



**Intergenerational Forum: intergenerational practice in arts & wellbeing**  
July 2024 Forum session in partnership with Tony Cealy

**Shared links/resources**

Here are links to organisations, opportunities and resources that were shared during the discussion, with huge thanks again to Tony Cealy and everyone who took part in the session for all of your invaluable contributions:

- [The Black Men's Consortium](#) is an intergenerational user-led creative arts & health project for men of colour with lived experience of life challenges where they can grow and support each other through the difficulties that they face. They aim to provide support and nurture around mental health issues that affect their lives. They mix art and politics along with a playful mixture of games, exercises and techniques as a medicine to heal the wounds whilst exploring the stuckness, blockages and difficulties men experience in their daily lives.
- [492 Korna Klub](#) are an experienced collective of intergenerational performers, facilitators, producers and community influencers brought together by shared values using the arts to create dialogue about social, economic and political concerns. They partner with grassroots groups, charitable community organisations and the wider voluntary community sector to provide creative programmes, projects and events that support people of colour to live with the uncertainty and complexity that surrounds them. The 492 Korna Klub Radio Drama project was their flagship programme - a place to gather, dialogue, explore, express, share, learn, teach, develop and build community.
- [Understanding Interculturality and Intergenerationality](#): a form to assist the [Civic Futures Fellowship Network](#) to think through and better understand how communities can work.
- [Healing Collective Trauma](#): psychotherapist Armand Volkas, a child of Jewish Holocaust survivors and resistance fighters, uses techniques of ritual and drama therapy in his workshops, [Healing the Wounds of History](#), which bring together groups with a history of collective trauma between them.
- [Tuckman's Stages of Group Development](#): these stages are commonly known as: Forming, Storming, Norming, Performing, and Adjourning. Tuckman's model explains that

as the team develops maturity and ability, relationships establish, and leadership style changes to more collaborative or shared leadership.

- **[‘I Live In It’](#)**: A short film by Chuck Blue Lowry about 'I Live In It', an intergenerational dance project with Mulberry School for girls and older women from Tower Hamlets. Lead by artist Sue Mayo, with choreographer Eleanor Sikorski and musician Jamie McCarthy in partnership with Magic Me.
- **[Creative Health Quality Framework](#)** is a ground-breaking tool that clearly articulates what “good” looks like for creative and cultural initiatives that aim to support people’s health and wellbeing. Funded by Arts Council England and developed by Culture Health & Wellbeing Alliance (CHWA) and Creative Health consultant Jane Willis, it is designed to help anyone involved in developing and delivering creative approaches to supporting health and wellbeing.
- **[Rooted Community Assets](#)** (RCA): a capacity building organisation that supports charitable organisations from grassroots levels to become more sustainable by supporting them with training and fundraising applications, CIC/Charity status, and more.
- **[Story Circle Toolkit](#)**: A Story Circle is a group facilitation process built around narrative and personal experience. A group of people tell personal stories, led by a facilitator. Story Circles are always meant to create a safe space for people to share across different experiences. Created by John O’Neal and colleagues.
- **[Brixton Wings’ Saturday School](#)**: Brixton Wings' Saturday and after-school programs play a vital role in equipping young people with the essential skills they need to succeed in school, work, and life. Through academic instruction, chess coaching, and coding classes, they are empowering the next generation of leaders, thinkers, and innovators to reach their full potential.
- **[Creativity and Wellbeing Week](#)** is a partnership between London Arts in Health Forum and the Culture, Health & Wellbeing Alliance. It is an open festival where we encourage anyone who wants to host an event focused on culture, arts and wellbeing to join us in the programme.