

Transcript 08/09/20 Ali Goodall

Active Across Ages	<p>-Have been invited to introduce you to AAA YST's intergenerational programme.</p> <p>- Name is Ali Goodall, I'm the Senior Innovations Manager at YST where I've been delivering and developing new projects and programmes to improve the lives of young people through sport for the last 18 years</p>
Sport Changes Lives	<p>For those not familiar with YST, we are a childrens charity which uses the power of sport, physical activity and play to change the lives of young people.</p> <p>We've been running for 25 years pioneering new ways of using sport to improve children's wellbeing and give them a brighter future which we do at all levels from developing physical literacy in the early years to increase school readiness - all the way through to supporting young people through delivering School Games national finals.</p> <p>My work focuses on developing new solutions which meet the physical, social and mental wellbeing needs of children and young people.</p>
AAA – Connecting Young People	<p>AAA is a project which was developed from the desire of our founder and life president Sir John Beckwith to create an intergenerational programme which uses sport to bring together children and older adults – to tackle loneliness in children and adults - and social isolation.</p> <p>It's a relatively simple concept involving training for lead teachers in schools and young people, a set of underpinning principles, networking opportunities and activity idea resources.</p> <p>It was funded throughout 2019 by the sir John Beckwith Foundation and Youth Sport Trust International as an Action based research project between 10 schools and 10 older peoples settings across England including care homes.</p> <p>Today I'll share an overview of the project; how it's evolving as a result of covid 19; and our plans for the future.</p> <p>But first I'll show you a video which shows AAA in action. (4 mins 10 secs video)</p>
AAA video	
AAA Project Aims	<p>So as I said in the video, our starting point was an understanding from a number of reports about loneliness and social isolation which were hitting the headlines in late 2018. These made it clear that loneliness was not something just experienced by the elderly, but that children too felt socially isolated. So the aim of the pilot project was to establish if we could use sport and physical activity to:</p> <ul style="list-style-type: none"> - Create opportunities for meaningful social mixing and promote social wellbeing - Enhance physical and mental wellbeing (in old and young) - Boost social action and social capital – i.e. increase volunteering by old and young and develop social capital from those experiences - To establish credible, impactful and practical models of intergenerational activity for use here and internationally
Schools recruited	<p>Because this was a pilot, we wanted to work with a diverse range of schools and older peoples settings in rural, urban, coastal, affluent and deprived communities as well as schools who were used to working with us, and new schools.</p> <p>Consequently we recruited 5 schools via our lead schools network who are experienced in working in partnership and supporting other local schools – who went onto recruit a partner school each giving us a mix of primary, secondary and special schools.</p> <p>Each school identified between 10 and 15 young people to become Activity Buddies aged between 7 and 19 to develop a local intergenerational sport/physical activity project with an older peoples network, lead and take part in activity together.</p> <p>Once briefed, the schools then went on to identify their own local older people's partner to work with and these were also varied – with care homes, older peoples community groups and church groups</p>

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Literature review	<p>While we were recruiting schools, we undertook a literature review to learn as much as we could about intergenerational work more broadly – and in particular what were the keys to success? This is available on the YST website</p> <p>We found that:</p> <ul style="list-style-type: none"> - Loneliness is a problem for old and young (now exacerbated by covid-19) <ul style="list-style-type: none"> - life expectancy is affected by loneliness - demographic differences - Declining physical activity for old and young - Life skills in young people are limited and often do not match employers expectations; and skills in the old are declining - Perceptions – Ageism is the most common form of prejudice (ageism against older people and reverse ageism against young) <p>Intergen Connections</p> <ul style="list-style-type: none"> - current levels ‘ GB is one of the most age segregated nations in the world’ therefore significant interest at policy level <ul style="list-style-type: none"> - benefits – significant benefits – for individuals wellbeing, skills development, self esteem but also social capital – tangible benefits to community – cohesion, improved attitudes and volunteering. <p>role of sport – V limited evidence but Canadian study showed link between increased PA for duration of study in an intergen PA project. Meta analysis of other studies looking at PA interventions for older people are strongly positive in improving Physical health. An Australian study found walking football to be effective</p>
Principles for successful IG projects	<p>Most importantly we gleaned from the research a set of principles which were common to successful intergenerational projects:</p> <ul style="list-style-type: none"> • Mutually beneficial activities – recognising what everyone brings • Activities which require co-operation between age groups not competition • Sharing goals between age groups encourages co-operation • Design activities which encourage sharing stories • Encourage groups to learn about each other as individuals
Teacher Briefing	<p>Content underpinned by the literature review and delivered via Zoom to reduce time out of class room for teaching staff and ensure all lead teachers got to see it.</p> <p>This covered:</p> <p>Additional content developed on safeguarding bringing in a safeguarding consultant as through the lit review couldn’t find any guidance on safeguarding in intergenerational settings. This meant bringing together best practice from YST and care homes as we were essentially bringing together two vulnerable groups.</p> <p>Subsequently the National Care Forum has developed some further guidance.</p>
Young People Training	<p>Next stage was to develop and deliver 5 training days across the country with 2 paired schools at each. Numbers of between 10 – 15 young people per school.</p>
Connect Diagram	<p>This covered:</p> <ul style="list-style-type: none"> - developing connections - playing and adapting physical activities for all levels of ability and disability - Leading physical activities - Safeguarding - Action planning. <p>I’ve highlighted the connections section here to show some of the content which helps young people to feel confident before embarking on their first visit to their older people partners.</p> <p>Being able to CONNECT is critical to their AAA project. To connect, they need to:</p>

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	<ul style="list-style-type: none"> • Be curious – show interest, ask questions • Be considerate – (caring and careful) – think before speaking/acting: don't be too nosy, don't be too personal, respect privacy • Communicate effectively – listen as well as talk, look to 'read' body language, think about language/terminology
Activity Buddy Training	<p>The impact of the training was as follows:</p> <ul style="list-style-type: none"> • 90% improved their skills to be an Activity Buddy • 89% improved their confidence to be an Activity Buddy • 88% rated the training day good or very good <p>Positive review with tutors</p>
Dorset	<p>After the Activity Buddy Training, the lead teachers having already identified a local older people partner arranged visits once a week for two terms (summer and autumn terms 2019). The below are examples of what they did from 3 of the areas.</p> <ul style="list-style-type: none"> • Bincombe Valley Primary and Wey Valley secondary school working together with: <ul style="list-style-type: none"> • Acorns Day Centre • Family Fun Day at school • GP surgery for social prescribing • Activities: Musical warm ups, target games and boccia • Next Steps: Prescribed park walks, training new year 6's, Grandparents activity day, continue at Acorns
Cheshire	<ul style="list-style-type: none"> • St Annes, Fulshaw Primary and Wilmslow High School working together with: <ul style="list-style-type: none"> • The Hawthornes Residential Care • AAA Activity Day at school • Activities: boccia, golf, bat and ball and ping pong • Next Steps: Year 6's will cascade the training, and support the new year 5's so they can continue the project after Christmas.
Merseyside	<ul style="list-style-type: none"> • Clare Mount Special School working with Upton Grange Care Home, The Mariners, Age UK, S Wirral High with Devonshire Day Care, Meadowcroft Community Hub, Age UK • Activities: new age bowls, boccia and a tea dance • Next Steps: Continue as before with Yr 11's changing timings to afterschool. Developing employment opportunities.
Celebrations	Image
Impact	See impact report at www.youthsporttrust.org/active-across-ages
Impact Report Findings 1	<p>Impact Report Findings 1</p> <p>Activity Buddies agreed that AAA has helped:</p> <ul style="list-style-type: none"> - 86 feel their confidence has improved - 88% feel more confident - 91% feel more resilient
Impact report findings 2	<p>Impact Report Findings 2</p> <p>Activity Buddies agreed that AAA has helped:</p> <ul style="list-style-type: none"> - 94% have improved communication skills - 92% have improved teamwork skills

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	- 87% have improved leadership skills
Activity BuddyQuote	<p>"I am lonely outside school and only do stuff with my family. This was the best day I have had at school and I am going to be a leader when I leave school"</p> <p>"I never thought the older people could teach me so much"</p> <p>"It's all humbling and warms you in a way. You're now the role model, getting looked up to – it changes you to be like that, you act responsibly and give it more."</p>
Older adult quotes	<p>"I had a lot of old ladies here and now I've got ladies who want an exercise room!" (Care Home Manager)</p> <p>"My mum is loving the sessions, she doesn't stop talking about it" (Daughter of older participant)</p> <p>"I've been totally surprised by children in general – they are so fresh. I've seen how good children of this age are; we're in safe hands for the future" (Older participant)</p> <p>The result of all this was every school and older people's setting who took part in the pilot wanted to continue in 2020.</p> <p>The social prescribing was being pursued, Derbyshire had got a small grant from the local community to expand the project to people outside of the care home, and the special school in the Wirral started curriculum planning to change their focus from careers in catering to careers in care.</p> <p>I continued to stay in touch feeding all the schools the latest reports and ideas from other organisations and 3 schools presented at the YST conference in February.</p> <p>YST developed a costed plan to expand the project to every local authority in the UK. And then...</p>
Covid-19	Ended all opportunities to interact face to face..
AAA @ home	<p>So I met (via zoom) with the AAA @ leads to determine a way to help the children stay in touch with their older adult buddies. Some had started writing letters and sending pictures but the discussion led to us developing a new set of resource cards – Active Across Ages @ Home which had 2 purposes:</p> <ol style="list-style-type: none"> 1. To encourage the older adults to stay active during lockdown 2. To facilitate written contact between the children and their buddies by getting the Young people to send the activity cards I'd developed with a friendly note, or to use an activity card template to develop their own activity ideas and send that.
What Next?	<p>We are currently working with Bupa Care homes to develop a 3 care home pilot which starts with the care homes and then invites schools to become involved. This has involved developing a proposal for a virtual version of AAA which includes online training for the Activity Buddies and adapted activities and resources which can be delivered via zoom between groups of children in school and residents of the care homes meeting in a communal lounge. The intention is to evolve this into face to face delivery once covid restrictions lift.</p> <p>We have developed a sport specific version of AAA for Bowls England and the Croquet Association who are looking for Active Across Ages to introduce their sports to young people and encourage juniors to play. This will involve primary school children visiting clubs on a regular basis and spending time with older adults to lead fun games which develop core skills relating to the two sports, and then be led by the older adults in full versions of croquet and bowls. We are currently seeking funding for this.</p>
Quote image	<p>As I said at the start, I've worked for YST for 18 years and have been involved in developing Girls Active, Playground to Podium, Healthy and Active Lifestyles and Start to Move (physical literacy project) but Active Across Ages has been the best project.</p> <p>Having the opportunity to spend time with each project, talk to the teachers, children and older people has been a real privilege and brought home the sheer joy intergenerational physical activity can bring to both age groups.</p>

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	If you are thinking about starting an intergenerational project you will not regret it
Further info	For further information: alison.goodall@youthsporttrust.org www.youthsporttrust.org/active-across-ages