2017**

- Academy for Young black Boys – Young Leaders Serve
- Community Challenge Day
- Boys given task to complete around the Centre
- Affirmation from our Elders
- Family/Community Meal

# Our Experience

## Josiah Braithwaite Community Garden





# Our Experience

## Nubian Life Sewing Club



